

Soup Recipes

964500 -- BROCCOLI, ASPARAGUS OR CAULIFLOWER SOUP

2 tbsp. butter
2 tbsp. flour
1 bunch (10 oz.) fresh broccoli
1 sm. onion, finely chopped
2 tbsp. butter
1 qt. chicken stock or broth
1/2 c. heavy cream, warmed
Salt and pepper

Melt 2 tablespoons butter in a small saucepan, stir in flour. Cook 3 minutes over low heat, stir constantly. Cool. Set aside. If using broccoli: Wash and trim off tough part. Separate and cut into 1/2 inch pieces. In a large saucepan saute onion in 2 tablespoons butter until tender. Stir in broccoli, cover and cook 3 minutes. Stir in stock or broth, heat to simmering. Stir small amount of liquid into cooked flour and butter mixture until smooth; return mixture to saucepan; stirring until smooth. Simmer, covered until broccoli is tender, about 30 minutes. Remove from heat, cool slightly. Puree in electric blender, return to saucepan. Blend cream into soup. Taste and salt and pepper if needed. Serve.

964501 -- BROCCOLI SOUP

8 strips bacon
1/4 c. flour
4 c. milk
20 oz. pkg. frozen mixed vegetables
10 oz. pkg. frozen broccoli, chopped
fine
Onion (chopped)
Garlic (optional)

Boil frozen mixed vegetables and broccoli (chopped fine). Set aside to drain. Fry bacon until crispy. Set aside bacon. Pour enough bacon grease in soup pan to cover bottom of pan. Simmer onions until clear. Mix 1/4 cup flour. Then add 4 cups milk. Stir well. Add vegetables and bacon. Simmer until soup is thickened. Salt and pepper to taste. This soup has better flavor when eaten the next day.

964502 -- BROCCOLI SOUP

1 bunch broccoli
1 c. chopped celery
1 c. chopped onion
1/8 to 1/4 lb. Velveeta cheese
3 c. milk (2% or 1%)

--SAUCE:--

3/4 c. flour
2 c. milk

Cook broccoli until tender. Drain off water. Add 3 cups milk. Add cheese. Mix 3/4 cup flour into 2 cups milk for sauce (may use more flour). Add to vegetables with salt and pepper to taste. Cook 15 to 20 minutes. Stir frequently.

964503 -- CORN CHOWDER

6 slices bacon, diced
1/2 c. finely chopped onion
2 c. diced raw potatoes
1 1/2 c. water
2 tsp. salt
1/8 tsp. pepper
2 c. cream style corn
2 tbsp. oleo, melted
2 tbsp. flour

3 c. milk

Parsley, shredded cheese, corn chips

Fry bacon until crisp. Remove bacon. Saute onion in 2 tablespoons bacon drippings until transparent, not brown. Cook potatoes in the water with salt, sauted onion and bacon in covered pan until tender. Add pepper and corn. Blend oleo and flour, stir in milk and cook until slightly thickened. Add to corn mixture: sprinkle parsley, shredded cheese or chips over the top. Serve immediately and piping hot. Makes 6 servings.

964504 -- GERMAN SAUSAGE CHOWDER

1 lb. (8 links) fully cooked bratwurst
or knackwurst* cut into 1/2 inch pieces

2 med. (2 c.) potatoes, peeled and
chopped

1 med. (1/2 c.) onion, chopped

1 sm. (4 c.) cabbage, shredded

3 c. milk

3 tbsp. all purpose flour

1 c. (4 oz.) Swiss cheese, shredded

Snipped parsley

In a Dutch oven, combine sausage, potatoes, onion, 1 1/2 teaspoons of salt and a dash of pepper. Add 2 cups of water. Bring to boiling and reduce heat. Cover and simmer for 20 minutes or until potatoes are nearly tender. Stir in cabbage. Cook 10 minutes more or until vegetables are tender. Stir in 2 1/2 cups of the milk. Stir remaining milk into flour and stir into soup. Cook (on low heat as this dish will scorch easily) and stir until thickened and bubbly. Stir in cheese until melted. Garnish with parsley. Makes 6 servings. *Polish sausage may also be used

964505 -- MINISTRONE

1 c. finely minced celery

1 c. finely minced onion

1 c. finely minced carrot
1/4 c. butter
1/2 c. garbanzo beans
1/2 c. kidney beans
1/2 c. whole dried peas
1/2 c. white pea beans
3/4 c. sliced carrots
3/4 c. coarsely chopped onion
3/4 c. sliced celery
3/4 c. chopped bell pepper
1/2 c. rice or barley
1 c. shell macaroni
2 tbsp. minced parsley
1 tsp. oregano
1 tsp. basil
2 tsp. soy sauce
Pepper to taste
Parmesan cheese

Slowly saute finely minced onion, celery and carrot in butter until very brown. Add peas and beans and about 3 quarts of water. Cook slowly until beans are almost done (check garbanzos - they will take the longest) about 2 to 2 1/2 hours. Add the remaining vegetables, rice and spices and more water if necessary and cook another hour. About 20 minutes before serving time add the macaroni and more water if needed. Ladle into bowls and sprinkle with Parmesan cheese. Serve with crusty garlic bread.

964506 -- HAMBURGER VEGETABLE SOUP

1 lb. ground beef
1 c. chopped onion
1 c. diced potatoes
1 c. sliced carrots
2 (1 lb.) cans tomatoes
1 c. sliced celery
1/4 c. rice
3 c. water
4 tsp. salt
1/4 tsp. basil

1/4 tsp. thyme
1 bay leaf

Cook ground beef and onions, drain fat. Add remaining ingredients and bring to boil. Cover and simmer 1 hour.

964507 -- SHALLOTS AND TARRAGON SOUP

5 c. chicken broth
8 lg. shallots in thin slices
1/2 tsp. dried tarragon
2 celery stalks chopped with leaves
Salt and pepper
4 egg yolks
1 c. heavy cream
Chopped chives
Paprika

1. In a saucepan, put chicken broth, shallots and tarragon and celery. Bring to a boil. Simmer, cover for 45 minutes in low heat. Into blender container ladle half of mixture, cover and at high speed, blend until smooth. Repeat with other half. 2. In a bowl beat the cream and yolks. Stir into the soup. Reheat the soup stirring until yolk are cooked. Do not boil. Serve hot, garnish with chives and paprika. Serves 6.

964508 -- BLACK BEAN SOUP

3/4 lb. black beans
1 1/2 qt. cold water
2 oz. salt pork (optional)
3/4 lb. hamhock or bone of smoke ham
1 lg. onion, chopped
1 clove garlic, crushed
2 green peppers, chopped
1/2 c. bacon drippings or olive oil

1 bay leaf
1 tbsp. salt
1/8 tsp. oregano
1/4 c. vinegar

Wash beans. Soak overnight. Add salt pork, ham hock and simmer over low heat. Saute onions, garlic, green pepper in bacon drippings until tender. Add to beans. Season with bay leaves, salt and oregano. Simmer until beans are tender and thick, approximately 3 hours. Add vinegar just before serving. Serve over rice with finely chopped onion on top.

964509 -- CREAM OF BROCCOLI SOUP WITH CHEDDAR CHEESE

2 c. milk
3 tbsp. butter
2 tbsp. finely chopped onion
3 tbsp. flour
1/2 tsp. salt
1/8 tsp. white pepper
1/2 tsp. thyme
1/2 tsp. granulated garlic
2 chicken bouillon cubes
1 1/2 c. boiling water
2 c. shredded Cheddar cheese
1 c. cooked finely chopped broccoli

Cook onions in butter until tender. Blend in flour and seasonings and cook 3 to 4 minutes, stirring constantly. Add boiling water and bouillon cubes and cook slowly until thick, stir in the milk until smooth. Add the cheese and broccoli and heat through. Garnish with fresh chopped parsley. Serves 6.

964510 -- LENTIL BARLEY SOUP

1/4 c. margarine

3/4 c. chopped celery
3/4 c. chopped onion
6 c. water
3/4 c. lentils

Saute in large stewing pan margarine, celery, and onion. Add water and lentils. Cook 20 minutes. Add: 1 qt. tomatoes

1/2 tsp. garlic salt
2 tsp. salt
1/4 tsp. pepper
3/4 c. barley or brown rice
1/2 tsp. rosemary

Simmer 45-60 minutes. Add 1/2 cup shredded carrots. Cook 5 minutes more. Serves 6.

964511 -- HAMBURGER SOUP

1 lb. hamburger
5 c. water
1 (16 oz.) can tomatoes
1 med. onion, chopped
2 carrots, sliced (1 c.)
2 stalks celery, sliced (1 c.)
1/3 c. barley
1/4 c. catsup
1 tbsp. (2 cubes) beef bouillon
2 tsp. seasoned salt
1 tsp. basil
1 bay leaf

Brown beef, drain fat. Add rest of ingredients. Simmer 1 hour until barley and vegetables are tender.

