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Good Cooking. Soul-warming Soups and Stews.

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# good cooking

Tasty Ideas from the Onion Obsession™ Club



Slow Cooker French Onion Soup  
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## Soul-warming Soups & Stews

*Soup & Stew Recipe for Chilly Days • November 2021*

Is it just us or do the cool days and nights of Fall make you want to curl up with a good book by the fire and enjoy a hot bowl of soul-satisfying soup? If your answer is yes, then this collection of recipes is made for you! There's plenty to enjoy for veggie-lovers and meat-eaters alike -- and all are absolutely delicious!

We're always looking for fresh new recipes, so if you've created an original recipe that features onions and would like to share it with our Onion Obsession fans, please send it to: [Onions@PeriandSons.com](mailto:Onions@PeriandSons.com). If we use your recipe, we will send you a goodie bag with farm-fresh onions.



Hearty Beef Bourgignon

Low and slow braising results in a deep, rich flavor.

[get the recipe »](#)



Chicken & Wild Rice Soup

Easy to make and extra hearty. Freezes well and reheats beautifully.

[get the recipe »](#)



Creamy Roasted Pumpkin Soup

All the best Fall flavors. A great starter for the holiday table.

[get the recipe »](#)



Chicken & Vegetable Soup

Warm and satisfying. A classic that never goes out of style.

[get the recipe »](#)



Paleo Sweet Potato Chili

Low in carbs, gluten free, dairy free and absolutely delicious.

[get the recipe »](#)




Jaci's Pork Stew with Ancho Chiles & Lime Juice

Fragrant, hearty and spicy. A true crowd-pleaser.

[get the recipe »](#)

[\[ view all of our recipes at PeriandSons.com » \]](#)



## D.I.Y. Veggie Stock

### Easy, Economical & Delicious!


**1** Save **veggie scraps** from your meal prep and freeze in zip tight freezer bags until ready to use.

**Must Haves:**

|         |            |
|---------|------------|
| Onions  | Celery     |
| Carrots | Mushrooms  |
| Garlic  | Herb Stems |


**Other Options:**

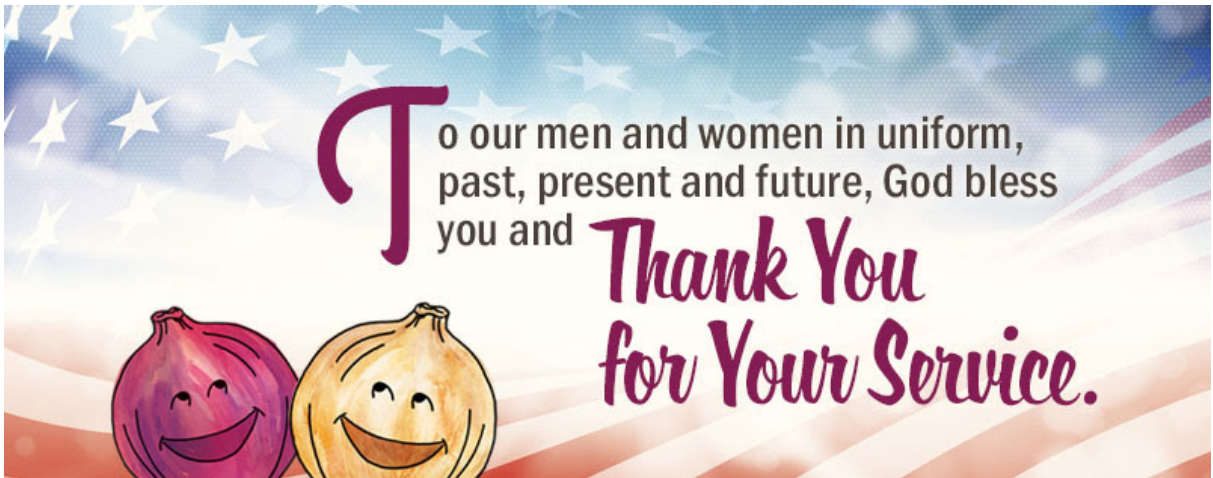
|        |                   |
|--------|-------------------|
| Leeks  | Bay Leaf          |
| Fennel | Parsley           |
| Tomato | Whole Peppercorns |



**2** When you've saved enough scraps to fill half of an 8-10 qt stock pot, add scraps to pot and cover with water. Bring to a boil, reduce heat and simmer for at least 2 hours. The longer you simmer, the richer the stock!

**3** Once stock is as dark as you like, let cool, strain through a fine mesh sieve, and store, frozen, in lidded glass jars until ready to use. Gives any soup or sauce an extra flavor boost that's out of this world!





**T**o our men and women in uniform, past, present and future, God bless you and

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