



Soup Recipes

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3 Ring Adventure Soup

2 quarts vegetable stock
9 ounces noodles, fresh or frozen
8 ounces frozen mixed vegetables
1 small zucchini, cut chunky
1 small yellow squash, cut chunky
Salt and pepper to taste

Basic Vegetable Stock
1 medium sweet potato, peeled
1 bunch celery
1 pound carrots, unpeeled
1 large onion
1 acorn squash, peeled
1 large apple, peeled
1 medium pear, peeled
3 ounces tomato paste
1 small zucchini, unpeeled
1 small yellow squash, unpeeled
1 medium turnip, peeled
1 medium corn cob
Sage, to taste
Thyme, to taste

Bring stock to a boil. Add noodles and cook per package directions. Two minutes before noodles are done add remaining ingredients.

Basic Vegetable Stock: Coarsely cut all vegetables. Place in stockpot. Pour water to cover and add seasonings. Bring to boil, reduce to simmer and cook until all vegetables are mushy.

Allow to cook, strain vegetables through cheesecloth, and discard "much," retaining the broth. Makes about 2 quarts.

African Gumbo

1 (3- to 4-pound) chicken, cut into serving pieces and floured
3 tablespoons peanut oil
2 onions, peeled and chopped
4 tomatoes, peeled and chopped
1 quart chicken bouillon
1 teaspoon salt
1/2 teaspoon cayenne pepper
1 pound okra
1 tablespoon flour, mixed with 1/4 cup water

Brown chicken pieces in hot oil in stew pot. Add onions, tomatoes, bouillon, salt and cayenne. Simmer covered until chicken is tender.

Wash okra; snip off ends and cut into rounds. Add okra and simmer uncovered until tender. Thicken with flour.

Variation

Substitute 2 pounds washed, shelled and deveined shrimp or prawns for chicken.

Apache Acorn Soup

Peel the acorns and grind them. The outer part of the acorn is not used.

1 (2 1/2-pound) beef roast
2 quarts water
1 teaspoon salt
1 teaspoon pepper
1 cup ground acorn meal

Cover beef with water and bring to boil in a heavy pot. Simmer several hours until beef is very tender, adding salt and pepper. Remove the beef, while letting the pot continue to boil. Shred the beef, then mix it with the acorn meal. Add this mixture to the broth and simmer together until the broth bubbles creamy-white with yellow flecks.

Appledore Soup

3 potatoes
1 1/2 teaspoons salt
1 quart milk
1/4 teaspoon celery salt
2 slices onion
1/8 teaspoon pepper
3 tablespoons butter
Few grains cayenne
2 tablespoons flour
3 tablespoons ketchup
1 teaspoon chopped parsley

Cook potatoes in boiling salted water; when soft, rub through a strainer. There should be two cups.

Scald milk with onion; remove onion, and add milk slowly to potatoes. Melt half the butter, and add dry ingredients, stirring until well mixed. Stir into hot soup; boil one minute; strain. Add remaining butter and ketchup. Sprinkle with parsley.

Artichoke Soup

8 medium artichokes, washed and trimmed
1 quart water
2 cups chicken stock
1 bunch scallions, chopped
1 teaspoon lemon juice
2 cups light cream
Salt and pepper, to taste

In a large kettle, place the artichokes, water, chicken stock and scallions. Bring to a boil and cook, covered, for 45 minutes.

Drain and cool artichokes, reserving cooking liquid. Scrape off the tender parts from bottoms of leaves and remove hearts. Purée scrapings in a blender or food processor, adding cooking stock and lemon juice. When cool, add cream and seasonings.

Chill thoroughly and serve in chilled bowls with one of the following garnishes: hardboiled egg slices, minced parsley or chives, a dollop of sour cream, sliced lemon or lime, watercress, or a dollop of whipped cream.

Avocado Tortilla Soup

Yields 2 servings

2 teaspoons butter

1 onion, sliced

1 cup chicken or beef broth

1 cup water

1/2 teaspoon chopped fresh cilantro leaves

1/4 avocado, peeled and sliced

8 tortilla chips

Melt margarine in small saucepan over medium heat. Separate onion slices into rings and saute in butter until golden. Add seasoned broth and cilantro leaves. Stir to blend. Lower heat and simmer about 5 minutes.

Pour into heated soup bowls. Add avocado slices and tortilla chips.

Avocado–Jalapeño Soup

1/4 cup butter
1/4 cup all–purpose flour
2 cups milk
2 cups half–and–half
1 teaspoon salt
Grated rind of 1 lime
3 ripe avocados
1 tablespoon fresh lemon juice
1/2 teaspoon very finely chopped onion
1 teaspoon finely chopped jalapeño
Pepper to taste
1/4 cup cream, whipped, for garnish
1/2 teaspoon chili powder, for garnish

Melt butter in top of a double boiler, add flour and blend with a wire whisk thoroughly. Add salt and lime rind, stirring until mixture thickens. Mash 2 of the avocados and add to soup, mixing thoroughly. Add lemon juice, onion and jalapeño. Chill for several hours or overnight.

Just before serving, cube the remaining avocado.

Serve soup in chilled bowls and garnish with cubed avocado, dab of whipped cream and chili powder.

Yields 6 servings.

Baked Garlic Soup

Yield: 4 to 6 servings

2 cups diced fresh tomatoes
1 (15 ounce) can garbanzo beans, undrained
4 or 5 summer squash, sliced
2 large onions, sliced
1/2 green bell pepper, diced
Dry white wine
4 or 5 cloves fresh garlic, minced
1 bay leaf
2 teaspoons salt
1 teaspoon basil
1 bay leaf
1 1/4 cups grated Monterey jack cheese
1 cup grated Romano cheese
1 1/4 cups heavy cream or whipping cream

Preheat oven to 375 degrees F. Generously butter a 3–quart baking dish.

Combine all ingredients, except cheese and cream, in baking dish. Cover and bake for 1 hour.

Stir in cheeses and cream. Lower heat to 325 degrees F, and bake 10 to 15 minutes longer. Do not allow to boil.

Baked Potato Soup

4 large baking potatoes
2/3 cup butter
2/3 cup flour
6 cups milk
4 green onions, chopped
12 slices bacon, cooked and crumbled
1 1/4 cups Cheddar cheese, shredded
8 ounces sour cream
3/4 teaspoon salt
1/2 teaspoon pepper

Bake potatoes until done. Cut in half lengthwise. Scoop out pulp and set aside.

Melt butter in heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk, stirring over medium heat until thick and bubbly. Add potato pulp, salt and pepper, 2 tablespoons of the green onion, 1/2 cup bacon and 1 cup cheese. Cook until heated thoroughly and stir in sour cream. Add more milk if necessary (but it should be served thick).

Serve with remaining green onions, bacon and cheese on top.

Yields 10 cups.

Bean Soup with Tamale Dumplings

1/2 pound ground pork
1/4 cup chopped onion
1 tablespoon chili seasoning mix
1 1/2 cups yellow cornmeal
3/4 cup flour
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon sugar
1 cup water
6 slices bacon, chopped
1 cup chopped onion
1 clove garlic, minced
1 tablespoon chili seasoning mix
4 cups water
1 tablespoon beef bouillon granules
2 (15 ounce) cans Mexi-Beans

Cook ground pork and the 1/4 cup chopped onion until meat is done. Drain and stir in 1 tablespoon chili seasoning mix; set aside to cool.

Combine cornmeal, flour, baking powder, salt and sugar. Add the 1 cup water and stir until mixture is combined. Divide cornmeal into 16 portions. With lightly floured hands, shape each portion around a teaspoonful of meat mixture.

In Dutch oven, cook together bacon, the remaining onion and garlic until onion is tender. Stir in the remaining chili seasoning mix, 4 cups water and bouillon granules. Stir in Mexi-Beans and the remaining meat mixture. Bring to boiling; reduce heat to simmer. Add dumplings, cover tightly and simmer for 20 minutes.

Makes 6 to 8 servings.

Beef and Ham Gumbo in Rice Border

1 pound beef, diced
3/4 pound cured ham, diced
2 tablespoons chopped parsley
1 onion, chopped
1 green pepper, diced
1 cup diced celery
Bay leaf
1 quart canned tomatoes
2 cups water
1 quart okra
Salt
Pepper

Cook beef and ham until tender. Add parsley, onion, green pepper, celery and bay leaf. Cook mixture for a few minutes, then add water and the tomatoes and simmer until tender. Add okra. Season to taste, and when okra is tender and stew is thickened, remove bay leaf and serve in rice border.

Beef Barley Soup

1 1/2 pounds beef shank bone and meat
2 marrow bones
2 1/2 quarts water
1/4 cup parsley flakes
1/4 cup celery flakes
5 teaspoons salt
3 tablespoons chopped onion
1/4 teaspoon pepper
1/2 teaspoon ground ginger
5 whole mushrooms
1 cup diced carrots
1/2 cup pearl barley

Place bones, meat, water, parsley and celery flakes, salt, onion, pepper, ground ginger and mushrooms in large kettle. Simmer, covered, 2 hours. Remove bones. Add carrots and barley; simmer 2 hours longer or until barley is cooked.

Makes 8 servings.