964512 -- CREAMY TOMATO SOUP

2 tbsp. reduced-calorie margarine
1 lg. onion, peeled and thinly sliced
1 carrot, chopped
2 garlic cloves, coarsely chopped
1 (28 oz.) can peeled Italian plum
tomatoes
3 c. chicken broth
1 sm. boiling potato, peeled and
thinly sliced
2 tbsp. chopped fresh basil leaves or
2 tsp. dried basil
1/4 tsp. nutmeg
Salt to taste
1 c. milk

Melt margarine in a soup pot over low heat. Add onion, carrot and garlic. Cook, covered for 20 minutes, stirring occasionally, until vegetables are tender and wilted. Crush tomatoes in their liquid and add to the pot along with the chicken broth, potato, basil, nutmeg and salt. Cook, covered, over low heat for 40 minutes, stirring occasionally. Let cool to room temperature. Puree in a blender, in small batches, adding a bit of milk to each batch. Return to soup pot and adjust seasonings. Before serving, warm through over very low heat. Do not boil. Serves 6.

964514 -- BARS MADE WITH TOMATO SOUP

1 can tomato soup
1/2 soup can water
1/2 c. oil
1 c. sugar
1 c. raisins
2 c. flour
2 tsp. allspice
2 tsp. cinnamon
1 tsp. baking soda

Mix all ingredients together. Spread into a greased 9 x 13 inch pan. Bake in 350 degree oven for 20 to 25 minutes or until toothpick is clean. Frost with plain white frosting

while warm. I use canned cream cheese frosting.

964515 -- CANNED VEGETABLES FOR SOUPS

5 lb. potatoes, diced
10 or so carrots, scraped and sliced
1 bunch celery, diced or cut up
3 big onions, cut up

Put all of the above in a large kettle or roaster and mix well. Add to sterilized jars with 1/2 teaspoon canning salt to quart jars. Fill jars with cold water, remove bubbles with a knife, wipe jar tops and put on lids and covers. Process for 3 hours in boiling water bath. Then, when you're ready for soup or beet hash, cook you meat and dump a jar in the juice and meat and your soup's ready. OR for hash, just drain a jar, add beets and warm up in a fry pan with butter.

964516 -- TORTELLINI SOUP

2 cloves garlic, crushed
1 tbsp. oleo
2 (13 3/4 oz.) cans College Inn Broth
8 oz. fresh or frozen tortellini
1 (15 oz.) can corn
1 (14 1/2 oz.) can tomato sauce
1 (14 1/2 oz.) can tomato bits

In large saucepan over medium high heat, cook garlic in oleo for 2 to 3 minutes. Add broth and tortellini. Heat to boil and reduce heat and simmer 10 minutes. Add corn and tomato and simmer 5 minutes more. Serve topped with cheese. Works good in crockpot.

964517 -- MOM'S GERMAN BORSCHT SOUP

3 1/2 qt. water
1 lb. soup meat and bone
2 bay leaves
1 lg. onion, sliced
3 lg. carrots, diced
2 tsp. salt
1 c. celery and some leaves
1 sm. heat cabbage shredded
1/4 c. rice
2 lg. potatoes, sliced
1 c. cream

Boil soup meat and bone for 2 hours onion and bay leaves add vegetables and tomatoes. Simmer about 1 hour. Add cream when you are ready to eat. May add 1/4 cup barley if desired.

964518 -- OVEN STEW

4 lbs. beef round steak, cut in 1 inch
cubes
4 c. sliced carrots
2 c. sliced celery
4 med. onions, sliced
2 (5 oz.) cans water chestnuts,
drained and sliced
2 (6 oz.) cans sliced mushrooms,
drained
1/4 c. plus 2 tbsp. flour
2 tbsp. sugar
2 tbsp. salt
2 (16 oz.) cans tomatoes
2 c. Burgundy

In roasting pan or Dutch oven mix meat, carrots, celery, onions, water chestnuts and mushrooms. Mix flour, sugar and salt, then add to meat mixture. Stir in tomatoes and Burgundy. Cover and bake 4 hours.

964519 -- BIG MOUTH STEW

2 tbsp. butter
1 (10 3/4 oz.) can cream of mushroom
or cream of celery soup
1 (10 oz.) box frozen mixed vegetables
1 lb. Kielbasa sausage or turkey
Kielbasa
Milk
White rice

In a small saucepan, simmer the mixed vegetables until done. While they are cooking, melt 2 tablespoons of butter in a deep fry pan. Slice the Kielbasa and then quarter each of the slices so there are four bite size pieces. Brown the Kielbasa in the butter. Then add the can of cream of mushroom soup to the meat and butter. then add the milk and blend it all together making a cream sauce. Add the vegetables, blend it all together and serve over rice. Use milk to the consistency you like.

964520 -- CUCUMBER SOUP

3 c. chicken broth
1 med. onion sliced
1 tbsp. corn oil
3 med. peeled and diced cucumbers
1 tsp. corn starch
1/4 tsp. salt
1/4 tsp. pepper
1/2 tsp. sweet basil
1/2 tsp. beaumonde
1 tsp. lemon juice
1/4 c. dry vermouth
1 tbsp. sour cream
chives to garnish

Saute onions in oil, 5 minutes, add the diced cucumbers. Blend corn starch with some cold chicken broth, add to cucumbers and add rest of broth. Add salt, pepper, basil and beaumonde. Bring to boil, simmer for 25 minutes. Put in blender, blend and add lemon juice, sour cream. When blended add vermouth. Chill. Can be made several days ahead. When serving, garnish with chives. CEE AAC Phoenix Country Club

964521 -- LOBSTER AND ROASTED CORN CHOWDER

1 (21 lb.) live Maine lobster
4 strips bacon, fine dice
1/2 med. onion, fine dice
1/4 med. green pepper, fine dice
1/4 med. red pepper, fine dice
1/4 med. yellow pepper, fine dice
1/4 sm. jalapeno pepper, fine dice
1/2 stalk celery, fine dice
1/2 med. carrot, fine dice
1/2 c. diced green chilies, canned
1/4 lb. unsalted butter
1/2 c. all purpose flour
6 c. lobster stock or 1 tbsp. lobster
base and 6 c. water
1 tbsp. tomato paste
1 c. corn, cut off the cob
1 c. cream style corn
1 sm. smoked hamhock
2 med. baking potatoes, peeled and
cut into 1 inch square dice
1 bunch cilantro, fine chop
2 stalks green onions, fine bias cut
2 c. heavy whipping cream
1 tsp. Lenard's southwestern
seasoning blend
1/2 lemon juice
Salt and ground black pepper, to taste

Steam lobster 17 minutes, let cool and remove from shell. Save shells to make lobster

stock if desired. Saute bacon until crispy in sauce or small stock pot. Add: onions; green, red, yellow and jalapeno peppers; celery and carrots, cook until soft. Add: tomato paste and green chilies. Add: lobster base, if that is your choice over stock. Cook 3 minutes stirring constantly over medium heat. Add: 1/2 of the unsalted butter and cook until melted. Add: flour and cook 3 more minutes. Roast corn kernels in an oven on a baking sheet or other flat pan until slightly browned and add to chowder. Add: cream style corn; southwestern seasoning and smoked hamhocks. Add: stock or water, if using base. Cook for 1/2 hour keeping at a slow boil, stirring constantly. Add: potatoes and cook for another 15 minutes. If too thick add more stock or water to desired consistency. Add: green onions; cilantro and lemon juice. Slowly Whisk in cream and the remaining butter until melted. Season with salt and black pepper to taste. Serves 12 people. The Phoenician

964522 -- TUSCAN ONION SOUP

3 oz. bacon fat
1 oz. olive oil
2 lb. onion, cut into thin strips
2 oz. marsala wine
1 gal. chicken stock
1/2 gal. beef stock
1 tsp. each thyme, basil, oregano

Saute onion in fat and oil. Add wine and cook approximately 5 minutes, until onion is soft. Add all other ingredients. Simmer for 20 minutes. Skim fat from soup. Serve with croutons and grated Romano cheese. Merchant's Club Nashville, Tennessee

964523 -- TOMATO SOUP

1/2 bushel tomatoes, strained
6 green peppers
6 lg. onions
1 lg. bunch celery
1/4 c. salt

2 c. sugar
2 c. flour
3 sq. margarine
1 1/2 c. alphabet soup pasta

Juice tomatoes, then chop and cook other vegetables until tender. Melt margarine and add flour. Combine all vegetables and add salt and sugar. Bring to boil and add combined flour and butter (blend with little soup). Combine all and boil 10 minutes. Pressure 10 minutes.

964524 -- TOMATO SOUP

1/2 bushel tomatoes
2 bunches celery
24 sm. onions
Very little red pepper
1 c. butter
1 c. sugar
3 tbsp. salt
1 c. flour

Cook tomatoes, celery and onions until done, 1/2 to 3/4 hour. Put through colander or food mill. Add rest of ingredients. Cook until thick, put in jars. Seal; put in pressure canner for 15 minutes at 10 pounds pressure.

