

## Five Soups to Transition into Fall

As much as we love the hot summer days and lounging by the pool, we're excited for the crisp fall evenings and cozying up with a warm bowl of soup. Join us in welcoming fall with these five simple, yet hearty and flavorful soups.

### Grilled Chicken and Brown Rice Soup

*Traditional chicken and rice soup is taken to the next level with lemon pepper, rosemary, parsley and thyme.*

#### Ingredients

1 pound boneless, skinless chicken breast  
1 tablespoon olive oil  
1 tablespoon Frontier Lemon Pepper + more for garnish  
1 teaspoon Frontier Organic Rosemary  
1 teaspoon Frontier Organic Parsley  
1 teaspoon Frontier Organic Thyme  
1 cup Frontier Vegetable Soup Blend  
6 cups water  
1/3 cup chicken broth powder  
3/4 cup long-grain brown rice  
Fresh parsley, for garnish

#### Directions

1. Preheat grill or grill pan to medium-low heat, about 325 degrees.
2. Rub chicken with lemon pepper, herbs and olive oil. Place chicken on grill or grill pan and cook for about 5 to 6 minutes per side, until done.
3. Remove and let cool enough to handle. Shred or cut chicken into small pieces.
4. In a pot over medium-high heat, combine broth powder, water, soup vegetables, rice and chicken. Bring to a boil, reduce to a simmer and cook 40 to 45 minutes, until rice is tender. Taste and add additional spices if desired.
5. Garnish with lemon pepper and parsley. Serve hot.

Serves 4 to 6.

### Onion, Kale and Barley Soup

*Make delicious soup in half the time with Frontier Vegetable Broth powder and the concentrated seasonings found in Frontier Onion Soup and Dip Mix. We've perfected the blends so you can skip the fuss and get right to the intense flavor of this unique Onion and Barley Soup.*

#### Ingredients

6 cups water  
1/4 cup + 2 tablespoons Frontier Vegetable Broth Powder  
1/4 cup Frontier Onion Soup & Dip Mix

1 cup pearled barley  
2 cups kale, shredded  
1/4 teaspoon Frontier Sea Salt  
1/4 teaspoon Frontier Organic Black Pepper

#### Directions

1. In a stockpot over medium-high heat, bring water and vegetable broth powder to a boil. Add dip mix and whisk until well combined.
2. Stir in barley, bring mixture to a boil, then reduce heat to low. Cover and let cook about 45 to 50 minutes, until barley is tender and soup is slightly creamy.
3. Add kale, cover and let cook for another 5 to 10 minutes. Add salt and pepper to taste.

Serves 2 to 3.

#### **Fresh Vegetable and Black Bean Soup**

Frontier organic spices along with tomatoes and salsa add a fresh and welcome twist to classic black bean soup. Cumin, oregano, thyme and beef broth powder enhance the flavor to make this a family favorite.

#### Ingredients

1 1/2 teaspoons olive oil  
1/4 cup onion, chopped  
3/4 teaspoon Frontier Organic Cumin  
1/2 teaspoon Frontier Organic Oregano  
1/8 teaspoon Frontier Organic Thyme  
1 pound canned black beans, drained  
1 cup crushed tomatoes  
1/4 cup Frontier No-Beef Broth Powder  
1/2 cup salsa  
2 tablespoons sour cream  
2 tablespoons scallions, finely chopped

#### Directions

1. Heat oil in a heavy saucepan over medium-high heat. Saute onion 4 to 5 minutes or until onion turns golden. Stir in cumin, oregano and thyme, and saute for one minute, stirring constantly.
2. Transfer to a food processor or blender. Add black beans, tomatoes, broth powder and tomatoes, and puree until mixture is smooth. Return mixture to pan and simmer over low heat for 20 minutes, stirring frequently.
3. Serve soup with a dollop of sour cream and sprinkled with scallions.

Serves 4.

#### **Pea and Sweet Potato Soup**

*Split peas and sweet potato combine to make a chunky and substantial soup base. Seasoned with*

*Frontier vegetable broth, sweet marjoram and thyme this soup has a stunning visual appeal and delectable flavor.*

#### Ingredients

4 cups water  
1 1/2 cups dry split peas, rinsed  
4 tablespoons Frontier Vegetable Broth Powder  
1 teaspoon Frontier Organic Marjoram  
1 teaspoon Frontier Organic Thyme  
1/2 teaspoon Frontier Sea Salt  
1/8 teaspoon Frontier Organic Black Pepper  
1 Frontier Organic Bay Leaf  
1 cup sweet potatoes, cooked, peeled and coarsely chopped  
1/2 cup sour cream or plain yogurt, for garnish

#### Directions

1. In a medium pot, combine water, split peas, vegetable broth powder and spices. Bring to a boil, then reduce to a simmer. Cover and, stirring occasionally, cook about 60 to 90 minutes, until peas are tender.
2. Stir in sweet potatoes and remove bay leaf. Heat until potatoes are warm.
3. Garnish with a dollop of sour cream or plain yogurt and serve hot.

Serves 4.

#### **Smoked Paprika, Celery and Tomato Soup**

*Tomato soup is infamously paired with grilled cheese and other starches, but this soup is so full of fresh vegetables and seasoning, it doesn't need an accompaniment.*

#### Ingredients

1 tablespoon olive oil  
1 clove garlic, minced  
2 cups + 1 1/8 cups water  
3 tablespoons Frontier Vegetable Broth Powder  
3 cups tomatoes, diced  
1/4 cup Frontier Tomato Flakes  
1 cup celery, diced  
1 teaspoon Frontier Organic Smoked Paprika  
1/4 teaspoon Frontier Sea Salt  
1/4 teaspoon Frontier Organic Black Pepper  
3 tablespoons heavy cream  
Fresh parsley, for garnish  
Shredded cheese, for garnish

Olive oil, for garnish

Frontier Smoked Paprika, for garnish

#### Directions

1. In a stockpot over medium-low heat, heat olive oil. Add minced garlic and cook about 30 to 60 seconds, until fragrant.
2. Mix vegetable broth with 1 1/8 cup water and stir until well combined.
3. Stir in vegetable broth, diced tomatoes, tomato flakes, celery, salt, pepper and smoked paprika.
4. Bring mixture to a boil, reduce to a simmer and cook for 30 minutes.
5. Transfer soup into a blender and puree until smooth. Through a sieve or cheesecloth, press soup back into pot. Stir in heavy cream and simmer until ready to serve.
6. Garnish with a drizzle of olive oil, a sprinkle of smoked paprika, fresh parsley and shredded cheese.

Serves 2.