Soups & Stews

Soups That Make a Meal

Twelve bowls with enough substance for supper

Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

Make this kitchen yours 3

Food safety and ingredient labels 4

Lemon Chicken and Rice Soup 5

Roasted Tomato and White Bean Soup 7

Edition, use and support 9

Typeface license 10

Make this kitchen yours

A meal-worthy soup has a clear center: rice and chicken, tender barley and beef, or lentils that turn the broth into a substantial bowl. These recipes balance that center with vegetables and a finishing note of acid, herbs, or dairy. Use a heavy pot of at least 5 quarts unless a recipe says otherwise, and choose a gentle simmer once ingredients are in the broth. Hard boiling can toughen meat and break delicate vegetables before the rest of the pot is ready. This Junction Table by CrownThrive, LLC collection is a development edition and has not been kitchen-tested. Check poultry at 165°F, ground meat at 160°F, and fish at 145°F with a food thermometer. Whole cuts of beef or pork reach 145°F followed by a 3-minute rest. Keep raw proteins separate from vegetables and serving utensils. Cool leftovers promptly in shallow containers and refrigerate at 40°F or below within 2 hours; never leave a large pot on the counter to cool overnight. Grains keep absorbing broth during storage, so reserve a little water for reheating and adjust seasoning after loosening the soup.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.

Lemon Chicken and Rice Soup - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Chicken and Rice Soup

4 generous servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 1 tablespoon olive oil
- 1 yellow onion, diced
- 2 carrots, sliced into 1/4-inch coins
- 2 garlic cloves, minced
- 6 cups low-sodium chicken broth
- 1 pound boneless skinless chicken breast
- 1/2 cup long-grain white rice, rinsed
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley

Method

1. Heat oil in a 5-quart pot over medium heat. Cook onion and carrots for 6 minutes, stirring; add garlic for 30 seconds.

2. Add broth, chicken, rice, salt, and pepper. Bring to a boil, then reduce to a gentle simmer. Partially cover and cook for 18–22 minutes until rice is tender and chicken reaches 165°F.

3. Transfer chicken to a clean board. Shred with two forks, returning all meat to the pot.

4. Simmer for 2 minutes to heat through, then remove from heat and stir in lemon juice and parsley. Taste and adjust salt before serving.

Cook's tip

For reheating, add a little water because the rice continues to absorb broth.

Substitution

Use boneless skinless chicken thighs; begin checking temperature at 20 minutes.

Storage

Refrigerate in shallow covered containers at 40°F or below within 2 hours. Use within 3–4 days; reheat leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Roasted Tomato and White Bean Soup

4 generous servings | Prep: 15 minutes | Cook: 45 minutes

Ingredients

- 2 pounds ripe tomatoes, halved
- 1 yellow onion, cut into wedges
- 3 garlic cloves, peeled
- 3 tablespoons olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 (15-ounce) can white beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 1/4 cup chopped basil

Method

1. Heat oven to 425°F. Arrange tomatoes cut side up, onion, and garlic on a rimmed baking sheet. Toss with oil, salt, pepper, and oregano.

2. Roast for 30–35 minutes until tomatoes soften and edges brown. Transfer vegetables and every spoonful of their juices to a 5-quart pot.

3. Add beans and broth. Bring to a gentle simmer and cook for 10 minutes. Remove from heat.

4. Blend carefully with an immersion blender until mostly smooth, leaving some beans for texture. Stir in basil and taste for salt. Serve hot, avoiding boiling splashes when blending.

Cook's tip

Use an immersion blender with its head fully submerged to minimize splattering.

Substitution

Use one drained 15-ounce can of chickpeas instead of white beans.

Storage

Refrigerate in shallow covered containers at 40°F or below within 2 hours. Use within 3–4 days; reheat leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

USDA FSIS • leftovers and food safety

https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Make the bowl the meal

Choose a soup with substance, then give its ingredients the heat and timing they need. Soups That Make a Meal gathers chicken and rice, ham and split peas, black beans and sweet potato, plus chowders, lentil bowls, and noodle soups. The recipes explain when to soften vegetables, maintain a gentle simmer, shred chicken, or mash a portion of beans to thicken the broth. Finishing ingredients such as lemon, lime, and vinegar add another layer of flavor. Two menus and a shopping list offer practical planning support, while storage notes address the food after serving. Junction Table by CrownThrive, LLC brings twelve different paths to a satisfying soup supper.

- Poach chicken with rice, then shred it and finish the soup with lemon.
- Simmer split peas with ham and remove the bay leaf before serving.
- Mash part of a black bean soup to thicken it without a separate thickener.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.

Black Bean and Sweet Potato Soup

AI-generated realistic food artwork

Junction Table by CrownThrive, LLC
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