964525 -- TOMATO SOUP

1/2 bu. tomatoes (25 lbs.)
1 1/2 c. sugar
2 tbsp. canning salt
1/8 tsp. pepper
4 tsp. onion salt
4 tsp. celery salt
1 lb. butter

2 c. flour

Wash and quarter. Cook until soft. Run through blender. Put through sieve. Combine juice and spices except butter and flour. Heat. Melt butter in pan. Remove and stir flour into butter until paste, no lumps. Add juice to paste, stirring to blend. Keep doing until paste gets thin. Pour back into juice. Bring to full boil. Put in jar. Process in open kettle or pressure cooker.

964526 -- TOMATO SOUP

14 qts. tomatoes
7 med. onions
1 celery stalk
3 tbsp. parsley

Combine and cook until celery and onions are tender. Run through food mill. Add: 4
tbsp. salt
8 tbsp. sugar
1 tsp. pepper

Cook for 15 minutes. Add: 14 tbsp. melted butter
14 tbsp. flour

Add to soup. Pour into prepared jars and process for 30 minutes.

964527 -- TOMATO SOUP

1 peck tomatoes
6 onions
1 bunch celery
1 lg. green pepper
1/2 c. sugar
1/2 c. butter
1/2 c. flour

1/4 c. salt

Core tomatoes, cut other vegetables in chunks and blend all together. Cream sugar, butter and flour and then add salt and stir. Bring vegetables to a boil. Add creamed mixture and boil for ten minutes. Pour into jars and seal. Makes about 6 quarts.

964529 -- ELEPHANT STEW

1 (2000 lb.) elephant, cleaned & cut
in serving pieces
1 sm. rabbit seasoned to taste

After elephant is cleaned, add seasonings. Cook in a very large pot outdoors. Cook elephant for 4-5 days or until tender. Invite all the Wire Shop employees; if everyone shows up, add cut up rabbit but only as a last resort, because most people don't like "hare" in their stew. Management Once there was an elephant, Who tried to use the telephant. No! No! I mean elephone Who tried to use the telephone. Howe'er it was, he got his trunk entangled in the telephunk; The more he tried to get it free, The louder buzzed the telephee.

964530 -- ONE POT STEW

1 can pork & beans
1 can lima beans
1 can black-eyed peas
1/4 c. brown sugar
1 sm. can tomato sauce
1 can peas, drained
1 can kidney beans
1 lb. ground beef
1/8 c. mustard

Brown ground beef. Pour everything else into the pot and let simmer for 15 minutes.

964531 -- LAMB STEW

3 lbs. lamb shanks, cut into thirds
1 medium onion, chopped
1 green pepper, chopped
2 tbsp. sweet paprika
1 lb. fresh or frozen green beans
1 small can tomato sauce
1 medium can peeled tomatoes

Remove as much fat as possible from meat. Wash thoroughly. Braise meat in a large kettle. Add 1/2 cup water, add onion and green pepper and braise until onion and green pepper are transparent. Braise until meat sizzles, but is not burned. Add 2 tablespoons paprika, blend thoroughly. Add can of tomato sauce and peeled tomatoes and boil water to cover mixture. Let simmer 2 hours. Add green beans cut into 1 inch pieces and allow to simmer another 1/2 hour. Serve with rice.

964532 -- NIGERIAN STEW

2 lbs. cooked meat (your choice of chicken, beef or turkey)
1 (15 oz.) can Hunt's tomato sauce with herbs
1 whole chopped onion
1 tbsp. black pepper & salt
3 tbsp. oil
2 c. cooked rice

Heat oil about 2 minutes. Pour 1 teaspoon salt in oil. Add tomato sauce to salt and oil and cook about 10 minutes. Add meat. Cook about 7 minutes.) Simmer about 30 minutes and serve over cooked rice.

964533 -- BRUNSWICK STEW

1 fryer
1 lb. boneless stew meat or sm. chuck
roast
1 lg. onion
1 lb. Irish potatoes, cut up
2 c. canned tomatoes
1 c. cream style corn
1/2 c. English peas
Salt & pepper to taste
1/2 c. cooked butter beans
1/2 c. catsup
1 tbsp. Worcestershire sauce
1 tbsp. vinegar
1 tbsp. lemon juice
1 tsp. Tabasco

Cook the fryer and stew meat until well done. Grind in blender and set aside. Put onions through blender. Add onion and potatoes to broth from the chicken and stew meat. Cook until done in saucepan on top of range. Add meat and other ingredients. Place in slow cooker and cook on low for 12 hours or high for 8 to 10 hours. Add 1/2 cup barbecue sauce. Yield: about 8 to 10 servings.

964534 -- LUMBERJACK STEW

3 links of sausage, sliced
1 can whole tomatoes, crush if desired
1/2 bell pepper, sliced
1 sm. onion, sliced
Garlic salt
Black pepper
1/4 stick of butter

In a skillet stir fry sausage slices in butter with the onions and peppers. After 5 minutes add tomatoes, garlic salt and black pepper to taste. Simmer on low heat for 10 minutes.

Serve with rice.

964535 -- CAPE COD FISH CHOWDER

3 slices bacon, cut in 1/2 inch pieces
2 med. onions, coarsely chopped
(about 1 1/2 c.)
2-3 med. carrots, diced
2 med. cloves garlic, minced
2 c. chicken broth
2 med. potatoes, diced
2 whole bay leaves
1/4 tsp. dried thyme
1/4 tsp. white pepper
1 lb. fresh or frozen cod, haddock or
flounder, cut in 1-inch pieces
1 c. sour half & half or lean sour
cream

In large saucepan, fry bacon until crisp, remove and drain. Add onions, garlic and carrots to bacon drippings and saute until lightly browned. (Excess drippings can be drained before frying.) Add chicken broth, potatoes and spices. Cover and simmer until potatoes are nearly tender, 15-20 minutes. Stir in fish and simmer for 5-7 minutes until cooked. Stir in sour half & half and heat, but don't boil. Ladle into mugs, garnish with bacon pieces.

964536 -- LAZY DAY STEW

1 lb. beef stew meat
3 med. sized potatoes
4 to 6 carrots
1 sm. onion
1 c. cubed celery
1 (8 oz.) can tomato sauce mixed with

1 can water
1 tsp. sugar
2 tsp. tapioca

Arrange meat in single layer in a baking pan. Salt and pepper to taste. Cut potatoes, carrots, onion, celery in good sized chunks and layer on top of meat. Mix tomato sauce, water, sugar and pour over meat. Season to taste. Sprinkle with 2 teaspoons tapioca. Do not stir. Seal tightly in foil and bake at 325 degrees at least 2 hours. Serves 4 people. NOTE: Even another hour doesn't seem to hurt much if you are delayed. You can turn heat way low and hold it for hours. Don't peek during cooking time of 2 hours. When you remove the foil you find the meat nicely browned with perfect gravy. The tapioca acts as gravy thickener but don't use too much or you may wind up with gravy you can slice.

964537 -- QUICK CLAM CHOWDER

3 tbsp. butter
4 shallots, chopped
1 can New England clam chowder
1 can half & half
1 can clam liquid
1 can minced clams
Salt and pepper to taste
Parsley

Saute shallots in butter. Gradually add can of clam chowder, stirring as you add. Gradually stir in can of half & half and can of clam liquid. Add can of minced clams, salt and pepper to taste. Simmer until mixture begins to boil. Garnish with chopped parsley.

964538 -- FROG LEG STEW WITH A KICK

3 lb. frog legs
1 garlic, chopped fine

1 onion, chopped fine
1/8 tsp. thyme
1/8 tsp. cayenne pepper
2 cans tomato puree
6-8 cans water
1/2 tbsp. basil
1/8 tsp. sea salt
2 tbsp. olive oil

Break the frog legs apart and saute in olive oil until almost cooked, then allow to cool. Add them to the other ingredients which have been simmering together and cook 1 1/2 to 2 hours. Serve over rice or pasta.

964539 -- POTATOES AND PASTA SOUP

1/2 lb. macaroni, preferably med.
sized and mixed, ex. med. shells, elbows,
spaghetti, broken into 3 parts
1 lg. onion
1 (16 oz.) can crushed tomatoes
1 lg. potato, cubed
Salt and pepper
Small amount of olive oil
Grating cheese, Parmesan or any of
your choice, Italian only

Brown your onion slightly in olive oil. Add can of tomatoes and salt and pepper. Simmer for about 1 hour. Cook macaroni and potato together in large pot. Drain some water, but leave enough so that pasta is covered. Add tomatoes and onions to pasta and potatoes. Add grated cheese into the pot of soup and serve.

964540 -- CHICK PEA AND PASTA SOUP

For 4 to 6 persons 19 oz. can chick peas

1/2 c. extra virgin olive oil
1/3 c. chopped onion
1 tsp. chopped garlic
1/2 tsp. chopped rosemary
1/2 tsp. chopped sage
3/4 c. canned Italian peeled plum
tomatoes, drained of their juice
3 c. homemade meat broth OR 1 c.
canned broth diluted with 2 c.
water
1/4 lb. stubby soup pasta
Salt
Black pepper in a grinder
3 tbsp. chopped parsley
Freshly grated parmegiano-reggiano
(Parmesan) for the table

Empty can of chick peas and its liquid into bowl. Squeeze the peel off the chick peas and replace into their own liquid. Put the olive oil and chopped onion in a large saucepan and turn on the heat to medium. When the onion becomes colored a pale gold, add the garlic, rosemary and sage. Stir once or twice. When the garlic becomes colored a very pale gold, add the tomatoes. Cook, stirring occasionally for 10 minutes. Add the chick peas drained of their liquid and cook for another 5 to 6 minutes. Pour the contents of the pot into a bowl, then puree them through a food mill back into the pot. Add the broth and turn on the heat to medium high. When the liquid comes to a boil, add the pasta, cover the pot and turn down the heat to medium. Cook until the paste is al dente, tender but firm to the bite. Taste and correct for salt and add a few grindings of pepper. Turn off the heat, stir in the parsley and serve with freshly grated cheese available on the side.