Beef Gumbo

1 1/2 to 2 pounds boneless beef chuck roast
2 large garlic cloves, minced
1 small onion, thin wedges
1 medium potato, diced
1 celery stalk, sliced
1 can whole tomatoes
1 1/2 cups water
1/2 cup catsup
1/4 cup steak sauce
1 1/2 teaspoons oregano
1 teaspoon hot pepper sauce
1/2 teaspoon salt
1/2 (10 ounce) package frozen baby okra, thawed
1 to 2 teaspoons gumbo file (optional)

Trim meat and cut into 1-inch cubes.

Combine all ingredients except okra and gumbo file in Dutch oven. Bring to a boil, reduce heat; cover and simmer for 1 hour and 20 minutes or until beef is tender.

Stir in okra and gumbo file; heat through, without boiling.

Serve over hot, cooked rice.

Beef Noodle Soup

1 pound soup meat
1 medium-size onion
1 bay leaf
8 whole peppercorns
6 sprigs parsley
1 tablespoon salt
1/4 pound dry egg noodles

Cook meat in 6 cups of water until almost tender. Ad salt. Put onion, peppercorns and bay leaf in a spice holder or tie in a bag. Add to meat and cook 30 minutes longer, adding water as necessary. Remove spices. Cook noodles in salt water; drain, and add to meat and broth.

Serves 4.

Beet Borscht

1 can sliced or diced beets
1/2 cup meat broth or water
2 tablespoons grated onion
3 tablespoons cider vinegar
1/2 pint sour cream
Chopped parsley

Drain off beet juice into 3-quart saucepan. Put beets through food mill or blender, then add to juice. Add broth or water and onion; heat to boiling. Remove from heat. Add vinegar and serve at once with 3 tablespoons sour cream floating on each serving, then put a sprinkle of parsley over the sour cream.

Big Easy Gumbo

1 teaspoon canola oil
1/2 cup chopped celery
1/2 cup chopped white onion
1/4 cup chopped green pepper
1 pound skinless, boneless chicken breasts, cubed
1/2 pound turkey sausage links, sliced in 1/2-inch pieces
1 (15 ounce) can Veg·All Original Mixed Vegetables, drained
1 (14 1/2 ounce) can diced tomatoes
Cooked white rice

In medium fry pan, heat oil over medium high heat; sauté celery, onion, green pepper, cubed chicken and sausage for 5 minutes or until cooked.

Stir in mixed vegetables and tomatoes; cook until heated through.

Serve over cooked rice.

Makes 8 servings.

Black Bean and Onion Soup

Makes: 6 servings

1 cup black beans, rinse and drain
1/4 cup onion, chopped
2 tablespoons celery, chopped
3 tablespoons green onion, chopped
1 tablespoon garlic, minced
1 teaspoon gingerroot, shredded
1 1/2 teaspoons ground black pepper
6 ounce spinach leaves, stemmed and washed
4 tablespoons non/low-fat sour cream
2 tablespoons cilantro, chopped
6 cups water

In a 4-quart pot, combine the beans, onion, celery, green onions, garlic, ginger, and pepper to taste. Add 6 cups of water and bring to a boil, stirring occasionally. Lower the heat, cover, and simmer for 45 to 60 minutes.

Place the spinach leaves in a sauté pan at medium-high heat. Stir for 2 to 4 minutes. Chop the cooked spinach; set aside.

Stir the spinach into the soup and mix well. Spoon sour cream into the center of each serving, and sprinkle with cilantro.

Black Bean Soup with Cumin and Cilantro

2 tablespoons olive oil
1 1/2 cups chopped onion
8 cloves garlic, crushed
2 cups dry black beans, rinsed and drained
3 teaspoons ground cumin
2 teaspoons ground coriander
1/4 teaspoon coarse ground pepper
1 large vegetable bouillon cube
8 cups water
4 carrots, diced
4 stalks celery, diced
5 to 6 drops of liquid smoke
1 cup coarsely chopped cilantro
1 lime
Hot sauce as desired

Heat oil in heavy large pot over medium high heat. Add onion and garlic. Saute 5 minutes. Mix in beans and spices. Add bouillon and water. Bring to boil. Reduce heat; cover and simmer until beans are tender, stirring occasionally, about 3 to 3 1/2 hours.

Add carrots, celery and liquid smoke. Cook about 30 more minutes. Stir in cilantro. Serve each portion of soup with a lime wedge and hot sauce as desired.

8 servings.

Black Bean Soup

1 pound dried black beans
1 teaspoon cumin seed
1 teaspoon coriander seed
1 teaspoon roasted Mexican oregano
1/2 large onion, peeled, with root fibers attached
4 large cloves garlic, slightly mashed
2 jalapeño chiles, cut lengthwise
1 bunch cilantro, tied
2 bay leaves
1/2 teaspoon dried thyme
1 1/2 teaspoons black peppercorns
6 quarts water
1/2 cup tomato purée
1 1/2 teaspoons salt

Remove any foreign particles from the beans. Watch for small black stones that resemble the beans. Rinse beans in cold water three times, stirring by hand. Roast cumin, coriander and oregano together and crush or roughly grind them in a spice mill. Tie them up together with the onion, garlic, jalapeños, cilantro, bay leaves, thyme and peppercorns in cheesecloth and simmer in water for 15 minutes.

Add beans, tomato purée and salt to the water and simmer very low for 3 hours, or until the beans are completely soft and just starting to fall apart. Add water as necessary. Remove the cheesecloth bag. To make a thicker soup, purée 1 1/2 cups beans and stir them back into the soup.

Pour the soup into individual serving bowls and garnish with equal amounts of sour cream, chopped avocado, minced scallions, chopped cilantro and minced serrano chiles.

Serve with a lime wedge.

Blender Shrimp Gazpacho

1 (4 1/2 ounce) can Louisiana Brand Shrimp
1 medium cucumber, unpeeled, sliced
1 green bell pepper, sliced
1 medium onion, sliced
1 garlic clove
4 sprigs fresh parsley
2 (13 1/2 ounce) cans tomato juice
Juice of 1 average lemon
1/2 teaspoon salt
1/2 teaspoon hot pepper sauce
2 tablespoons olive oil

Have shrimp and other main ingredients chilled. Place cucumber, pepper, onion, garlic and parsley in a blender. Set on "chop" speed, if available, or turn blender quickly on and off for chopping action, stopping before mixture becomes puréed. Combine with tomato juice, lemon juice, seasonings, olive oil, shrimp and shrimp liquid.

Serve well chilled.

5 servings.

Border Avocado Soup

**2 medium avocados
3 cups chicken broth
2 teaspoons mild chile powder
1/2 teaspoon cumin
1 1/2 cups whipping cream
1/2 teaspoon salt, or to taste
Dash of cayenne pepper
4 sprigs cilantro**

Peel avocado and chop the flesh coarsely. Place it into a blender container. Add chicken broth, chile powder and cumin; blend until smooth. Pour the mixture into a saucepan and cook over very low heat until very hot. Do not allow it to boil. Pour the avocado mixture into a bowl and allow to cool. Stir in the cream, add the salt and cayenne pepper, and chill thoroughly in the refrigerator.

Pour the soup into individual serving bowls, sprinkle with a little cayenne pepper, and garnish with cilantro sprigs.

Serves 4.

Brie Soup

1 medium onion, diced
1 1/2 cups sliced mushrooms
1 cup white wine
1 pound Velveeta® cheese
1/4 cup sherry
Cornstarch (to thicken)
1 1/2 cups julienne carrots
1/2 cup butter
5 cups heavy cream
4 1/2 ounces very ripe brie
White pepper, to taste
Cayenne, to taste

Sauté carrot, onions and mushrooms in butter until tender. Add wine and cook over medium heat for 10 minutes. Work cheeses with fork, moistening with sherry; add to vegetables and cook over low heat for 2 minutes, stirring constantly. Add pepper and cayenne to taste. Add cream and heat to the boiling point.

If you use cornstarch to thicken, mix it with a small amount of water and add it while the mixture is boiling. You can also cook the moisture out of the vegetables, then add wine and purée in blender and use as a thickener.

Broccoli Bisque

2 tablespoons butter
1 1/4 to 1 1/2 bunches fresh broccoli,
trimmed and chopped
1 medium onion, coarsely chopped
1/2 to 1 teaspoon curry powder
1/2 teaspoon salt
Dash of freshly ground pepper
3 1/2 cups chicken broth
2 tablespoons lime juice (or lemon)

Melt butter in a large saucepan over medium heat. Add broccoli, onion and curry powder. Sauté a minute or two, but do not allow the onion to brown. Add salt, pepper and broth. Stir until mixed. Cover and bring to a boil. Reduce heat and simmer until broccoli is just tender, about 8 to 10 minutes.

Cool slightly, then pour half of mixture into blender container. Cover and blend until smooth. Repeat with remaining mixture. Add lime juice. Reheat and serve. Garnish with lemon slices.

Makes 6 servings.

Broccoli Cheese Soup

4 chicken bouillon cubes
4 cups water
2 cans cream of chicken soup
1 (10 to 12 ounce) box chopped broccoli
1 1/2 cups raw potatoes, diced
1 small onion, chopped
1 pound Velveeta cheese

Boil 4 cups of water and dissolve bouillon in it. Add the vegetables and cook over low heat until potatoes are soft. Add cheese and cook until melted.

