



Open Door Mission

# January - National Soup Month

Recipe From Chef Ken | Feeding the Hungry | Urgent Food Needs



Food insecurity is an extremely important issue - around the world, across the country, and right here in Nebraska and Western Iowa.



## Statistics about hunger in our own neighborhood:

Compared to this time last year...

Open Door Mission food/kitchen costs are **up 38%**.

Food donations are **down 17%**.

Each day, Open Door Mission serves more than **4,747 nutritious meals** to feed the hungry.

**44 million** Americans are at risk of suffering from hunger.

**1 in 5 children** in our area don't know where their next meal will come from.

(Open Door Mission, Hunger and Homelessness Awareness Week, Food Bank for the Heartland)

**Hope begins with a meal at Open Door Mission.**

Thank You for making a meaningful impact by sharing your prayers, time, talents, and treasures.

Chef Ken's  
Soup Recipe



In honor of National Soup Month, try Chef Ken, Open Door Mission's Hospitality Director's, famous Creamy Basil & Tomato Soup recipe!

## Chef Ken's Creamy Basil & Tomato Soup

1 TBSP Olive Oil	1/2 Cup butter
2 14.5 ounce cans of diced tomatoes, with the juice	1/2 Cup AP flour
2 TBSP freshly minced garlic	1 Cup grated Parmesan cheese
1 Cup each of finely diced carrots, onions, and celery	1 1/2 Cup half and half or whole milk
2 TBSP tomato paste	1 TSP salt
4 Cups of chicken broth	1/4 TSP black pepper
1 TSP dried oregano	1/4 Cup chopped fresh basil
1 1/2 TSP dried basil	Croutons



- 1) In a medium saucepan over medium heat, saute the garlic, celery, carrots and onions in the olive oil for three or four minutes.
- 2) Add the tomatoes, chicken broth, tomato paste, dried oregano, and dried basil.
- 3) Continue to cook the soup until the vegetables become tender.
- 4) Once the vegetables are tender, use an immersion blender or regular blender to puree the soup, Caution, soup will be hot.
- 5) In a separate pan, add flour and butter over medium high heat and cook until golden brown to make a roux.
- 6) Once the roux is finished, ladle a couple scoops of the soup into the roux stirring vigorously. This will make a paste.

- 7) Once the paste is formed add the roux mixture to the rest of the soup mixture, cooking over medium heat and mix well.
- 8) Add the Parmesan cheese, salt, pepper, milk, and fresh basil to the soup and continue to mix and cook over medium heat until the soup starts to boil.
- 9) Once the soup begins to boil, remove from heat and serve.
- 10) Try serving garnished with crushed seasoned croutons, grated Parmesan cheese, and fresh basil.



## Would you consider providing food items for the hungry?

With rising food costs, our neediest neighbors now more than ever are having a difficult time affording groceries. We have a need for the following items for the Manna Food Pantry programs located at the Outreach Centers:

*Cereal*                      *Canned Soup*  
*Boxed Meals*              *Pasta and Sauces*  
*Canned Fruit*