964541 -- BEER CHEESE SOUP

1 c. finely chopped celery
1 c. finely chopped carrot
1/2 c. finely chopped onion
8 chicken bouillon cubes, dissolved
in 8 c. boiling water or 2 qts.
chicken broth
1 c. butter, melted

8 oz. beer
16 oz. Cheddar cheese, shredded

Boil celery, carrot and onion in broth until almost tender, about 10 minutes. Mix flour and butter, stir into broth. Cook and stir until thickened; boil 1 minute. Reduce heat; add beer and cheese. Mix until smooth and cheese melts. Heat just to serving temperature. Garnish with popcorn. 12 servings.

964542 -- CAULIFLOWER SOUP

2 c. sliced cauliflower
1 can chicken broth (13 3/4 oz.)
1 c. milk
1 can cream of potato soup
2 tbsp. cornstarch
1/4 c. cold water

In large, covered saucepan cook cauliflower in chicken broth until tender. Don't drain and set aside. In a bowl, gradually add milk to potato soup and mix well. Blend 1/4 cup cold water to cornstarch and stir into soup mixture. Pour soup mixture over cauliflower and cook until thickened. Can add diced ham or cheese.

964543 -- CHEESE SOUP

Dissolve 4 chicken bouillon cubes in 1 quart water. Add: 1 c. chopped onion
1 c. chopped celery
1 c. chopped carrots
1 1/2 c. chopped potatoes

Cook 10-15 minutes on medium heat. Add 1 (20 ounce) bag California Blend vegetables. Cook 5-6 minutes on medium heat. Add 2 cans cream of chicken soup, heat on medium heat. Add 1 pound Velveeta cheese, cubed; cook until creamy.

964544 -- CORN AND BOURBON SOUP

2 slices bacon
1 med. onion, chopped
2 shallots
1/3 c. chopped celery
1/3 c. chopped leeks
4 c. corn cut from cob
2 qts. chicken broth
1 med. potato, peeled and cubed
1/4 tsp. salt
1/4 tsp. white pepper
1 c. whipping cream or half and half
2-3 tbsp. bourbon
Chives

Cook bacon in large saucepan until lightly browned. Add onion and next 3 ingredients; cook over medium heat 2 minutes. Add corn and cook 5 minutes, stirring occasionally. Add broth and next 3 ingredients; bring to a boil. Cover, reduce heat and simmer 20 minutes or until potato is tender. Add cream and cook 2 minutes. Do not boil. Remove and discard bacon. Place half of mixture in container of an electric blender, process until smooth. Repeat with remaining mixture. Pour through strainer into Dutch oven, pressing pulp with back of spoon. Discard pulp. Stir in bourbon. Serve hot or cold. Garnish each serving with chives. Yields 9 1/2 cups.

964545 -- CREAMY ZUCCHINI SOUP

2 c. condensed chicken broth
2 med. zucchini, sliced
1/2 c. chopped green pepper
1/4 c. chopped onion
1 tsp. dill weed
Salt and pepper
1 c. sour cream or plain yogurt
Snipped parsley

In a 2 quart saucepan combine broth, zucchini, green pepper and onion. Cover and simmer about 20 minutes. Add dill, salt and pepper to taste. Puree in food processor or blender. Stir in sour cream. Garnish with parsley.

964546 -- DIET SOUP

6 c. water
2 beef bouillon cubes
2 c. tomatoes
1 tsp. sugar
1/2 c. chopped onion
2 c. chopped celery
2 c. diced carrots
2 c. shredded cabbage
Salt and pepper

Cook all together.

964547 -- FISH AND CHEESE CHOWDER

1 lb. fish
2 tbsp. butter
6 tbsp. chopped onion
1 c. diced carrots
6 tbsp. chopped celery
1/2 c. flour
1/2 tsp. salt
Dash of paprika
2 (10 oz.) cans chicken broth,
undiluted
3 c. milk
1 c. grated processed cheese

Cut fish in 1 inch cubes. Melt butter in large saucepan; add onion, carrots and celery. Cook until onion is transparent. Blend flour, salt and paprika. Cook 1 minute, stirring constantly. Gradually add chicken broth and milk. Cook, stirring constantly until thickened. Add fish, simmer until fish flakes easily (5 minutes for fresh, 10 minutes for frozen). Add cheese; stir until melted.

964548 -- HAMBURGER SOUP

1 lb. ground beef
5 c. water
1 lb. can whole tomatoes
1 c. chopped onion
2 or 3 carrots, sliced
2 ribs celery, sliced
1/3 c. pearl barley
1/4 c. ketchup
1 tbsp. instant beef bouillon granules
1 or 2 tsp. seasoned salt, optional
1 tsp. dried basil leaves
1 bay leaf

Brown ground beef in a Dutch oven. Drain off fat. Add water, tomatoes and juice, onions, carrots, celery, barley, ketchup, bouillon granules, salt, basil and bay leaf. Bring to a boil. Reduce heat to a simmer, cover and simmer slowly for 45 minutes. I have used a quart of home canned whole tomatoes and works well.

964549 -- HAMBURGER SOUP

1 lb. ground beef (browned)
2 c. tomatoes
2 c. diced potatoes
1/2 c. diced carrots
1/2 c. diced celery
1/4 c. rice

1/2 c. diced onion
1 1/2 tsp. salt
1/8 tsp. pepper
1 1/2 qts. water
1 tsp. instant bouillon, vegetable
flavor

Combine all ingredients and simmer for 45 minutes.

964550 -- CANNED VEGETABLE SOUP

1 peck ripe tomatoes (peeled)
1 pt. or 1 can lima beans
1 can peas
3 green diced peppers
1 c. pearl barley (soaked overnight)
1 tbsp. paprika
1 c. sugar
1/2 c. butter
1/2 c. salt

Cook all uncooked vegetables separately. Then mix all ingredients together and cook ten minutes more. Pour into sterilized jars and seal. Yields 7-9 quarts. Very good in hot dishes.

964551 -- SAUSAGE-POTATO CHOWDER

1 lb. mild Italian sausage
1/2 c. water
2 1/2 c. peeled, diced potatoes
1/2 c. chopped onion
1/2 c. chopped celery
1 1/2 c. chicken broth
1/8 tsp. pepper

3 1/2 c. milk
1/4 c. flour
1 c. frozen peas
2 c. shredded Cheddar cheese

Brown sausage stirring so that meat is in small pieces. Set aside. In large saucepan put water, potatoes, onion, celery, broth and pepper. Cover and bring to a boil just long enough that the potatoes are tender, about 5 minutes. Add sausage and 2 1/2 cups milk. In a jar with lid, shake the flour and remaining milk until blended. Stir into the potato mixture, stirring constantly until mixture begins to boil. Add peas, simmer 3 minutes. Remove from heat, stir in cheese until melted.

964552 -- JAN'S LENTIL SOUP

1-2 ham hocks
1 lg. onion, chopped
3 med. cloves garlic, crushed
1 (1 lb.) pkg. dried lentils
1 Kielbasa or frankfurters, thinly sliced
1 c. sliced carrots

Soak lentils overnight. Rinsing 2 or 3 times. Add 10 cups of water, lentils, ham hock, 1/2 teaspoon salt (optional) and 1/8 teaspoon pepper and 1 cup of carrots. Bring to boiling; reduce heat. Simmer, covered 1-2 hours. Remove ham hock from the soup and strip off as much meat as possible. Add the meat back to the soup and add cooked Kielbasa. This soup can simmer all day, be made ahead a day or frozen. Noah Western

964553 -- CREAM OF BROCCOLI SOUP

1 c. diced onions
1/4 c. butter
1 tsp. Lawry's salt
Dash of pepper

2 c. chopped broccoli (fresh) or 2
boxes frozen broccoli (or more if
you want
2 c. half and half or light cream
1/2 c. chopped celery
1 (10 1/2 oz.) can condensed chicken
broth
Dash of garlic
2 to 4 tbsp. flour

Saute onions and celery in butter. Add chicken broth. Add broccoli. Cook until tender.
Combine flour and cream until smooth. Add to broccoli. Add salt, pepper and garlic.
Heat thoroughly. Makes 6 to 8 servings. *For cream of broccoli and cheese soup, add 1
cup grated Cheddar cheese.