Broccoli Soup

1 pound broccoli (fresh or frozen)
1 tablespoon instant onion flakes
1 teaspoon salt
1/4 teaspoon white pepper
1 tablespoon flour
1 teaspoon sweet basil (optional)
1 1/3 cups water
1 chicken bouillon cube
1 (13 ounce) can evaporated milk

Fresh broccoli should be washed, trimmed and broken into small pieces. Place broccoli in medium saucepan; add next 7 ingredients. Cover and bring to boil; simmer until tender, 10 to 15 minutes. Remove some florets and set aside for garnish. Purée or blend remaining broccoli, return to heat, and stir in evaporated milk. Heat to serving temperature.

Variations

Asparagus, mushrooms or zucchini can be substituted for broccoli.

Brown Meat Stock

5 to 6 pounds beef or veal bones
6 quarts water
1 pound carrots, diced
2 medium onions, diced
4 stalks celery, diced
3 cloves garlic, quartered
3 bay leaves
8 peppercorns
2 cups chopped fresh parsley

Place bones in a shallow roasting pan; bake at 450°F for 45 minutes or until bones are well browned, turning occasionally. Combine browned bones and 6 quarts water in a large stockpot. Bring to a boil; cover, reduce heat, and simmer 1 1/2 to 2 hours. Skim surface frequently to remove scum. Uncover and continue cooking 4 hours.

Add carrots and remaining ingredients. Reduce heat to low, and cook, uncovered, 6 hours. Remove from heat, and cool. Strain stock through a cheesecloth– or paper towel–lined sieve into a large bowl; discard bones, vegetables and seasonings. Cover and chill stock. Skim and discard solidified fat from top of stock.

Makes 2 1/2 cups.

Bula Soup

**1 (10 ounce) package frozen spinach,
cooked and well drained**
8 ounces clam juice
8 ounces minced clams with juice
8 ounces chicken stock
1 1/2 cups half-and-half
2 tablespoons fresh lemon juice
1 tablespoon Worcestershire sauce
Pepper, to taste
Chilled sour cream

In a blender or food processor purée spinach, clam juice, clams and juice and chicken stock. Transfer to saucepan and add half and half, lemon juice, Worcestershire sauce and pepper. Heat, but do not boil. Adjust seasonings and ladle into individual heatproof bowls. Top each bowl with 2 teaspoons sour cream and broil for 2 minutes.

Butternut Apple Soup

3 pounds butternut squash
6 large Jonathan or Granny Smith apples
6 cups water
4 teaspoons granulated sugar
Pinch of ground cloves
1 teaspoon salt
Freshly-ground white pepper
2 teaspoons curry powder
2 cups heavy whipping cream

Cut squash in half lengthwise and scoop out seeds and fiber. Cut in half again, lengthwise, and pare off the outside shell. Cut the squash into cubes. Quarter, core and pare the apples. Cut them into cubes, also. Place squash, apples, water, sugar, cloves, salt and pepper in a large saucepan or casserole. Bring to a boil. Reduce heat, cover and simmer 30 to 45 minutes, or until the squash and apples are extremely soft and beginning to form a purée.

Purée the mixture, including the water, in a food processor or blender. The soup may be stored in the refrigerator at this point. Before serving, stir together the squash-apple mixture, curry powder, and cream in a saucepan. Bring slowly to a simmer and taste for seasoning. Should the soup be too thick, add a little water.

Butternut Squash Bisque

1 small squash (1 pound) peeled, cut up and seeded or 1 (10 ounce) package frozen squash
2 tart apples, peeled, cored and coarsely chopped
1 medium yellow onion, peeled and coarsely chopped
1 pinch rosemary
1 pinch marjoram
4 cups chicken broth
2 thick slices French bread, trimmed and cubed
Salt and ground pepper
2 egg yolks
1/4 cup heavy cream

Combine all ingredients, except yolks and cream, in a large saucepan. Bring to boil, reduce heat and simmer until the vegetables are soft, 35 to 45 minutes.

Purée the vegetables, a small amount at a time. Beat yolks and cream together. Beat in a little of the hot soup. Combine the vegetables and cream mixture. Bring to a boil, but DO NOT boil. Garnish with additional diced apples.

Serves 6.

Cabbage and Beef Soup

1 pound lean ground beef
1/2 teaspoon garlic salt
1/4 teaspoon pepper
2 cloves garlic, minced
2 stalks celery, chopped
1 (16 ounce) can kidney beans, undrained
1 medium onion, chopped
1/2 medium head cabbage, chopped
1 (28 ounce) can diced tomatoes
1 tomato can water or beef broth
3 or 4 bouillon cubes
Chopped fresh parsley

In a Dutch oven, brown beef. Add all remaining ingredients except parsley. Bring to a boil. Reduce heat. Simmer, covered, for 1 hour.

To serve, garnish with parsley. Yields 3 quarts. This can also be frozen.

Cabbage Soup

1 cup chopped onion
2 tablespoons butter
2 cups shredded cabbage
1 (10 ounce) package frozen lima beans, cooked and drained
1 cup sliced carrots
1 cup diced potatoes
1 cup chicken broth
1/2 teaspoon salt
1/4 cup butter
1/4 cup all-purpose flour
1/4 teaspoon paprika
1/4 teaspoon pepper
3 cups milk
2 cups (8 ounces) shredded Cheddar cheese

Sauté onion in 2 tablespoons butter in a heavy saucepan until tender, about 3 minutes. Add cabbage, beans, carrots, potatoes, broth and salt. Cover; simmer until carrots and potatoes are tender, about 20 minutes.

Meanwhile, melt 1/4 cup butter in a 4-quart Dutch oven. Blend in flour, paprika and pepper. Remove from heat; stir in milk.

Heat to boiling, stirring constantly. Boil and stir 1 minute.

Remove from heat; stir in cheese until melted. If necessary, return to low heat to finish melting cheese. (Do not boil.)

Add vegetables with liquid to cheese soup base. Heat to serving temperature. Makes 8 cups.

California Cioppino

2 freshly cooked whole crabs,
approximately 1 1/2 to 2 pounds each
24 clams, well scrubbed
3 cups dry white wine
1/3 cup olive oil
1 medium onion, finely chopped
3 large cloves garlic, minced
1 green bell pepper, coarsely chopped
2 pounds fresh tomatoes, peeled, seeded, and chopped
3 ounces tomato paste
1 teaspoon freshly-ground pepper
1/2 teaspoon dried Mexican oregano
1/2 teaspoon dried basil, or 1 tablespoon finely chopped fresh basil
2 pounds fresh white fish such as sea bass, rock cod,
halibut or ling cod, cut into large pieces
3/4 pound scallops
3/4 pound raw shrimp, peeled and de-veined
Chopped fresh parsley

Remove the legs and claws from the crab and break the body in half, reserving as much of the soft, mustard-colored center (crab butter) as possible. Set crab pieces aside and force the crab butter through a sieve into a small bowl. Set aside.

Place the clams in a pan, add 1 cup of wine, and steam, covered, over medium heat for 4 to 6 minutes or until clams open. Remove clams, discarding any that do not open. Strain the stock through cheesecloth and reserve.

In an 8-quart heatproof casserole or a kettle, heat the oil. Add the onion, garlic and bell pepper and sauté over medium heat, stirring occasionally, for approximately 5 minutes or until vegetables start to soften. Add tomatoes, tomato paste, remaining 2 cups of wine, pepper, herbs and clam stock. Partially cover and simmer for 20 minutes.

Add the fish, scallops, shrimp, crab and crab butter. Simmer for approximately 5 minutes or until all seafood is cooked. Do not stir. Add the clams and heat for a scant 1 minute. Sprinkle with parsley and serve immediately from the cooking pot.

California Strawberry Soup

2 cups strawberry preserves
12 ounces sour cream
2 tablespoons grenadine syrup
1 1/4 cup half-and-half
1/2 cup cream sherry

In blender on high speed, blend strawberry preserves, sour cream and grenadine until smooth. On low speed, blend in half-and-half and cream sherry. Chill in refrigerator 3 to 4 hours.

Serve garnished with fresh strawberry and mint leaves.

Cantaloupe Rum Soup

1 ripe medium size cantaloupe
1/4 pound butter or margarine
1/8 teaspoon powdered cloves
1/8 teaspoon nutmeg
1/4 teaspoon coriander
1/8 teaspoon (or less) salt
1 cup granulated sugar (to taste)
2 quarts half-and-half or sour cream
1/4 teaspoon orange flavoring
Juice of 1/2 fresh lime
Mint leaves (optional)
1/3 cup light rum (or to taste) or rum
extract to taste

Cut, dice and peel cantaloupe. Cook in saucepan until very soft. Drain; mash with potato masher. Add butter and spices. Cool down with about 1/2 cup of cream. Mix with electric beater or blender until finely puréed. Add lime juice very slowly while blending. Return ingredients to a refrigerator container large enough for entire mixture. Add remaining cream.

Store and serve cold with mint garnish and rum.

Cantaloupe Soup

1 large cantaloupe, pared, seeded and chopped
3 tablespoons granulated sugar
2 tablespoons snipped fresh mint leaves
1/2 cup dairy sour cream
1/4 cup dry white wine
2 teaspoons grated orange peel
Fresh mint leaves

Place cantaloupe, sugar and the 2 tablespoons mint leaves in a blender. Cover and process until smooth. Stir in sour cream, wine and orange peel.

Serve soup in one half of a cantaloupe with the seeds removed. Garnish with mint leaves.

Makes 6 (2/3 cup) servings.

