

## Smokey Sweet Potato Apple Soup

Prep Time: 10mins Cook Time: 20mins Servings: 6-8

This sweet, tangy recipe is tasty and filling whether enjoyed cool on a warm day or “hot” on a cold day!

### Ingredients

- 5 cups sweet potatoes  
(about 2 large potatoes)
- 5 strips bacon
- 2 cups apples
- ½ cup onion
- 1½ quarts (6cups) water
- 1½ Tbs garlic powder
- 1½ tsp salt
- 1 Tbs cinnamon



### Directions

1. Wash, peel and slice sweet potatoes ½ inch thick.
2. Wash and cut apples into ½ inch cubes.
3. Fry bacon in large pot until crisp. Set aside.
4. Peel and chop onion. Add to pot.
5. Sauté onion over medium/low heat until translucent (about 5mins).
6. Add sweet potatoes, apples, cinnamon, garlic powder, salt and water to the pot. Bring to a boil, cover then reduce heat and simmer until potatoes soften (about 15mins).
7. Remove pot from heat and use a potato masher to thoroughly mash all ingredients in the pot until creamy. (Use an immersion blender for smooth soup.)
8. Crumble bacon into pot and stir.
9. Ladle into bowls and enjoy!

April 10, 2021

# Central Church of Christ Delicious and Nutritious Recipes!



4301 Woodridge Road \* Baltimore, MD 21229

410.945.2080 \* CCoCMD.org

Willie L. Rupert, Jr. - Minister

## Chunky Chicken and Rice Soup

Prep Time: 5mins Cook Time: 45mins Servings: 4-6

Enjoy this timeless recipe as a filling snack, appetizer or as a meal!

### Ingredients

1 quart (4 cups) water  
1 chicken thigh  
1 tablespoon garlic powder  
1 teaspoon salt  
1/3 cup rice



### Directions

1. Add water to a large pot.
2. Rinse chicken and add to pot. Add garlic powder and salt.
3. Bring to a boil, cover and reduce heat to simmer.
4. Simmer chicken for 30 minutes.
5. Remove chicken from pot and set aside to cool.
6. Add rice to pot. Bring to a boil, cover and reduce heat to simmer. 7. Simmer rice for 15 minutes or as directed on package.
8. Dice cooled chicken thigh into 1/2 inch chunks.
9. Add chicken chunks plus bone and skin back into pot when rice is tender.
10. Ladle into bowls and enjoy!

Note: Add garlic salt and/or pepper to taste.

## Heaping Hot Water Corn Biscuits

Prep Time: 5mins Cook Time: 6mins Yield: 10-12 biscuits

This is an old-fashioned recipe. The corn biscuit, shaped like a thick cookie, is fried rather than baked. *Served warm*, they can be drenched with butter, drizzled with syrup, dunked in soup, dusted with sugar and cinnamon or just enjoyed plain!

### Ingredients

1 cup cornmeal  
1 teaspoon salt  
1 teaspoon sugar  
1 tablespoon butter  
2/3 cup boiling water



### Instructions

1. In a medium bowl, combine cornmeal, salt, and sugar.
2. Add butter to the boiling water and stir until butter melts.
3. Gradually stir the water with butter into the cornmeal/sugar/salt mixture. Mix well. (Mixture should not be runny.)
4. Add oil or bacon fat to a depth of about 1/4 inch, in a large skillet over medium-high heat.
5. Add the mixture to the skillet one heaping tablespoon at a time. With the back of the spoon, smooth each biscuit until it is about 1/4 inch thick at the center *and* edges and about 2 inches across.
6. Fry the biscuits, turning once, until crisp and golden brown, about 4 minutes per side.
7. Drain on paper towels.
8. *Serve warm* with butter, syrup, soup or just enjoy plain!

Note: These corn biscuits freeze and reheat well! I take one out of the freezer and microwave it for 30-45 seconds and it's still scrumptious!