964554 -- CHEDDAR CHOWDER

3 c. water
3 chicken bouillon cubes
4 potatoes, diced
1 onion, diced
1 c. chopped carrots
1/2 c. diced green pepper
1/3 c. butter/margarine
1/3 c. flour
3 1/2 c. milk
4 c. or 1 lb. grated Colby cheese
1/4 tsp. Tabasco sauce
Salt and pepper

Dissolve bouillon in water. Bring to a boil. Add and cook potatoes, onions, carrots and
green pepper. Add butter and flour. Gradually add milk and cook until thickened. Add
cheese and stir until melted. Add Tabasco sauce. Do not boil. Serves 8. Margie Johnson

964555 -- NEW ENGLAND CLAM CHOWDER

2 cans clams and juice
1/4 lb. bacon, diced
1 lg. onion, sliced or use green
onions
Salt to taste
2 lg. potatoes, diced
Milk
2 tbsp. butter
Pepper to taste
Parsley
1/4 tsp. dried thyme

Cook bacon until crisp. Cook onion until tender. Add potatoes and some water and cook until potatoes are tender. Add other ingredients and put hard butter on top. When butter melts, soup is done. Serves 8. Margie Johnson

964556 -- MANHATTAN CLAM CHOWDER

2 tomato sauce
1/4 c. diced bacon
1/4 c. minced onion
2 cans clams and liquid
2 c. diced potatoes
1 c. water
Some mushrooms
Some milk
1/3 c. diced celery
1 (16 oz.) can tomatoes
2 tsp. snipped parsley
1 tsp. salt
1/4 tsp. thyme
1/8 tsp. pepper

In large saucepan, cook and stir bacon and onion until crisp and tender. Stir in clam liquid, potatoes, water and celery. Cook until potatoes are tender. Add clams, tomatoes and seasonings. Add about 2 tablespoons butter. Heat until boiling. Margie Johnson

964557 -- CORN CHOWDER

2 tbsp. oil
1 med. onion, minced
4 med. potatoes
1 (16 1/2 oz.) can creamed corn
2 c. milk
Salt and pepper to taste
1/4 c. water

After mincing onion, peel and cut potatoes into 1 inch cubes. In large skillet over medium heat, saute onion and potatoes with oil until onion starts to turn brown. Add 1/4 cup water; cover and let steam for about 15 minutes or until potatoes are cooked. Add creamed corn, milk and salt and pepper to taste. Heat until hot but do not boil. Joyce Sinman Ms. Larson, 6

964558 -- PASTA-SAUSAGE SOUP

1-1/2 lbs. hot or sweet Italian sausage
1 med. onion, chopped
1 med. green pepper, cut into strips
1 garlic clove, minced
1 can (28 oz.) tomatoes, chopped,
liquid reserved
2 to 2-1/2 c. uncooked bow tie pasta
6 c. water
1 tbsp. sugar
1 tbsp. worcestershire sauce
2 chicken bouillon cubes
1 tsp. dried basil
1 tsp. dried thyme
1 tsp. salt

Remove casings from the sausages and cut into 1-inch pieces. In a Dutch oven, brown sausage over medium heat. Remove sausage and drain all but 2 tablespoons of the drippings. Saute onion, pepper, and garlic until tender. Add sausage and all remaining ingredients. Simmer, uncovered, stirring occasionally, until pasta is tender, about 15-20 minutes. Yields: 3 quarts. This is a good soup for our area since we have many good sausage makers. The soup has a rich flavor and is even tastier the next day. If you are unable to find bow tie pasta, you can substitute another macaroni product.

964559 -- GARDEN-FRESH TOMATO SOUP

1/2 c. butter or margarine
2 tbsp. olive oil
1 lg. onion, sliced
2 sprigs fresh thyme or 1/2 tsp.
dried thyme
4 fresh basil leaves or 1/2 tsp.
dried basil
1 tsp. salt
1/4 tsp. freshly ground black pepper
2 1/2 lbs. diced fresh ripe tomatoes
or 2 cans (16 oz. each)
Italian-style tomatoes with juice
3 tbsp. tomato paste
1/4 c. all-purpose flour
3 3/4 c. chicken broth, divided
1 tsp. sugar
1 c. heavy cream

--CROUTONS:--

8 slices day-old French or Italian
bread
1 lg. garlic clove, sliced lengthwise
2 tbsp. olive oil

In a large kettle, heat butter and olive oil over medium-high. Add onions and seasonings. Cook, stirring occasionally, until the onion is soft. Add the tomatoes and paste. Stir to blend. Simmer 10 minutes. Place the flour in a small mixing bowl and stir in 1/4 cup

chicken broth. Stir into the tomato mixture. Add the remaining broth. Simmer 30 minutes, stirring frequently. Allow mixture to cool and run through sieve, food mill or food processor. Return the pureed mixture to the kettle. Add the sugar and cream. Heat through, stirring occasionally. To prepare the croutons, rub the garlic over both sides of the bread. Brush with olive oil and place on a baking sheet. Bake at 350 degrees for 10-12 minutes or until toasted. Turn and toast other side 2-3 minutes. Just before serving, top each bowl with one or two croutons. Yield: 8 servings.

964560 -- COMPANY ONION SOUP

4 tbsp. unsalted butter
4 lg. sweet or Walla Walla onions,
sliced
1 tbsp. sugar
6 c. beef broth, divided
2 tbsp. worcestershire sauce
Salt and pepper to taste
4 thick slices French bread
Additional unsalted butter
Garlic salt or 1 garlic clove, halved
1 c. (4 oz.) shredded Gruyere or
Swiss cheese

In a Dutch oven, melt butter over medium heat. Saute onions until tender. Sprinkle sugar over onions. Reduce heat and cook, stirring occasionally, until onions are caramelized, about 20 minutes. Add 3 cups broth; simmer 15 minutes. Add remaining broth, worcestershire sauce, salt and pepper. Cover and simmer for 30-40 minutes. Meanwhile, spread both sides of the bread with additional butter; sprinkle with garlic salt or rub with the cut-side of garlic clove. Broil bread until golden brown, then turn and brown other side. Ladle soup into individual ovenproof soup bowls. Float a slice of bread in each bowl and sprinkle with cheese. Broil until cheese is melted and bubbly. Serve immediately. Yields: 4 servings. The onions in this part of the country are superb, and this soup is proof. Try it and see if your family enjoys this recipe as much as mine does.

964561 -- CREAM OF BROCCOLI OR CAULIFLOWER SOUP

6 tbsp. butter or margarine
1 tbsp. finely chopped onion
5 tbsp. flour (add more for thicker
soup)
1 c. chicken broth
2 c. milk
3/4 tsp. salt
Dash of pepper
1 pkg. (10 oz.) frozen or fresh
chopped broccoli, thawed or
10 oz. fresh cauliflower, chopped
very small
6 oz. Velveeta cheese

Microwave: In large glass bowl; heat butter and onion 1 1/2-2 minutes on high, blend in flour. Gradually add birth, milk, salt and pepper; stirring until smooth. On medium, heat 7-9 minutes or until soup is slightly thickened, stirring occasionally. Add broccoli or cauliflower and Velveeta, puree in blender. Return to bowl and heat 3-4 minutes, stirring once. Hint: I like to use both cauliflower and broccoli together--even the kids love it. Makes about 4 servings.

964562 -- CALICO BEAN SOUP

Wash beans thoroughly. Place in a large kettle. Cover with water. Add 2 tablespoon salt. Soak overnight. Saran in margarine, then add 2 quarts water and ham or ham hock (optional). Simmer 2 1/2 to 3 hours. Add the following: 1 large onion, chopped; 1 large can of tomatoes, 1 teaspoon chili powder, 1 clove garlic, chopped; juice of lemon, salt and pepper to taste. Simmer for 1/2 hour. Makes 4-6 servings.

964564 -- CREAM OF BROCCOLI SOUP

Mix together: 1 bag of frozen broccoli

2 cans cream of celery soup
1 (8 oz.) jar Cheez Whiz
1 pt. half & half

Salt and pepper to taste. Cook over low heat.

964565 -- BROCCOLI CHEESE SOUP

1 lg. head broccoli, cut up
1/2 c. butter or margarine
1 med. onion, chopped
1/2 c. flour
Salt & pepper to taste
2 c. milk
2 c. chicken broth
1 c. medium Cheddar cheese, grated

Cook broccoli pieces in small amount of water. Saute onions in butter until transparent. Add flour. Add milk slowly, stirring continually. Stir in cheese and blend until smooth. Slowly blend chicken broth into mixture. Add broccoli. Stir to mix well and season to taste. Simmer about 15 minutes.

964566 -- CLAM CHOWDER

2 doz. lg. clams, chopped (save
reserve juice)
2 c. potatoes, diced
1 can tomatoes
1 c. celery, chopped
1 sm. onion, chopped
2 tbsp. flour
3 tbsp. butter
3 c. milk
Parsley flakes

Pepper & salt last (some clams are salty)

Cook clams, onions and celery slow, about 2 hours. In separate pot cook potatoes until tender. In another pot, add butter, flour and milk to make a white sauce. Season to taste. One half hour before serving, add potatoes, white sauce, and tomatoes to clams. Add clams juice to taste. Makes about 2 quarts. Serve with oyster crackers.