Carrot Bisque

6 cups chicken stock
5 slices bacon, chopped
1 1/2 pounds carrots, coarse chopped
1/2 cup green onions with tops, chopped
1/2 pound fresh mushrooms, chopped
1 cup celery with leaves, chopped
1/8 teaspoon dry thyme
1 bay leaf
1 cup half-and-half

Sauté bacon in heavy saucepan until crisp. Stir in vegetables. Stir frequently until wilted. Cover and simmer 10 to 15 minutes.

Uncover, stir in chicken stock, thyme and bay leaf. Simmer covered for 1 hour.

Remove from heat. Remove bay leaf. Purée soup in blender. Return to saucepan; add half and half. Reheat, but DO NOT boil. Serve garnished with chopped green onions.

Catfish Gumbo

1 cup chopped green pepper
1 cup chopped celery
1 cup chopped onion
2 cloves garlic, minced
1/4 cup vegetable oil
2 (14 1/2 ounce) cans beef broth
1 (16 ounce) can tomatoes, undrained and chopped
1 teaspoon salt
1/2 teaspoon dried whole oregano
1/2 teaspoon dried whole thyme
1/2 teaspoon red pepper
1 bay leaf
2 pounds farm-raised catfish fillets
1 (10 ounce) package frozen sliced okra, thawed
Hot cooked rice

Sauté green pepper, celery, onion and garlic in hot oil in a Dutch oven until tender. Stir in broth and next 6 ingredients; bring to a boil. Cover, reduce heat and simmer 30 minutes, stirring occasionally.

Cut catfish into 1-inch pieces; add to gumbo and simmer 10 minutes. Stir in okra; cook an additional 5 minutes. Remove bay leaf.

Serve over rice.

Cauliflower and Cheese Soup

1 medium cauliflower head, separated florets
1 medium onion, chopped
1 carrot, chopped
1 celery stalk, chopped
4 cups chicken stock
2 cups light cream
1/2 teaspoon Worcestershire sauce
1 cup grated Cheddar cheese
Salt, to taste
Freshly-ground black pepper, to taste
Chopped chives, for garnish

Put cauliflower, onion, carrot, celery, and chicken stock in crockpot. Cover and cook on LOW for 6 to 8 hours.

Puree in blender. Return to crockpot. Blend in cream, Worcestershire and cheese. Add salt and pepper to taste. Stir to mix well. Turn control to HIGH and heat through; garnish servings with chopped chives.

This recipe yields 4 to 6 servings.

Charleston She–Crab Soup

1 small onion, minced
4 tablespoons butter
1 pound crabmeat (about 12 crabs)
1 quart milk
2 cups light cream
1/4 teaspoon mace
1/4 teaspoon white pepper
1/2 teaspoon salt, or to taste
1/4 cup dry sherry
2 egg yolks
1/4 cup orange crab roe
Rind of 1 lemon, grated

Sauté onion gently in the butter, add crabmeat, and set aside. Heat milk and cream in the top of a double boiler, add crab meat and onion, seasonings, and sherry. Cover, and let steep over very low heat for 30 to 45 minutes.

Beat the egg yolks, pour a little of the hot liquid into them, and then stir the yolk mixture slowly into the soup. Put a spoonful of roe in each soup bowl, ladle in the soup, and sprinkle the top with grated lemon rind.

Serves 4 to 6.

Cheese Soup

3 stalks celery, chopped
3 scallions, chopped
1/4 cup butter or margarine, melted
2 (10 3/4 ounce) cans condensed chicken broth
3 cups water
2 carrots, scraped and grated
2 cups (8 ounces) shredded American cheese
1/2 teaspoon dried parsley flakes
1/8 teaspoon pepper
Dash of hot sauce
1 (8 ounce) container sour cream
3 tablespoons sherry

Sauté celery and scallions in butter in a large Dutch oven until vegetables are tender. Add chicken broth, water and carrot, stirring well. Bring to a boil. Cover, reduce heat and simmer 30 minutes. Add potato soup and next 4 ingredients, stirring well. Simmer 15 minutes. Add sour cream and sherry; heat thoroughly.

Yields 2 1/2 quarts.

Cheese–Beer Soup

1 can chicken broth
1 broth can milk
1/2 ounce MSG
1/2 ounce Worcestershire sauce
1/4 cup cornstarch
12 ounces beer
1 cup Cheese Whiz®
Salt, to taste

Bring milk to simmer. Add chicken stock, cheese and all other ingredients except cornstarch and beer. Simmer until cheese is melted. Make paste with water and cornstarch. Add starch and beer just before serving soup.

Chicken and Sausage Gumbo

1 pound hot smoked sausage, cut into 1/4-inch slices
4 chicken breast halves, skinned
1/4 to 1/3 cup vegetable oil
3/4 cup all-purpose flour
1 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup sliced celery
2 quarts hot water
3 cloves garlic, minced
2 bay leaves
2 teaspoons Creole seasoning
1/2 teaspoon dried whole thyme
1 tablespoon Worcestershire sauce
1/2 to 1 teaspoon hot sauce
1/2 cup sliced scallions
1/4 teaspoon salt (optional)
Hot cooked rice
Gumbo filé (optional)

Brown sausage in a Dutch oven over medium heat. Remove to paper towels, leaving drippings in Dutch oven. Brown chicken in drippings; remove to paper towels, reserving drippings.

Measure drippings, adding enough vegetable oil to measure 1/2 cup. Heat in Dutch oven over medium heat until hot. Add flour to hot oil; cook, stirring constantly, until roux is the color of chocolate (about 30 minutes).

Add onion, green pepper and celery; cook until vegetables are tender, stirring often. Gradually stir in water; bring to a boil. Return chicken breasts to Dutch oven; add garlic and next 5 ingredients. Reduce heat; simmer, uncovered, 1 hour.

Remove chicken; let cool. Return sausage to Dutch oven; cook gumbo, uncovered, 30 minutes. Stir in scallions; cook, uncovered, an additional 30 minutes. Add salt, if desired. Bone chicken breasts and cut into strips. Add to gumbo and cook until thoroughly heated. Remove bay leaves.

Serve gumbo over rice. Sprinkle with gumbo file, if desired.

Serves 8.

Chicken Garlic Soup

6 cups chicken stock
4 heads garlic (you read that right – full HEADS not cloves)
4 baking potatoes, peeled and diced
3 ribs celery, cut into 1–inch pieces
1 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon celery seed
1 teaspoon dried basil
1 teaspoon dried rosemary, crushed well

Place garlic in a 1–quart casserole. Cover and bake at 350 degrees F for one hour. Remove from oven, but do not lift lid.

In a large stock pot, combine remaining ingredients. Bring to a boil. Reduce heat to medium and continue to cook until potatoes are tender.

Mash vegetables into broth with potato masher. Cut off just enough of the bottom of each head of garlic to expose cloves. Gently squeeze out all the garlic from the skins. Add roasted garlic to soup mixture. Stir very well to incorporate.

Serve with crusty bread and cheese for a robust lunch or dinner.

Serves 6.

Chicken Ravioli Soup

- 1 tablespoon olive oil
- 2 boneless skinless chicken breast halves, cut into bite-size pieces
- 2 (10 1/2 ounce) cans condensed chicken broth, undiluted
- 2 (14 1/2 ounce) cans diced tomatoes with garlic and onion, undrained
- 2 small zucchini, diced
- 1 (25 ounce) package frozen cheese ravioli
- 2 teaspoon dried parsley
- Freshly-grated Parmesan cheese

In Dutch oven, sauté chicken in hot oil for 2 minutes, stirring constantly. Add chicken broth, tomatoes and zucchini; cover and bring to boil. Add frozen ravioli; simmer, uncovered, about 7 minutes or until ravioli reaches desired doneness. Stir in parsley.

To serve, ladle into soup bowls; sprinkle with Parmesan cheese.

Chicken Soup

1 (4 to 5 pound) stewing chicken
3 1/2 quarts water
1 tablespoon salt
3 stalks celery
1 parsley root
2 onions
3 sprigs dill
3 sprigs parsley

Clean chicken thoroughly. Combine in a deep saucepan with the water and onions. Bring to a boil and cook over medium heat for 1 1/2 hours. Add remaining ingredients. Cover and cook over low heat 1 hour longer, or until chicken is tender. Remove chicken and strain soup.

Makes about 2 to 2 1/2 quarts soup.

Chicken Stock

1 (4- to 5-pound) stewing chicken, cut up
3 quarts water
1 carrot, cut up
1 stalk celery, cut into 1-inch lengths
2 or 3 sprigs parsley
2 teaspoons salt

Place chicken in large kettle. Add water; cover. Cook over low heat until boiling point is reached. Skim carefully. Add carrot, celery, parsley and salt. Cover and gently simmer for about 3 hours. Strain. Chill. If any fat accumulates over chilled liquid, remove while soup stock is cold.

Makes 1 1/2 to 2 quarts stock. Use the chicken in your favorite dish.

Chili Con Queso Soup

1 small onion, peeled and finely chopped
1 1/2 tablespoon butter
1 (4 ounce) can mild green chiles, drained, seeded and chopped
1 (14 ounce) can plum tomatoes, drained, seeded and chopped
3 ounces cream cheese, cubed
1/2 cup chicken broth
3/4 cup half-and-half or light cream
2 teaspoons fresh lemon juice, or to taste
Cayenne pepper, to taste
Salt, to taste
Tortilla chips
Salsa
Guacamole

In a large saucepan, cook onion in butter until soft. Add chiles and tomatoes. Cook 10 minutes, stirring, until liquid evaporated. Stir in cream cheese. When cream cheese has melted, add broth, half and half, lemon juice and cayenne. Add salt to taste. Cover and heat to serving temperature; do not boil.

