



2023 WOODSONG HERBS SOUP RECIPE BOOK

Mouthwatering Dishes using
Woodsong Herb's Meal Starts

CarsonValleyMeats.com



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BLACK FRIDAY SOUP

*** Julie at Woodsong uses turkey carcass for this soup to cook while she goes shopping! Also, she says her customers toast their stuffing leftovers and use that for croutons!**

Ingredients

1 Woodsong Herbs Black Friday Soup Start
½ lb cooked turkey or chicken
handful baby carrots
handful celery
1 cup celery, chopped
1 tbsp olive oil
1 onion, diced
1 cup carrot, diced
3 cloves garlic, minced
2 cups Yukon Gold potatoes, diced
1 head kale, stemmed and chopped
2 plum tomatoes, seeded and diced

Meat Options

Carson Valley Meat turkey
Sinclair Family Farm chicken

Method

1. Add turkey or chicken, baby carrots, and celery to a large pot. Cover with water and bring to a boil. Lower heat, partially cover, and simmer for about 2 hours.
2. Strain broth into 2 large bowls to cool. Then refrigerate overnight or use right away. Skim fat from the broth when you're ready to make the soup.
3. Heat olive oil over medium heat in a soup pot. Add onion, carrots, celery, and garlic. Cover and cook gently over medium-low heat, stirring occasionally, for 10 minutes.
4. Add potatoes and about 8 cups of broth. Cover and cook until potatoes are almost tender, about 10-15 minutes. Stir in kale and tomato and cook another 5 minutes. Add turkey or chicken and heat through.

Adapted from Reluctant Entertainer



RATATOUILLE SUMMER STEW

Ingredients

1 Woodsong Herbs Ratatouille Summer Stew Start
19.5 oz. Sinclair Family Farm's Italian sausage
3 tbsp olive oil
2 zucchini, chopped
2 yellow summer squash, chopped
1/2 red onion, chopped
2 tbsp minced garlic
6 red or yellow tomatoes, chopped
1 yellow pepper, chopped
1 red pepper, chopped medium

Meat Options

Sinclair Family Farm Italian sausage

Method

1. Heat a small amount of olive oil in a large, heavy pan, add the Italian sausage, and cook over medium-high heat until the sausage is browned on all sides. Set sausage aside to cool on a cutting board.
2. Then add a bit more oil, zucchini, and yellow squash to the pan, and cook for about 5 minutes, until it's starting to brown slightly. Remove squash from the pan and set aside. Add more olive oil, peppers, onions, and garlic, and cook 3-4 minutes.
3. Add tomatoes to pan, gently combine the vegetables, lower heat to medium, and cook 5 minutes more.
4. Add zucchini and yellow squash back into pan. Reduce heat to low and cook uncovered about 30 minutes.
5. Cut the sausage into diagonal slices, add to the pan, and cook about 30-45 minutes more.
6. When the sausage is cooked through, and stew is flavorful, season with sea salt and cook 5-10 minutes more. Serve hot or at room temperature, with more sliced basil and Parmesan cheese to add to the table if desired.

Adapted from Kalyn's Kitchen



MANGIA MINISTRONE

Ingredients

1 Woodsong Herbs Mangia Minestrone Meal Start
2 tbsp extra-virgin olive oil
1 medium yellow onion, diced
2 medium carrots, chopped
2 celery ribs, thinly sliced
3 garlic cloves, grated
1 (28 oz) can diced tomatoes
1 1/2 cups kidney beans, cooked and drained
1 cup chopped green beans
4 cups vegetable broth
2 bay leaves
3/4 cup small pasta

Meat Options

Sinclair Family Farm chicken
Sinclair Family Farm Italian sausage

Method

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, salt, and several grinds of black pepper, and cook, stirring occasionally, for 8 minutes, until the vegetables begin to soften.
2. Add the garlic, tomatoes, beans, green beans, broth, bay leaves, oregano, and thyme. Cover and simmer for 20 minutes.
3. Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked.
4. Season to taste and serve with parsley, red pepper flakes, and parmesan, if desired.

Adapted from Love and Lemons



HUNTERS STEW

Ingredients

1 Woodsong Herbs Hunters Stew Meal Start
1 ½ lbs ground beef, pork, or beef stew meat
½ cup celery, chopped
5 potatoes, sliced
1 (10 oz) can cream of mushroom soup
1 onion, chopped
1 cup carrot, sliced
1 (10 oz) can tomato soup
1 (10 oz) can water

Meat Options

Sinclair Family Farm ground beef
Sinclair Family Farm ground pork
Sinclair Family Farm beef stew meat

Method

1. Brown ground your choice of meat and put it in a dish. Add onion.
2. Layer the celery, carrots, and potatoes.
3. Blend the cream of mushroom soup and water. Pour over the mixture and blend slightly.
4. Bake at 350 degrees for 2 hours or until done.