964567 -- CREAM OF POTATO SOUP

8 slices bacon
1 med. onion, chopped
12 med. potatoes, peeled & diced
2 cans cream of chicken soup
2 cans milk
Parsley flakes

In large soup pan, fry bacon. When crisp, remove bacon but leave drippings in pan. Add onions and saute until tender. Then add diced potatoes with just enough water to cover potatoes. Bring to a boil, cover, and simmer until potatoes are tender. Add cream of chicken soup, milk, crumbled bacon bits and parsley flakes. Heat until it begins to bubble. Enjoy!

964568 -- PUMPKIN SOUP

6 c. chicken broth
1 to 2 (16 oz.) cans solid-pack
pumpkin
1 c. onion, thinly sliced
1 clove garlic, minced
1 1/2 tsp. salt
1/2 tsp. thyme
1/2 tsp. pepper
1/2 c. whipping cream, warmed

1 lg. fresh pumpkin, hollowed out
(optional)
Fresh parsley (optional)

In a covered saucepan, heat all ingredients except cream to boiling. Reduce heat; simmer, uncovered 20 minutes. Stir warm cream into soup. Garnish with parsley and serve from a hollowed-out pumpkin which has been warmed for 20 minutes in 350 degree oven. (My mother, Marge Beckler, serves this soup each Thanksgiving in tiny, hollowed pumpkins for each grandchild. Our twin sons Collin and Matthew enjoyed this soup as 10-month-olds on their first Thanksgiving day!)

964569 -- OYSTER STEW

1 pt. oysters
1 can cream of celery soup
3 boiled potatoes, chopped up
5 c. water
4 tbsp. butter
Pinch of salt & pepper

Drain liquid off oysters, combine oyster liquid, water, cream of celery soup, salt and pepper. Bring to a boil. Saute oysters in butter until edges curl (don't over cook) put oysters in the rest of soup just before serving. You can substitute cream of mushroom soup for the celery soup sometimes just add 1/4 teaspoon celery seed if you do this.

964570 -- MICROWAVE POTATO SOUP

4 strips bacon
2 c. potatoes (Idaho), cut into 1/2
inch cubes
1/4 c. onion, chopped
1/4 c. celery, chopped
1/2 c. water
1 tsp. salt

2 tbsp. flour
1 c. milk
1 (14 1/2 oz.) can chicken broth
1 tsp. parsley, chopped
Pepper to taste

Microwave bacon on High until crisp. Crumble and set aside. Combine potatoes, onion, celery, water and salt in a 2-quart casserole. Cover with a tight fitting lid or plastic wrap. Microwave on High for 10 to 12 minutes or until vegetables are tender. Mix flour, milk, chicken broth, and parsley until smooth. Stir into potatoes. Microwave, uncovered, on High for 15 to 20 minutes or until desired thickness. Stir occasionally during cooking. Garnish with bacon.

964571 -- "TWO OF EACH" SOUP

This recipe originally appeared in Bon Appetit as "One of Each Soup", I doubled all of the ingredients to come up with my version of "Two of each Soup" for Twinsday! Tastes great - you'd never guess the soup ingredients. 2 tbsp. butter

2 onions, chopped
2 apples, peeled, diced
2 celery stalks, chopped
2 tsp. curry powder or to taste
2 c. half & half
2 bananas, peeled & diced
4 c. chicken stock
1/2 tsp. salt
Lemon slices or melon balls or sour
cream

Melt butter in large saucepan over medium high heat. Add onion, apples, bananas, and celery. Then add chicken stock, curry, and salt. Reduce heat, cover and simmer 30 minutes. Stir occasionally. Puree in blender or processor. Chill thoroughly. At serving time, blend in half and half, turn soup into chilled tureen, garnish with lemon slices or melon balls. May also be served hot (add half and half at the very end), right after blending, serve immediately, garnish with sour cream dollop.

964572 -- BROCCOLI - MUSHROOM CHOWDER

1 lb. broccoli, fresh
8 oz. mushrooms, fresh
8 oz. butter
1 c. flour, sifted
1 qt. chicken stock
1 qt. half & half
1 tsp. salt
1/4 tsp. white pepper
1/4 tsp. tarragon leaves, crushed

Clean and cut broccoli into 1/2 inch pieces. Steam in 1/2 cup of water until tender. Do not drain. Set aside. Wash and slice mushrooms. Melt butter in saucepan over medium heat. Add flour to make a roux. Cook 2 to 4 minutes. Add chicken stock, stirring with a wire whip and bring to a boil. Turn heat to low. Add broccoli, mushrooms, half and half, and spices. Heat, but do not boil. *Chicken stock: Use homemade, canned or 4 bouillon cubes dissolved in 1 quart of water.

964573 -- HAMBURGER SOUP

1/2 c. onions, chopped
1 lb. hamburger
1 bay leaf
2 cans cream of celery soup
1 1/2 c. water
3 c. tomato juice
1/2 tsp. pepper
1 tsp. salt
1 heaping tsp. sugar
1 tsp. garlic salt
1 can of corn or 1 can green beans
(or both)

Saute hamburger in 3 tablespoons butter until done, then drain. Combine all ingredients into kettle and simmer for 45 minutes. Serves 8 to 10. The longer this simmers the better

it gets.

964574 -- KRIS' FAVORITE CAULIFLOWER SOUP

1 lg. head fresh cauliflower,
separated into sm. flowerets
2 c. water
1/2 c. onion, chopped
1/4 c. margarine
1/2 c. unsifted flour
2 tbsp. chicken flavor instant
bouillon or 6 chicken bouillon
cubes
2 c. (8 oz.) mild Cheddar cheese,
shredded
2 c. milk
1/8 to 1/4 tsp. ground nutmeg
Parsley, chopped
Paprika

In medium saucepan, cook cauliflower in 1 cup water until tender; drain, reserving liquid. Reserve 1 cup cauliflower. In blender, blend remaining cauliflower and reserve liquid. Set aside. In large heavy saucepan, cook onion in margarine until tender; stir in flour. Gradually add remaining 1 cup water and bouillon, stirring until well blended and thickened. Stir in mashed cauliflower, reserved flowerets and cheese. Cook until cheese melts. Add milk and nutmeg. Heat over low heat. Serve garnished with parsley and paprika. Makes about 1 1/2 quarts.

964575 -- COLD CURRY SOUP

5 c. chicken broth
1 c. plain yogurt
1/2 c. whipping cream
Salt & pepper to taste

1 tsp. curry
2 egg yolks
Slices of cucumber

Bring chicken broth, yogurt, cream, curry and salt and pepper to a simmer. Beat yolks in a cup. Add small amount of liquid to yolks to heat slowly. Add all to soup. Heat 2 minutes; stir constantly. Allow to cool at least 4 hours. Pour over cucumber slices.

964576 -- CUCUMBER SOUP

6 med. sized cucumbers, peeled
6 c. Campbell's chicken broth
2 cloves garlic, minced
6 tbsp. white vinegar
1 tsp. salt
4 c. sour cream
1 tomato, chopped
Scallions, sliced
Parsley, chopped

Blend cucumbers, broth and garlic in a blender or food processor. Add vinegar, salt and sour cream. Refrigerate 24 hours. Garnish with tomatoes, scallions and parsley. This recipe can be made up to 2 days in advance and chilled.

964577 -- CHILLED CARROT SOUP

4 carrots, sliced (1 c.)
1 med. onion, sliced
1 stalk celery with leaves, sliced
1 1/2 c. chicken stock
1 tsp. salt
Generous pinch cayenne pepper
3/4 c. cream (or half & half)

Put first 3 ingredients in saucepan with 1/2 cup stock. Boil; cover and simmer for 15 minutes. Put in blender. Add salt and cayenne pepper. Turn on high speed, remove cover and while blending, add remainder of stock, then cream. Chill. Serve with garnish of sour cream and fresh basil or mint leaves.

964578 -- ASPARAGUS SOUP

1/4 c. minced onion
2 tbsp. butter
1 c. (1/4 lb.) thinly sliced asparagus
1/2 tsp. paprika
3 c. chicken broth
6 tbsp. whipping cream
2 tbsp. cornstarch
2 tbsp. water

Cook onion in butter until onion is soft. Add asparagus and paprika and cook, stirring until asparagus turns bright green. Stir in chicken broth and whipping cream. Heat to boiling. Blend together the cornstarch and water and stir into soup. Cook until thickened. Season to taste with salt and pepper. Serves 4 to 6.

964579 -- CREAM OF ARTICHOKE SOUP

1 (6 oz.) jar marinated artichoke
hearts
3 lg. cloves fresh garlic
1/2 c. chopped onion
2 tbsp. flour
2 (10 3/4 oz.) cans condensed chicken
broth
1 c. half & half
Finely chopped parsley

Drain marinade from artichokes into 2-quart saucepan. Crush garlic and add to

marinade. Add onion and cook, covered, 10 minutes over low heat. Blend flour. Slowly stir in 1 can broth; heat to boiling, stirring. Boil 1 minute or until mixture thickens. Add hot mixture to artichokes and blend in blender until smooth. STRAIN into saucepan. Add remaining broth and half and half. Heat to serving temperature; do not boil. Sprinkle each serving with parsley. Makes 4 servings (4 1/3 cups).