Serve with tortilla chips, salsa and guacamole.

Chili Gumbo

3/4 cup dried black-eyed peas
2 cups water
1 bouillon cube
1/2 pound extra-lean ground beef
1 cup chopped onion
2 minced garlic cloves
1 (16 ounce) can tomatoes
1 (4 ounce) can green chiles, drained
1 cup beef broth
1 bay leaf
1 teaspoon chili powder
Dash of cayenne pepper, to taste
2 cups fresh cut okra or 1 (10 ounce) package frozen okra
1/2 teaspoon gumbo file powder
2 cups steamed rice

Sort peas, then cover with water 2 inches above level of peas. Set aside to soak for 6 to 8 hours.

Drain peas, discarding water.

In a medium saucepan, combine soaked peas, 2 cups water and bouillon. Bring to a boil; reduce heat. Cover and simmer until peas are tender, about 30 minutes.

Brown beef in a heavy pot until no longer pink. Add onion and garlic. Cook and stir 2 to 3 minutes.

Stir in tomatoes and their juice, green chiles, broth, bay leaf, chili powder and cayenne pepper. Cover and simmer 10 minutes.

Add black-eyed peas, including cooking liquid, to beef mixture. Stir in okra. Cover and simmer 10 minutes longer.

Remove 1/2 cup liquid from gumbo. Stir in file powder. Return to gumbo, stirring constantly.

Serve over cooked rice.

Yields 6 servings.

Chilled Apricot Mint Soup

2 (16 ounce) cans apricot halves, chilled
1 cup half-and-half
1 tablespoon lemon juice
1/4 teaspoon mint extract
Sour cream
Mint sprigs

In electric blender container, purée apricot halves with their syrup until smooth. Stir in cream until blended. Then stir in lemon juice and mint extract. To serve, pour into individual bowls; garnish with a dollop of sour cream and mint sprigs.

To make with fresh apricots

In large saucepan, combine 1 cup sugar with 1 cup water. Heat to a boil, stirring to dissolve sugar. Add 1 3/4 pounds fresh California apricots, halved and pitted. Cook just until tender, stirring occasionally. Refrigerate until cold. Purée and proceed with recipe but omit lemon juice.

Makes about 5 cups.

Chilled Avocado–Tequila Soup

1/2 cup tightly packed fresh cilantro leaves
1 jalapeno pepper, stemmed, seeded and coarsely chopped
1/2 cup lemon juice
1/4 cup tequila
1 (15 ounce) can chicken broth, fat skimmed from top
2 ripe avocados (about 1 pound), peeled, pitted and coarsely chopped
1/2 teaspoon salt, or to taste
4 lemon wedges (optional)
1 small tomato (optional), cut into 1/4–inch dice

Place the cilantro and jalapeno in a blender or the work bowl of a food processor. Process until finely chopped, scraping down the sides of the bowl once or twice as necessary.

Add the lemon juice, tequila, chicken broth, avocados and salt, and process until smooth. Refrigerate the soup until it is well chilled, about 1 hour. (This soup can be refrigerated up to 6 hours until ready to serve.)

Ladle the soup into 6 serving bowls and garnish each bowl with a lemon wedge and a tablespoon or two of chopped tomato, if desired. You may also add a dollop of sour cream. Serve immediately.

Chilled Blueberry Soup

3 cups water
1 quart fresh blueberries, rinsed, stemmed and drained
3/4 cup granulated sugar
Ground cinnamon, to taste
2 tablespoons cornstarch
1 1/2 to 2 tablespoons cold water
Sour cream or yogurt (for garnish)

Bring water to boil in saucepan. Add blueberries, sugar and cinnamon. Cook for several minutes, stirring to dissolve sugar. At this point you can purée the mixture in a blender or food processor leave as is. Set aside.

In small bowl mix cornstarch with enough cold water to make paste. Stir into warm berry mixture and bring to boil again. Cool; cover and refrigerate.

Serve well chilled with a tablespoon of sour cream or yogurt atop each bowl of soup. Sprinkle with additional cinnamon, and decorate with mint leaves, if desired.

Chilled Cucumber Soup

4 cups peeled, seeded, chopped cucumber

2 cups water

2 cups plain yogurt

1 clove garlic

Several fresh mint leaves

1 tablespoon honey

1 1/2 to 2 teaspoons salt

1/4 teaspoon dill weed

Chopped scallions (for garnish)

Put all ingredients except scallions into blender and purée. Serve very cold. Garnish with chopped scallions or chives.

Chilled Honeydew Soup

**1 medium honeydew melon, skinned
and seeds removed**
1/2 tablespoon honey
1 tablespoon lemon juice
1 tablespoon orange juice
2 teaspoons apple cider vinegar

Combine ingredients in food processor until smooth. Chill.

Makes about 2 to 3 cups, depending on size of melon.

Chilled Salmon Bisque

1 (7 3/4 ounce) can salmon
2 cans cream of mushroom soup (undiluted)
2 tablespoons lemon juice
Sour cream

Clean bones and skin from salmon, reserving a few chunks of salmon for garnish. Combine remaining salmon, soup and lemon juice in blender or food processor until smooth and just blended. If too thick, thin with a little cream or milk.

Ladle into chilled bowls and top with sour cream and a chunk of salmon.

Cold Buttermilk–Raspberry Soup

**1/2 pint fresh raspberries
1 quart buttermilk
1/3 cup granulated sugar
2 egg yolks
1 teaspoon lemon juice
1 cup heavy cream**

Reserve 4 raspberries for garnish. Pour remaining berries into bowl or tureen. With a fork, gently mash berries to release some of the juices. Stir in buttermilk, sugar, yolks and lemon juice.

Whip cream. Reserve half for garnish and fold remaining whipped cream into soup.

To serve, float a dollop of whipped cream in each serving. Place a raspberry on each dollop.

Cold Cucumber–Walnut Soup

1 cup shelled walnuts
6 large cucumbers, peeled, seeded, and thinly chopped
2 large cloves garlic, minced
1 quart buttermilk
1 1/2 tablespoons finely minced dill
1 teaspoon salt
1/2 cup finely chopped scallions, including green tops
Juice of 1 lemon
1 1/2 cups plain nonfat yogurt
1/4 teaspoon white pepper

Place walnuts on a cookie sheet. Roast in a preheated 350°F oven for 15 to 20 minutes. When cool, rub walnuts between your palms to remove skins. Chop and set aside.

Mix remaining ingredients together. Put 1/2 to 2/3 of this mixture into a food processor and process until smooth. Return to original bowl. Add walnuts and mix well. Cover bowl and refrigerate at least 4 hours before serving.

Serves 6.

Cold Curried Avocado Soup

8 very ripe avocados
2/3 cup lime juice
2 cloves garlic, crushed
2 tablespoons mayonnaise
1 teaspoon curry powder
2 cups heavy cream
2 cups chicken broth
1/4 cup minced fresh parsley
2 tablespoons minced fresh coriander or
1/2 teaspoon dried coriander
1 teaspoon Tabasco® sauce
White pepper, to taste

In blender or food processor, purée avocados, lime juice, garlic, mayonnaise and curry powder until smooth. Transfer mixture to large bowl or tureen. Stir in cream, broth, parsley, coriander, Tabasco® sauce and pepper. Cover with foil and chill for up to three days.

Cold Mango Rum Soup

**5 medium mangoes or 4 cup frozen
mango purée, thawed**
1 1/2 cups coconut milk (fresh or canned)
1 1/2 cups milk
3 tablespoons honey
1 teaspoon lemon juice
1/2 teaspoon ground cinnamon
3 tablespoons golden rum
1/4 teaspoon salt
Half-and-half or milk (to thin soup)
**Freshly grated nutmeg and coconut
flakes (for garnish)**

If using fresh mangoes, peel, seed and coarsely chop them.

Working in batches, purée the mango, coconut milk, milk, honey, lemon juice, cinnamon, rum and salt in a blender or food processor until smooth.

Scrape the mixture into a 2-quart container. Stir in half-and-half to thin soup to desired consistency (you might need as much as 1 1/2 cups.) Refrigerate for at least 2 hours, until thoroughly chilled.

Before serving, taste the soup for seasoning, adding honey or salt if necessary. Divide soup among 4 or 5 chilled bowls. Garnish with nutmeg and coconut.

Serves 4 or 5.

Cold Melon Soup

1 1/2 cups coarsely chopped cantaloupe
1 1/2 cups coarsely chopped honeydew
2 cups fresh-squeezed orange juice
1/3 cup fresh-squeezed lime juice
1 1/2 cups finely chopped cantaloupe
1 1/2 cups finely chopped honeydew
Mint leaves (optional)

In blender or food processor, purée coarsely chopped melons with juices. Pour into serving bowl. Stir in finely chopped melons. Cover and chill several hours.

Garnish each serving with mint leaves, if desired.

Cold Orange Soup

1 cup citrus juice (made as above)

Rind of 1 orange

1/3 cup granulated sugar

1 tablespoon butter

1 egg, separated

2 eggs

Almonds, finely chopped

To the juice, add sugar and butter, and place in the top of a double boiler. Beat the egg yolk with the other two whole eggs, and add to the juice. Turn heat high and stir constantly until egg–juice mixture is creamy. Put into a large bowl.