Adapted from Food



MARDI GRAS GUMBO

Ingredients

1 [Woodsong Herbs Mardi Gras Gumbo Meal Start](#)

½ lbs of Italian sausage and/or chicken

1 to 3 tbsp vegetable oil

5 tbsp all-purpose flour

1 cup coarsely chopped onion

1 cup chopped celery

2 large garlic cloves, pressed

1 green bell pepper, chopped

2 cups chicken broth

1 (28 oz) can diced tomatoes

Warm cooked rice

Meat Options

Sinclair Family Farm chicken

Sinclair Family Farm Italian sausage

Method

1. In a Dutch oven over medium-high heat, cook sausage and/or cubed for 3 minutes, stirring often. Remove with a slotted spoon; drain and set aside.
2. Add enough oil to the drippings in the Dutch oven to equal 3 tablespoons. Whisk in flour and cook over medium-high heat 5 minutes, whisking constantly.
3. Add onion, celery, garlic, and green pepper; cook 5 minutes, stirring often.
4. Stir in broth, tomatoes, and Creole seasoning. Bring to a boil; cover, reduce heat, and simmer 5 minutes.
5. Add cooked sausage and/or chicken; simmer, covered, 5 minutes. Serve over warm cooked rice.

Adapted from Mr. Food



GRANDMA'S SOUP RECIPE

Ingredients

1 Woodsong Herbs Grandma's Recipe Meal Start
1lb chicken or ground beef
1 (46 oz) can tomato juice
2 potatoes, peeled and diced
2 carrots, chopped
1 onion, chopped
1 (14.5 oz) can green beans, undrained
1 (14 oz) can whole kernel corn, undrained

Meat Options

Sinclair Family Farm's chicken
Sinclair Family Farm's ground beef

Method

1. Cook and stir chopped chicken or ground beef in a hot saucepan over medium heat until browned and crumbly, 5 to 7 minutes. Drain off grease and pour in tomato juice.
2. Add potatoes, carrots, and onion, then pour in undrained green beans and corn. Reduce the heat to low and simmer for 1 hour.

Adapted from All Recipes



MOM'S CHILI

Ingredients

Woodsong Herbs Mom's Chili Meal Start

1 lb of ground beef, goat, or pork

1 onion, chopped

1 (15 oz) can tomato sauce

1 (15 oz) can kidney beans

1 (14.5 oz) can stewed tomatoes

1 ½ cups water

Meat Options

Sinclair Family Farm ground beef

Sinclair Family Farm ground goat

Sinclair Family Farm ground pork

Method

1. Place ground meat and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes.
2. Stir in tomato sauce, kidney beans, stewed tomatoes with juice, and water.
3. Bring to a boil, reduce heat to low, cover, and let simmer for 15 minutes.

Adapted from All Recipes



COMFORT CURRY

Ingredients

1 [Woodsong Herbs Comfort Curry Meal Start](#)

1 1/2 lbs chicken or goat stew meat, diced into cubes

2 tbsp olive oil

1 small yellow onion, chopped

4 garlic cloves, minced

1 tbsp peeled and minced fresh ginger

1 cup low-sodium chicken broth

3/4 cup drained canned diced tomatoes

1 tsp cornstarch mixed with 2 tsp water

1/3 cup heavy cream

2 tbsp chopped cilantro

Meat Options

Sinclair Family Farm chicken

Sinclair Family Farm pork shoulder

Sinclair Family Farm goat stew meat

Method

1. Heat olive oil in a 12-inch non-stick skillet over medium-high heat.
2. Add onion and saute until slightly golden brown, about 4 - 6 minutes.
3. Add in garlic and ginger, and saute for 1 minute.
4. Pour in chicken broth and tomatoes and bring to a boil, then reduce heat to medium-low, cover, and simmer 5 minutes.
5. Pour mixture into a blender, then cover with a lid and remove lid insert. Cover the opening with a clean, folded kitchen rag.
6. Blend mixture until well pureed and smooth, then return to skillet and heat skillet over medium-high heat. Add in chicken or goat stew meat.
7. Bring to a simmer, then reduce heat to medium-low, cover skillet with lid, and simmer until meat has cooked through, stirring occasionally, about 8 - 12 minutes.
8. During the last minute of cooking, stir in the cornstarch and water slurry, if desired, to thicken the sauce.
9. Stir in cream, then serve warm with cilantro over basmati rice.

Adapted from Cooking Classy

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our Ranch Boxes
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to help preserve
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