964580 -- ENGLISH CHEDDAR CHEESE SOUP

1/4 c. butter
1/4 c. flour
1 (27 oz.) can chicken broth
2 carrots, cut into 1 inch julienne strips
1 onion, chopped
1/2 c. chopped leeks
1 c. white wine
1 tsp. Worcestershire sauce
2 c. shredded cheddar cheese
Dash of red pepper
Salt
1/2 c. cream

Melt butter, blend in flour, gradually stir in broth until smooth; heat to boiling. Add carrots, onions, leeks, wine, and Worcestershire sauce. Simmer 10 minutes, stir in cheese and red pepper until cheese is melted. Season to taste with salt. Stir in cream, heat until hot. Do not boil. Serve.

964581 -- CHEDDAR CHEESE SOUP

3/4 c. chopped carrots
3/4 c. chopped celery
3/4 c. chopped cauliflower
1/2 c. chopped green onion
1/2 white onion, chopped

2 c. water
1/2 c. butter
1 c. flour
3 c. milk
1 c. evaporated milk
2 cans chicken broth
1 jar (15 oz.) Cheese Whiz
Pepper to taste

Boil first 4 ingredients in water for 5 minutes. Saute white onion in butter. Add flour and blend well. Boil milk and chicken broth. Stir milk and broth into onion mixture. Stir in boiled vegetable including water in which they were cooked. Add Cheese Whiz and pepper. Bring to a boil and serve.

964582 -- CHEESE & BROCCOLI SOUP

1 1/2 lbs. fresh broccoli, chopped
1 pt. half & half
2 c. water
1 lb. Velveeta cheese
3/4 tsp. salt
1/2 tsp. pepper
1/2 c. cornstarch mixed with 1 c.
cold water

Steam broccoli until tender. Place half and half and water in the top of a double boiler add cheese, salt and pepper. Heat until all the cheese is melted. Add broccoli. Mix cornstarch and water in a small bowl. Stir into cheese mixture in double boiler and heat over simmering water until soup thickens.

964583 -- CREAMY PUMPKIN SOUP

1/4 c. butter or margarine (low fat
works well)

1 c. chopped onion
1/2 c. chopped celery
1 garlic clove, crushed
1/2 tsp. salt (opt.)
1/4 tsp. ground pepper
3 c. chicken broth
1 bouillon cube
1 3/4 c. (16 oz. can) solid pack
pumpkin
1 c. half & half
Chopped chives or green onion tops

In a large saucepan, melt butter; saute onion, celery and garlic until soft. Add salt, if desired, and pepper; cook for 1 minute. Add broth and bouillon cube; simmer uncovered for 15 minutes. Stir in pumpkin and half and half; cook 5 minutes, stirring occasionally to blend. Top with chopped onion. Serve warm. Makes 6 cups. Double this recipe to make 12 cups!

964584 -- YUMMY SQUASH SOUP

2 lbs. yellow squash
2 (8 oz.) cans chicken broth
1 med. size onion
1 (8 oz.) pkg. cream cheese, reg. or
light
Salt & pepper to taste

Cut squash into small pieces, about 1 inch in size. Chop onion. Combine squash and onion in chicken broth. Cook until tender. In blender combine 1/2 of squash mixture with 1/2 of cream cheese. Puree and repeat for the rest of squash and cream cheese. Return mixture into pot and simmer for 15 minutes. Add salt and pepper to taste. This recipe can work with potatoes, also.

964585 -- RAINY NIGHT SOUP

2 lbs. ground beef
3 c. water
1 c. chopped carrots
1 c. chopped celery
1 lg. potato, cubed
Salt & pepper
Gravy mix
1 bay leaf
1/8 tsp. basil
1 can (28 oz.) crushed tomatoes
3 bouillon cubes
Catsup

Brown meat, drain. Add all ingredients, using catsup to taste. Simmer 1 hour in a large pot or slow cook in a crock pot.

964586 -- QUICK VEGETABLE SOUP

1 to 2 lg. cans V-8 juice
2 lbs. lean hamburger
1 can okra, drained
1 can white corn, drained
2 (32 oz.) cans mixed vegetables or
lg. bag of frozen vegetables
2 to 3 stalks celery, chopped
1 to 2 cans stewed tomatoes
3 tbsp. chopped cilantro
Garlic powder to taste
Ground pepper to taste

Brown meat, drain. Add V-8 juice and all other ingredients. Simmer at least 30 minutes, longer if possible. Serve with flour tortillas filled with low fat Mozzarella cheese and zapped in microwave until cheese has melted. Great on cold days!

964587 -- MUSHROOM BARLEY SOUP

1/2 c. raw pearl barley
6 1/2 c. stock or water
3 to 4 tbsp. tamari
3 to 4 tbsp. dry sherry
3 tbsp. butter
2 cloves garlic, minced
1 heaping c. chopped onion
1 lb. fresh mushrooms, sliced
1/2 to 1 tsp. salt
Freshly ground black pepper

Cook barley in 1 1/2 cups stock or water until tender (cook it right in the soup kettle). Add remaining stock or water, tamari and sherry. In another pan, saute onions and garlic in butter. When onions and garlic have softened, add mushrooms and 1/2 teaspoon salt. When all is tender, add saute mixture to barley, being sure to include the liquid given off by the vegetables as they've cooked. Give soup a generous grinding of fresh black pepper and simmer covered for 20 minutes over the lowest possible heat. Taste to correct seasoning.

964588 -- BLACK BEAN SOUP

4 c. dried black beans
12 c. broth, 1/2 beef, 1/2 chicken
1 onion, chopped
2 cloves garlic, mashed
1 tbsp. comino
3 tbsp. chopped cilantro
Garnish: fried tortilla chips, grated
Monterey Jack cheese, chopped
green onions, sour cream

Combine all ingredients in a large pot, cover and cook 3 to 4 hours on low heat until beans are soft. Puree and place back in the pot and thin to desired consistency with extra beef or chicken broth.

964589 -- BAKED POTATO SOUP

2 tbsp. butter
2 tbsp. chopped onion
1 1/2 tsp. salt
1/4 tsp. celery
1/8 tsp. pepper
3 1/2 c. milk
1 1/3 c. instant mashed potatoes
Paprika
Parsley

In medium saucepan, heat butter, onion, salt, celery salt, pepper and milk just to boiling. Stir in potato puffs (dry), continue cooking until smooth. Stir constantly garnish with cheese, bacon, sour cream, chives, paprika and parsley.

964590 -- HARVEST SOUP

9 c. water
1 lg. onion, chopped
2 lg. cloves garlic, minced
2 stalks celery, chopped
2 c. squash, cubed
1 sm. cauliflower
4 med. carrots, sliced
4 med. zucchini, sliced
3 med. white potatoes, sliced
1 sm. head cabbage, sliced thin
1/2 tsp. dried thyme
1/2 tsp. dried basil
2 tbsp. vegetable bouillon
1 tsp. sea salt
Dash of nutmeg
2 tbsp. fresh lemon juice

In heavy soup kettle, bring water to boil. Add all ingredients except lemon juice. Simmer for 30 minutes, stirring frequently to break up squash and form thick stock. Stir in lemon juice at end of cooking. Great leftover. Serves 8.

964591 -- CLASSIC BEEF & BARLEY SOUP

2/3 c. pearl barley
1 1/2 lbs. ground beef
1 med. onion, chopped fine
4 carrots, minced
3 ribs celery, diced
3 (10 1/2 oz.) cans beef consomme
2 c. water
1 (10 1/2 oz.) can tomato soup
1 bay leaf
1/4 c. parsley, minced

Brown ground beef and onion in Dutch oven or heavy kettle until meat is no longer pink. Add remaining ingredients, cover and cook, simmering 1 1/2 to 2 hours.

964592 -- SAUSAGE SOUP

1 lb. smoked sausage
1 onion, chopped
1 tbsp. oil
2 chicken bouillon cubes
1 tsp. salt
1/4 tsp. pepper
1 bay leaf
1/2 tsp. thyme
3 carrots in strips
3 celery stalks, chunks
1/2 head cabbage, chunks

2 tbsp. rice, uncooked
1 (8 oz.) can tomato sauce
1 can kidney beans
1 can whole tomatoes (28 oz.)
3 c. water

In a large saucepan, brown onion in oil until tender. Add remaining ingredients. Cover and simmer for 45 minutes.

964593 -- VEGETABLE - BURGER SOUP

1/2 lb. ground beef
1 (1 lb.) can (2 c.) stewed tomatoes
1 (8 oz.) can (1 c.) tomato sauce
2 c. water
1 (10 oz.) pkg. frozen mixed
vegetables
1/2 env. dry onion soup mix
1 tsp. sugar

In Dutch oven or large heavy saucepan, lightly brown ground beef; drain off excess fat. Stir in tomatoes, tomato sauce, water, frozen vegetables, onion soup mix and sugar. Bring to boiling. Reduce heat, cover and simmer 20 minutes. Makes 6 to 8 servings.