Firmly beat remaining egg white, then gently add it to the soup mixture in the bowl. Place in refrigerator and chill well.

Shred the rind of the remaining orange and blanch it for 2 minutes in boiling water; drain. Toast almonds briefly in butter on top of the stove in an iron skillet.

Serve soup, sprinkling the orange rind and almonds on top of each dish.

Cold Peach Soup

4 ripe peaches
2 cups dry white wine
1 cup water
3 tablespoons granulated sugar
1/4 teaspoon cinnamon
1/4 teaspoon curry
3 whole cloves
Orange slices

Plunge peaches in boiling water for 1 minute. Remove skins and pits. Purée in a blender or food processor and transfer purée to an enameled saucepan. Add wine, water, sugar, cinnamon, curry and cloves. Bring to a boil and simmer, stirring, for 10 minutes.

Remove cloves and let soup cool. Chill for at least 4 hours and serve in chilled bowls, garnished with thin slices of orange.

Cold Sour Cherry Soup

3 cups cold water
1 cup granulated sugar
1 cinnamon stick
4 cups pitted sour cherries (or
canned sour cherries, drained)
1 tablespoon arrowroot
2 tablespoons cold water
1/4 cup heavy cream
3/4 cup red wine, chilled

In 2-quart saucepan, combine 3 cups cold water, sugar and cinnamon stick. Bring to a boil and add cherries. Partially cover and simmer 35 to 40 minutes if cherries are fresh — 10 minutes if canned.

Remove cinnamon stick. Mix arrowroot and 2 tablespoons cold water into a paste. Beat paste into soup, stirring constantly. Bring soup almost to a boil. Reduce heat and simmer until clear and slightly thickened, about 2 minutes. Refrigerate until chilled. Before serving, stir in cream and wine.

Serve in pre-chilled bowls.

Cold Yogurt Soup

1 large cucumber
2 cups Dannon® Plain Yogurt
2 tablespoons vinegar
1 teaspoon salt
1 clove garlic, pressed, if desired
3 medium tomatoes
1/2 cup finely chopped onion or scallions

Peel cucumber and cut lengthwise into halves. Discard seeds. Cut into chunks. Combine in electric blender or food processor the cucumber, yogurt, vinegar, salt, garlic and onion. Blanch tomatoes; peel and chop. Can also substitute canned tomatoes. Stir tomatoes into yogurt mixture. Chill several hours or overnight and serve. Minced cucumber, onions, green pepper and tomatoes can be used as a garnish.

Makes approximately 4 servings.

Corn Bisque

3 (17 ounce) cans cream–style corn
1 small onion
1 small rib celery
2 cups chicken stock or broth
4 cups milk, divided
1/4 cup butter
1/4 cup flour
1 tablespoon steak sauce
Dash of hot sauce
Dash of Worcestershire sauce
Salt and white pepper

Purée corn, onion and celery in food processor or blender. Put in large saucepan to simmer. Add chicken stock and 3 cups of the milk; simmer gently.

Melt butter in saucepan; add flour; cook over medium 3 minutes without browning.

Heat remaining 1 cup milk and add to flour–butter mixture, whisking until smooth and thick. Add steak sauce, hot sauce and Worcestershire sauce. Strain corn mixture if a smooth texture desired. Whisk corn mixture and cream sauce together. Simmer gently. Serve hot.

Crabmeat Bisque

1/2 cup (1 stick) butter
3 or 4 green onions, chopped
1 large onion, chopped
2 cans tomato soup
1 can mushroom soup
2 soup cans milk
2 pounds claw crab meat

Melt butter and sauté onions in it. Add tomato soup, mushroom soup and milk. Heat until well mixed. Add crab meat and serve. This freezes well.

Crawfish Gumbo

1 1/2 cups crawfish tails
2 tablespoons butter
Crawfish fat and water to make 3 1/2 pints
1/4 cup cooking oil
1/4 cup all-purpose flour
1 medium onion, chopped
2 cloves garlic, chopped
1 cup canned whole tomatoes, chopped
2 stalks celery, chopped
Salt and pepper, to taste
1 bay leaf
1 tablespoon green onion tops
1 tablespoon gumbo file

Make a golden roux. Take pot off heat. Add onion, garlic and celery, stir and cook 4 minutes. Return to heat. Add tomatoes, and cook for 5 minutes.

Add fat, water and bay leaf. Bring to a boil. Reduce heat and simmer and add salt and pepper. Simmer for 40 minutes.

In another skillet, fry in butter over low heat, green onions and tails, for 2 to 3 minutes. Add to gumbo. Put in file.

Serve over hot, cooked rice.

Cream Of Anything Soup

4 tablespoons butter
4 tablespoons flour
1 teaspoon salt
1/8 teaspoon pepper
Dash of cayenne pepper
1 1/2 cups milk
2 cups chicken broth or stock
1/2 teaspoon Mrs. Dash (seasoned salt)
1 teaspoon onion powder or a small chopped onion

In a soup pot, melt and brown the butter and flour. Add salt, pepper and cayenne pepper. Add milk, chicken broth or stock, seasoned salt and onion powder or onion.

Choose one of the following groups of vegetables (puréed or chopped) and the corresponding seasonings:

2 cup asparagus
1 tablespoon lemon juice
Dash of ground nutmeg or mace

1 1/2 cups green beans
1/2 teaspoon crushed savory

2 cups broccoli
1/2 teaspoon thyme
Dash of garlic powder
1 bay leaf

1 cup carrots
1 tablespoon parsley
1/2 teaspoon basil

2 cups cauliflower
1/2 teaspoon curry powder

1 1/2 cups zucchini
Dash of nutmeg

1 1/2 cups mushrooms
Dash of nutmeg

Cream Of Artichoke Soup

1/4 cup butter
1/4 cup flour
8 cups well-seasoned chicken broth
1 cup evaporated milk or heavy cream
Salt and white pepper
1 package frozen artichoke hearts
1/2 teaspoon nutmeg
Dry sherry
Garlic croutons

Cook frozen artichoke hearts in salted water according to package instructions. Allow to cool in their cooking liquid and purée in blender with 1 or 2 cups of their cooking broth. Set aside.

In a Dutch oven, heat butter and add flour. Cook, stirring often, for 2 minutes, but do not let it brown. Slowly add 2 cups of the broth and the evaporated milk or cream. Cook until smooth, stirring often. Add remaining broth, then season to taste.

Strain puréed artichokes into chicken stock mixture and bring to a boil. Lower heat and simmer for 5 minutes, stirring often. Add nutmeg and correct the seasoning.

Serve laced with dry sherry and topped with fresh garlic croutons.

Cream of Baked Potato Soup (T&T)

1 tablespoon sweet butter
1/2 cup diced uncooked bacon
1 cup chopped onion
1 4/ cup chopped celery
8 to 10 ounces diced cooked sausage or ham
4 cups chicken broth
5 baking potatoes with skins on, washed and dried
(I have used the red potatoes with great success).
2 whole carrots, peeled
2 cups heavy cream or evaporated milk
1/4 teaspoon dried marjoram
Salt
Freshly ground black pepper
Fresh parsley sprigs or chopped fresh chives for garnishing
(fresh chopped chives gives this soup a wonderful flavor)
Shredded cheddar cheese for topping, optional

Melt butter in a medium to large stock pot over medium/high heat. Add bacon and onion sauté until golden brown. Add celery and sausage stirring for approximately 5 minutes. Stir in chicken broth and bring to a boil.

While the soup is cooking, grind or finely shred potatoes (I shred 3 of the potatoes and cube the other 2). Rinse potatoes well to remove any starch. Shred the carrots in a separate bowl. Add potatoes and carrots to boiling broth and bring to a boil, until cubed potatoes are cooked through if using cubes.

Cool the mixture slightly. Take 1/2 of the soup and puree in food processor or blender. Return to pot. Add cream and marjoram, salt and pepper to taste. Heat thoroughly. Sprinkle with parsley or chives and cheese in individual bowls.

Cream of Breadfruit Soup

1 firm, green breadfruit
2 tablespoons butter
1/2 clove garlic, peeled and minced
1 medium onion, peeled and chopped
1 quart chicken broth
Salt and pepper, to taste
1 cup half-and-half or light cream
Chopped fresh chives (for garnish)

Cut and peel breadfruit; slice into small pieces. Discard spongy core section. Cook pieces in boiling salted water about 30 minutes, or until soft. Drain and mash as you would potatoes. You will need about 1 1/2 cups mashed breadfruit for this recipe. Set aside.

Melt butter in a large skillet. Add garlic and onion; sauté until soft, but not browned. Add chicken broth and about 1 1/2 cups mashed breadfruit. Cook over medium heat, stirring often, until mixture is smooth and beginning to thicken. Season with salt and pepper. Remove from heat. Slowly stir in half and half until soup is smooth and creamy. Top with chopped chives.

