



### **Don's Clam Chowder... Ala Cafe Beaujolais**

- 4 slices bacon, coarsely chopped
- 3 green onions, chopped
- 5 red potatoes, medium size, unpeeled, cut into 1/2 inch cubes
- 1/3 cup green pepper, chopped
- 1/3 cup celery, sliced
- 3 cloves of garlic, minced
- 1 cup cold water
- 1 cup clam juice
- 1 tsp salt
- 1/2 tsp white pepper
- 1 tsp Worcestershire sauce
- 2 dashes Tabasco sauce
- 19.5 oz clams (canned) with juice
- 2 cups half and half (no substitutes)

#### **Directions**

Saute chopped bacon until crisp. Drain off half the fat and discard. Add onions, potatoes, green pepper, celery and garlic to bacon and remaining bacon fat. Add water and clam juice, salt, pepper, Worcestershire and Tabasco sauces. Cover and simmer for 15 minutes, or until potatoes are tender. In a separate pan, heat the clams in their juice and add to other mixture, along with the half and half. DO NOT BOIL! Serve in heated bowls.



### **Tami's White Bean Surprise**

- 4 ounces chopped turkey bacon
- 2 cups chopped onion
- ½ cup chopped celery
- 2 tablespoon minced garlic
- 2 quarts chicken stock
- 1 pound white beans, soaked overnight
- ½ pound mix split peas
- 2 cups canned tomatoes, chopped, with their liquid
- ½ pound elbow wheat pasta
- ¼ teaspoon cayenne pepper
- ¼ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ black pepper
- Small crusty bread loaf

#### **Directions**

In a stock pot, render the bacon until crispy, remove the bacon. Saute the onions, celery, and garlic for 2 to 3 minutes. Add the stock, beans and split peas (the surprise). Bring up to a boil and reduce to a simmer. Allow to cook for about 2 hours or until the beans are tender. Add the pasta, continue cooking until tender. Season with cayenne pepper, salt and black pepper. Garnish with crusty bread.



## **Marina's Terrifically Lean Chili Delight**

\*Note: this is not a recipe from a book, so you'll have to wing it!

- 1 - 15 oz can each of organic canned black beans, pinto beans, garbanzo beans , northern white beans and red kidney beans
- 2 large cans of organic tomato sauce
- 1 large can organic diced tomatoes
- 1 small can diced mild green chiles (or go stronger if you like heat)
- 2 medium onions, chopped
- 1 large green and red pepper, chopped
- 5-6 large cloves of garlic, minced
- Season with sea salt, ground pepper, chili powder, cayenne, cumin to taste
- Dash of Liquid Smoke
- 1-2 tablespoons of Molasses
- Optional: 1.5 pounds of organic, extra lean, grass fed beef cut into cubes (spend the money for the good stuff... it's worth it)

### **Directions**

Brown the meat in olive oil and set aside to drain. In a large pot, saute onions, peppers, and garlic in olive oil until almost translucent. Drain and rinse all the beans and add to the saute mix. Add tomato sauce, diced tomatoes and green chiles. Add the meat and seasonings and simmer for several hours or overnight in crock pot.



### **Paul's Fog Cutter Split Pea Soup**

- Last quarter of spiral ham with bone
- Cook for 4 hours (low heat) in 10 cups of liquid uncovered
- Include gel from original cooking pan
- Remove ham from bone
- Bring liquid and ham to boil - should be 8 cups now
- Add 4 cups split peas - lower to simmer for 1 hour
- Add 1 1/2 cups each of finely cut celery, baby carrots
- Add 1 medium red onion - finely cut
- 3 cloves of garlic minced
- Good pinch of Italian seasoning
- ¼ tsp of ground pepper
- Couple of good shakes of hot sauce
- Cook for 2 1/2 hours
- Refrigerate
- Remove 75% of liquid on top after peas settle
- Reheat on low heat and serve hot



## **Patricia's Pasta Con Ceci**

### **Directions**

In a large pot saute 1/2 of a medium onion in 4 tablespoons of olive oil until soft but not brown. Add two 16 oz. cans of garbanzo beans with liquid. Add an additional 3 cans of water and 1/2 of a 16 oz. can of diced tomatoes with liquid. Bring to a boil and simmer uncovered for 30 minutes to blend flavors. Remove half of this mixture and smash into a paste. Re-introduce into the pot and bring to a boil again. When fully boiling add 400 grams of orechetti pasta. Cook until pasta is al dente. Remove from heat and add about 1/4 of a cup of extra virgin olive oil stirring well to mix. Serve in pasta dishes with additional extra virgin olive oil drizzled on top and plenty of freshly ground pepper.