964594 -- OLD-FASHIONED VEGETABLE SOUP

3 lb. fresh tomatoes
2 1/2 qts. water or chicken broth
1 c. chopped onion
1 c. chopped celery
2 bay leaves
3 tsp. basil leaves, divided
2 tsp. salt
1/2 tsp. ground black pepper

4 c. coarsely chopped cabbage
2 c. cauliflower flowerettes
Parsley flakes
2 c. fresh corn kernels
2 c. sliced carrots
2 c. sliced zucchini
2 c. peeled, diced potatoes

Use tomatoes held at room temperature. Remove cores and coarsely chop. Place in a large pot with water. Bring to a boil. Add onion and celery, bay leaves, 1 1/2 teaspoons basil, salt and black pepper. Cover and simmer for 1 hour. Add remaining vegetables. Cover and simmer until vegetables are tender, 45 to 60 minutes longer. Add remaining basil leaves, simmer 5 minutes longer.

964595 -- BARLEY SOUP

1 lb. ground chuck (can use 1 lb.
ground turkey)
3 onions, chopped
3 stalks celery, chopped
3 carrots, chopped
1 jar (2 oz.) granulated beef bouillon

Cook awhile in 1 quart water (crumbling meat). Add: 1 lg. can puree
1 pkg. Sweet & Low
1/2 box barley (approx.
1 c.)

Add after other ingredients are done. Simmer until everything is done. Stir often. Add enough water to make 5 quarts.

964596 -- NEW YORK MINISTRONE

1 lb. Italian sausage

1 tbsp. salad oil
1 c. diced onion
1 clove garlic, minced
1 c. sliced carrots
1 tsp. dry basil
2 sm. zucchini, sliced
1 can tomatoes, chopped
2 cans (10 3/4 oz.) beef bouillon or
3 beef bouillon cubes & 1 1/2 c.
water
1 c. coarsely shredded cabbage
1 tsp. salt
1/4 tsp. pepper
1 can (1 lb.) Great Northern beans,
undrained
Chopped fresh parsley

Slice sausage crosswise into 1/2 inch pieces; brown in oil in Dutch oven. Add onion, garlic, carrots and basil; cook for 5 minutes. Add zucchini, tomatoes with liquid, bouillon, cabbage, salt and pepper. Bring soup to boil; reduce heat and simmer for 1 hour, covered. Add beans and liquid, cook another 20 minutes. Garnish with fresh parsley. Serves 8. Freezes well, even better the next day.

964597 -- BLACK BEAN SOUP

1 c. black beans
4 c. cold water
2 sm. onions, chopped
2 tbsp. margarine
1 bay leaf
1 clove garlic, crushed
1 tbsp. parsley flakes
Ham pieces, ground (about 1/4 lb.)
1/4 tsp. salt
Pepper to taste

Place beans in soup kettle with enough water to cover entirely. Soak overnight. Drain water off beans and fill kettle with 4 cups cold water. Cook beans on low heat until soft.

Saute garlic, onions and parsley in margarine and add to soup kettle along with all other ingredients. Continue cooking over low heat until soft (about 3 hours). Add water if beans become too thick. Recipe can be doubled if desired.

964598 -- TOMATO SOUP SALAD

2 (3 oz.) pkgs. lemon Jello
1 pt. boiling water
1 can tomato soup
1 lg. pkg. cream cheese
1 c. mayonnaise
1 1/2 tsp. onion, finely chopped
1 1/2 c. celery
1 green pepper
1 c. nuts, chopped

Dissolve gelatin in boiling water. Cool. Combine soup and cheese and heat until melted. Mix in gelatin. Pour into mold and chill.

964599 -- BEEF & VEGETABLE SOUP

1 qt. beef stock
1/4 to 1/2 lb. boiled beef
1 to 1 1/2 c. frozen mixed vegetables
1 sm. tomato, peeled, diced
Chives, finely chopped
Freshly grated Parmesan cheese, if
desired

Bring stock to a boil in a medium saucepan. Trim any fat from beef; slice or dice beef. Add beef and frozen vegetables to boiling stock. Cook 5 minutes. Vegetables should be slightly crisp but tender. Add tomato and chives to taste. Ladle hot soup into 4 soup bowls. Sprinkle with Parmesan cheese, if desired. Serve with fresh crusty French bread. VARIATION: For a more substantial soup, add pieces of boiled potato, leftover pasta,

rice or small flour dumpling.

964600 -- CANADIAN CHEESE SOUP

1/4 c. onion, minced
1/4 c. flour
1 3/4 c. chicken broth
1/4 c. celery, minced
Dash of paprika
2 tbsp. butter
2 c. milk
1/4 c. carrot, minced
Dash of salt
1/2 c. cubed sharp process American
cheese

Cook onion in butter until tender, but not brown. Blend in flour; add milk, chicken broth, carrot, celery, salt and paprika. Cook and stir until mixture thickens slightly. Reduce heat; add cheese, stirring until cheese melts. Simmer 15 minutes. Do not boil. Serves 4.

964601 -- FRENCH ONION SOUP

2 lg. or 3 med. onions, sliced
1/4 c. butter or margarine
1 qt. (4 c.) water
6 cubes or 6 tsp. beef bouillon
1 tsp. Worcestershire sauce
Dash of pepper
4 to 6 slices French bread, toasted
Grated Parmesan cheese

In large saucepan, cook onions in butter until tender. Add water, bouillon, Worcestershire sauce and pepper. Cover and simmer for 20 to 25 minutes to blend flavors. To serve, top each serving with a slice of toasted French bread and sprinkle with

Parmesan cheese. If desired, place under broiler until cheese is bubbly. Makes 4 to 6 servings.

964602 -- VEGETABLE, HAM SOUP

1 tbsp. margarine
1 c. coarsely chopped green or red peppers
1 c. onion, chopped
1 (16 oz.) pkg. frozen, whole kernel corn (3 1/2 c.)
1 c. chicken broth
4 oz. cooked lean ham, cubed
1/2 tsp. ground cumin
1/4 tsp. ground white pepper
1/3 c. flour plus 1 tbsp.
3 c. (two 12 oz. cans) undiluted evaporated low-fat milk, divided
3 to 4 drops hot pepper sauce (optional)

In large saucepan, melt margarine; saute pepper and onion over medium heat for five minutes or until tender. Stir in corn, broth, ham, cumin and white pepper. Cook for five more minutes, stirring occasionally, until corn is cooked. Pour 1/2 cup evaporated lowfat milk into bowl; whisk in flour until well blended. Add remaining 2 1/2 cups evaporated lowfat milk; mix well. Slowly pour into saucepan. Increase heat to medium high; cook, stirring constantly for five minutes until mixture comes to a boil and thickens. Boil for one minute, add hot sauce. Makes 6 cups.

964603 -- SOUTHWESTERN ALASKA COD CHOWDER

3 slices bacon, cut into pieces
3/4 c. onion, chopped
1 clove garlic, minced

3/4 tsp. ground cumin
1/4 tsp. red pepper flakes
2 tbsp. flour
2 (14 1/2 oz.) cans low salt chicken
broth
1 (14 1/2 oz.) can tomatoes
1/2 c. white wine
1/2 green bell pepper, seeded &
chopped
1/2 sm. sweet potato, peeled & cut
into 1/2 inch cubes
1/2 pound Alaska cod or pollock, cut
into bite sized chunks
3/4 c. frozen corn kernels
1 1/2 tsp. lime juice
Pepper to taste

Saute bacon in large saucepan over medium heat until crisp. Stir in onion, garlic, cumin and pepper flakes. Saute five minutes or until onions are soft. Remove from heat and stir in flour. Cook one minute, stirring constantly. Gradually whisk in chicken broth. Stir in tomatoes, wine, peppers and sweet potatoes. Bring to a boil and reduce heat and simmer 10 minutes or until sweet potatoes are soft. Add fish and corn. Simmer 2 to 3 minutes, or until fish flakes with a fork. Season with lime juice and pepper. Spoon into bowls, garnish with parsley or cilantro. Serves 4.

964604 -- POTATO CHOWDER

5 med. potatoes, peeled, sliced
1/3 c. onion, chopped
2 tbsp. flour
Salt & pepper to taste
2 tbsp. margarine
1 (3 oz.) jar dried beef (cut beef
into sm. pieces)
3 c. milk

Cook potatoes in 2 1/2 cups boiling water until tender. Break up potatoes, slightly with a fork. Melt margarine in a saucepan. Add onion and cook until brown. Add beef. Cook

and stir until beef curls. Add flour, mix well. Add milk all at once and stir until thickened. Add potatoes. Reheat. Serves 8.

964605 -- NINE BEAN SOUP

1 pkg. nine beans
2 qts. water
1 lb. ham or big ham hock
1 lg. onion, chopped
1 clove garlic, minced
2 tsp. salt or to taste
1/2 tsp. pepper
1 bay leaf
1/2 tsp. oregano
1 (12 oz.) can vegetable cocktail
juice
1/2 tsp. basil
1/2 c. parsley, chopped
1 (16 oz.) can tomatoes with liquid

Wash bean mix. Cover with water and let soak overnight. (If you forget to soak beans overnight, cover beans with w