Cream of Garbanzo Soup

2 tablespoons olive oil
1 onion, chopped
2 teaspoons minced garlic
1 carrot, thinly sliced
1/2 yellow bell pepper, chopped (may use another color if yellow isn't available)
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/8 teaspoon red pepper flakes (or more to taste)
7 cups water
2 tablespoons vegetarian chicken-style seasoning/broth mix (I use McKay's brand)
1 (28-ounce) can garbanzo beans, rinsed and drained
1 cup fat-free half-and-half
2 teaspoons dried parsley
1 cup fine egg noodles (or favorite recipe dumplings)

In a large kettle, heat oil over medium-high heat; sauté the onions, stirring occasionally, until they are tender. Add the garlic, carrot, pepper, red pepper flakes, oregano and cumin; cook another 5 minutes, continuing to stir occasionally. Stir in the water, chicken-style seasoning and rinsed and drained chickpeas; reduce heat to medium-low, cover and cook for about 45 minutes, again stirring occasionally to prevent sticking.

Using a blender or food processor, puree half the soup until smooth (if preferred, just "pulse" off and on briefly two or three times so some bits of vegetables and garbanzos remain); pour the pureed batch of soup temporarily into another container such as a heatproof pitcher. Puree the remaining half of the soup; return to the kettle, along with the earlier batch. Return the soup to the stove; bring to a slow boil. Stir in the noodles (or add favorite recipe dumplings); cover and cook for an additional 15 minutes, or until the noodles are tender (or dumplings are done).

Cream of Green Chile Soup

1 1/2 cups chicken broth
1/3 cup minced onion
1 large garlic clove
**1/2 pound fresh mild green chiles, such
as Anaheim, roasted and chopped**
8 ounces cream cheese, softened
1 cup sour cream
1/4 teaspoon ground cumin
1 cup half-and-half
Freshly-ground white pepper, to taste

In a saucepan bring the broth to a boil with the onion. Boil the mixture for 5 minutes, and let it cool.

In a food processor chop fine the garlic and the chiles; add the cream cheese, sour cream and cumin. Blend the mixture until it is combined well. With the motor running add the broth mixture in a steady stream. Blend the mixture until it is combined well, and transfer it to a large bowl. Stir in the half-and-half, white pepper and salt to taste, and chill the soup, covered, for at least 2 hours or overnight.

Makes about 8 cups, serving 8 to 10.

Cream of Jalapeno Soup

3 tablespoons butter
3 tablespoons all-purpose flour
3 cups chicken stock
2 cups whipping cream
2 tablespoons butter
1 large onion, minced
1 large carrot, peeled and diced very fine
1 large bell pepper, seeded and chopped very fine
3 jalapeno peppers, seeded and diced very fine
1 cup Swiss cheese, grated
1 cup grated Cheddar cheese
1 dash salt

Melt 3 tablespoons butter in heavy large saucepan over low heat. Add flour and stir 3 minutes. Mix in stock and cream. Increase heat and bring to boil, stirring constantly. Reduce heat and simmer until thickened, stirring occasionally, about 10 minutes.

Meanwhile, melt 2 tablespoons butter in heavy small skillet over low heat. Add onion, carrot and green pepper. Cook until soft, stirring occasionally about 8 minutes. Mix in jalapenos. Add both cheeses to cream mixture and stir until melted. Mix in vegetables. Season with salt and serve.

Serves 8.

Cream of Mango Soup

2 eggs, well beaten
1/4 cup granulated sugar
1 tablespoon vanilla extract
Juice and grated rind of 1 lemon
1 ripe mango, peeled, pitted, coarsely chopped
2 cups heavy cream
3 cups milk
Blueberries and coarsely chopped strawberries (garnish)

Combine eggs, sugar, vanilla extract, lemon juice and rind, and coarsely chopped mango in a food processor fitted with a steel blade, and process until smooth.

Whisk cream and milk together in a large bowl until frothy. Slowly add mango mixture, whisking constantly.

Cover and chill well.

To serve, stir, ladle into chilled bowls and garnish each serving with fresh blueberries and coarsely chopped strawberries.

Yield: 6 portions

Cream of Tomato Soup

1/3 cup butter

1/3 cup flour

4 cups milk

2 teaspoons salt

2 cups strained tomatoes or tomato juice

Melt butter in saucepan. Blend in flour and salt. Stir milk in slowly. Heat strained tomatoes or tomato juice. Pour into the white sauce, stirring very quickly. You may add a small can tomato sauce with the juice if you like it stronger. You may also simmer fresh onion rings in the juice for a few minutes, then discard the rings.

Creamed Tomato Bisque

1/4 pound butter
1 cup chopped celery
1 cup chopped onion
1/2 cup chopped carrots
1/3 cup all-purpose flour
2 (1 pound 12 ounce) cans whole
tomatoes, drained and chopped
2 teaspoon granulated sugar
1 teaspoon basil
1 teaspoon marjoram
1 bay leaf
4 cups chicken broth
1 pint whipping cream
1/2 teaspoon paprika
1/2 teaspoon curry powder
Salt and pepper, to taste

Melt butter in a large saucepan. Sauté celery, onions and carrots until tender. Stir in flour. Cook 2 minutes, stirring constantly. Add tomatoes, sugar, basil, marjoram, bay leaf and chicken broth. Cover and simmer 30 minutes, stirring occasionally.

Discard bay leaf. Purée 1/3 of the mixture at a time in the blender. Add cream, paprika, curry powder and salt and pepper to taste. Stir to blend.

Serve hot or cold.

Makes 8 servings.

Creamy Broccoli Soup

2 tablespoons minced onion
3 tablespoons butter
3 tablespoons flour
1 1/4 teaspoons salt
Salt and pepper
3 cups chicken broth
2 cups chopped broccoli
2 cups diced carrots
3 cups milk

Sauté onion in butter until tender. Stir in flour and salt. Add broth, broccoli and carrots. Heat over low heat for 25 minutes, stirring occasionally. DO NOT boil. Add salt and pepper.

Makes 2 quarts.

Creamy Chicken Noodle Soup

8 cups chicken broth
2 cups cooked diced chicken
1 cup milk
1 cup thinly sliced carrots
1 cup sliced celery and leaves
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 clove garlic, minced
1/2 teaspoon dried marjoram
Salt and pepper to taste
6 ounces uncooked thick noodles
1/2 cup milk
1/4 cup all-purpose flour
2 tablespoons butter

In large kettle combine broth, chicken, milk, carrot, celery, green pepper, onion, garlic, marjoram and salt and pepper. Cook over medium heat until vegetables are crisp-tender.

Add noodles and cook until almost done.

In a cup, whisk together milk and flour. Stir into soup mixture and boil gently for 3 minutes. Stir in butter, heat through, and serve.

Creamy Spicy Cauliflower Soup

**1 tablespoon vegetable oil
1 medium onion, coarsely chopped
2 cloves garlic, or as much as you like, chopped
2 medium potatoes, unpeeled
1 head cauliflower Salt and pepper
4 ounces canned mild green chiles
1 fresh jalapeño pepper, or to taste
3 to 4 cups chicken broth or water
1 cup grated sharp Cheddar cheese (or cheese you like)**

Heat oil in a wide, deep skillet or Dutch oven over medium–high heat. Add onion to the pan. Cook about 5 minutes, stirring occasionally.

Add garlic, stir and continue to cook as you chop potatoes in 1–inch chunks and add them to the pan. (You can peel the potatoes if you like, but when they are blended, the skins virtually disappear into tiny specks that don't impair the creaminess of the soup.)

Trim cauliflower into pieces about as big as the potatoes. When the potatoes have cooked 10 minutes, add the cauliflower, lots of salt and pepper and green chiles.

Trim the stem from the jalapeño, mince the pepper and add as much of it as you like.

Add chicken broth or enough water to make 6 cups of liquid. Bring to a boil, lower heat to simmer, cover and cook 15 minutes. Potatoes and cauliflower should be tender.

Remove from heat. Working in several batches, add soup to a large mixing bowl and blend until smooth. Return all blended soup to pan and heat to boiling, adding more liquid (water, broth, milk or cream) if you think it's necessary.

When the soup is hot throughout, remove from heat and stir in the cheese. Alternatively, you can serve the soup with the cheese sprinkled on top. You might like to add more cheese.

Makes 4 to 6 servings.

Variation: For curried cauliflower soup, omit the cheese and add 2 teaspoons of curry powder while cooking the onion. Serve with a dab of chutney and sour cream, if preferred.

Creamy Sweet Potato Soup

2 large carrots
2 large sweet potatoes (about 1 1/4 pounds)
1/2 to 1 jalapeno pepper
1 teaspoon salt
1 teaspoon black pepper
Sour cream (optional)

Put 5 cups of water in a large pot over high heat. Cover and bring to a boil. As the water heats, peel the carrots and chop them into 1–inch cubes. Add them to the water (even before it boils) as you chop them. Repeat with the potatoes. Stem the pepper, remove its seeds and mince it. Add to the pot along with salt and pepper. When the water boils, lower the heat and simmer 30 minutes. The potatoes should be soft.

Use a slotted spoon to transfer the potatoes to a blender and blend until smooth, adding the cooking liquid as you blend. Reheat the soup. (Fill the blender with soap and warm water and blend it to clean it.)

If you like the soup extra smooth, put it through a fine–mesh sieve.

Serve in warm bowls topped with sour cream, if desired.

Serves 4.

Creamy Zucchini Bisque

1 (10 ounce) can chicken broth
1/2 cup water
2 medium zucchini, sliced
1 medium green bell pepper, sliced
1 medium onion, sliced
1 tablespoon basil
1 (10 ounce) can cream of potato soup, undiluted
1 cup cream or milk
1 teaspoon white pepper
Minced chives

Combine chicken broth, water, zucchini, green pepper, onion and basil in saucepan; bring to boil. Cover; reduce heat and simmer 20 minutes.

Transfer with slotted spoon to blender. Add potato soup and process until smooth. Return to pan; stir in cream and pepper. Mix well and heat thoroughly. Serve hot or cold. Sprinkle each serving with chives.

Yields 6 cups.

Creole Gumbo

3 tablespoons butter
1/2 cup chopped onion
1 (16 ounce) cut up tomatoes, undrained
1/2 cup chopped green bell peppers
2 bay leaves
1/4 teaspoon Tabasco sauce
1/2 teaspoon salt
8 ounces crab meat
3 tablespoons flour
1 clove minced garlic
1 teaspoon oregano
1 cup sliced okra
1 teaspoon thyme
1 1/2 cups water
1 pound cooked, cleaned shrimp
1 tablespoon file powder

Mix flour and butter and brown flour. Stir in the onion and garlic. Cook until onion is tender, but not brown.

Stir in tomatoes, oregano, green pepper, okra, bay leaves, thyme and Tabasco sauce. Add water and salt. Bring to a boil. Reduce heat and simmer covered, for about 20 minutes.

Remove bay leaves. Stir in shrimp and crab meat and heat through. Remove from heat.

Blend moderate amount of hot gumbo into the file powder. Add to gumbo. Serve over rice.

Curried Eggplant Bisque

1 onion
2 teaspoons grated fresh ginger
4 teaspoons curry powder
2 tomatoes, chopped
1 eggplant, peeled and cut into 1-inch pieces
2 cups chicken bouillon
1/4 cup chutney
Chives (to sprinkle on top)

Sauté onion. Add onion and remaining ingredients, except chives, into a large saucepan and cook for 20 minutes.

Purée in blender. Serve either hot or cold. Sprinkle with chives.

Curried Lentil Soup

Serves 8 (1 cup servings)

1 tablespoon oil
1 cup chopped onion
2 garlic cloves, crushed
2 tablespoons curry powder
4 cups chicken broth
2 1/2 cups water
2 cups canned tomatoes, chopped
2 cups lentils, uncooked
1 cup carrots, finely chopped
1/2 cup red wine (optional)
1 cup parsley, chopped
Salt and pepper to taste

In large saucepan, heat oil; sauté onion and garlic until soft. Stir in curry powder; sauté 1 minute. Add broth, water, tomatoes, lentils, carrots and wine. Simmer, uncovered until lentils are cooked, about 45 minutes.

Stir in parsley; simmer 5 minutes.

Serve with sourdough bread.

Cut-Up Soup (Gazpacho)

3 to 4 very ripe tomatoes, finely diced
2 cucumbers, finely diced
2 ribs celery, finely diced
3 scallions, finely diced
3 to 4 cloves garlic, mashed
1 (64 ounce) can vegetable juice
1/2 teaspoon hot pepper sauce
Salt and pepper, to taste

Mix all diced or processed vegetables in a large mixing bowl. Stir in the rest of the ingredients. Keeps in the refrigerator for several days.

For an alternative taste, add up to 1 cup frozen or canned whole-kernel corn, drained, and 1 to 2 tablespoons chopped green chiles.

Makes 2 quarts.

Dried Tomato Cream Soup

3/4 cup dried tomatoes
2 cups water
2 cups whipping cream
1/2 teaspoon salt
1/4 teaspoon freshly-ground pepper

Combine tomatoes and water in a large saucepan; bring to a boil, and let boil 2 minutes. Remove from heat, and let cool in pan 30 minutes.

Pour mixture into an electric blender; blend until smooth. Return to saucepan; stir in whipping cream, salt and pepper. Cook over low heat until thoroughly heated. Do not boil.

Makes 3 1/2 cups.

Easy Fish Bisque

1 can Cheddar cheese soup
1/2 teaspoon dill
1/4 cup dry sherry
2 teaspoons grated Parmesan cheese
1 can tomato bisque soup
1 1/2 cups milk
1/2 cup cooked white boneless fish, shrimp or lobster

Combine soup and dill in saucepan. Gradually add milk, sherry and fish. Simmer and stir until hot. Garnish with Parmesan cheese.

Egg Cube Soup

1 can chicken with rice soup
2 cans water
1/2 teaspoon salt
2 eggs
2 finely chopped scallions
1/2 teaspoon salt
1/2 teaspoon granulated sugar
1/4 teaspoon pepper

Mix soup, water and 1/2 teaspoon salt. Heat.

Meanwhile, beat eggs, onions, 1/2 teaspoon salt, sugar and pepper. Pour into an oiled (6-inch) skillet and cook on low flame until lightly browned and the "omelet" has set. Then turn over and brown lightly on the other side. Place the "omelet" on a cutting board to cool.

Cut omelet into 1/2-inch squares and add to the hot soup. Serve immediately.

Egg Drop Soup

1 egg

1/3 cup flour

1 tablespoon water

7 teaspoons chicken flavor base

6 cups boiling water

Beat egg with fork; add flour and the 1 tablespoon water. Continue beating until smooth. Dissolve flavor base in the boiling water. Drop egg mixture, in a thin stream from a spoon, into the boiling broth. Move spoon slowly back and forth for even distribution. Do not stir soup until egg is cooked. For a change, use beef flavor base in place of chicken flavor base.

Makes six (1-cup) servings.

Farm Soup (Sopa Milpa Verde)

1 (10 ounce) package frozen shoe peg corn in butter sauce
1 cup chopped zucchini (unpeeled)
6 cups chicken broth
Pinch of fresh sliced jalapeño chile
1 fresh green New Mexico chile, blistered in hot oil, seeded and chopped
3 or 4 dried epazote leaves
Salt and pepper
1 cup shredded mozzarella cheese

Cook corn according to package directions and set aside. Blanch chopped zucchini, then drain.

Heat chicken broth in a stockpot and add corn, including the sauce, and zucchini. Add remaining ingredients except cheese, then bring to a boil.

Serve in warmed soup bowls and sprinkle each serving generously with cheese.

Fat-Free Chilled Melon Soup

4 cups cantaloupe balls
1 cup orange juice
1/2 teaspoon cinnamon
1/2 teaspoon sugar
1 tablespoon lime juice

Combine all ingredients in a food process or blender and process until smooth. Refrigerate several hours before serving.

Makes 4 servings.

Fish Stock

**1 pound mild fish bones
1 quart water
1 bunch fresh parsley stems
1 medium onion, thinly sliced**

Combine all ingredients in a large saucepan. Bring to a boil; cover, reduce heat, and simmer 2 hours.

Pour mixture through a wire mesh strainer, discarding bones, parsley and onion.

Yields 2 1/2 cups.

French Onion Soup

4 onions
2 tablespoons butter
2 cans beef broth
1 soup can water
1 teaspoon Worcestershire sauce
Toasted bread
4 thick slices Swiss cheese

Cook onion in butter. Add broth, water and Worcestershire sauce. Cover and simmer for 20 minutes. Season with salt and pepper. Pour into bowls. Float bread and top with cheese. Broil until the cheese melts.

Fresh Tomato Bisque

2 pounds ripe tomatoes (about 6)
1 onion, sliced thin
1 tablespoon butter
1 bay leaf
1 tablespoon brown sugar
2 whole cloves
1 teaspoon salt
1/2 teaspoon black pepper
1 teaspoon chopped fresh basil
1 pint light cream
1 cup milk
6 large toasted butter croutons
2 tablespoons chopped chives

Skin and seed the tomatoes. Sauté onion in butter and add tomatoes chopped. Add bay leaf, sugar, cloves, salt, pepper and basil. Simmer, stirring occasionally, until tomatoes are thoroughly cooked, about 25 minutes.

Remove bay leaf and cloves and transfer mixture to blender to purée (or strain through a coarse sieve). Add cream and milk and heat through. Serve topped with toasted butter croutons.

Fruit Gazpacho

2 cups tomato purée
3 cups orange juice
2 tablespoons granulated sugar
Zest of 1 orange, grated
Zest of 1 lime, grated
1 mango or papaya, diced
2 cups diced cantaloupe
2 cups diced honeydew melon
1 apple, peeled and diced
1 cup blueberries
1 cup seedless grapes, halved
Sliced strawberries and kiwifruit

Combine the first 6 ingredients. Process half the mixture in blender or food processor until smooth. Combine with the remaining half and cantaloupe, honeydew, apple, blueberries and grapes. Chill for several hours.

Garnish with strawberries and/or kiwifruit. This is also good served with a dollop of sour cream on the top.

Serves 8.

Garlic Meatball Soup

1/2 pound ground beef
1/2 pound bulk pork sausage
1 egg
1/2 teaspoon salt
1/4 teaspoon pepper
6 cloves garlic, crushed
1/2 teaspoon dried rosemary, crushed
4 cup water
1 envelope onion soup mix
1 (16 ounce) can stewed tomatoes
1 (15 ounce) can black beans, drained
1 cup diced carrots
1 cup quick cooking rice
2 tablespoons chopped parsley

Mix ground beef, sausage, egg, salt and pepper thoroughly in medium bowl. Shape into tiny balls. (Brown meatballs in skillet, if desired.) Bring water to boil in large saucepan; stir in soup mix and garlic. Reduce heat; cover and simmer 10 minutes.

Add meatballs, tomatoes, black beans, rosemary and carrots; simmer 15 minutes longer. Stir in rice. Cover; remove from heat. Let stand 5 minutes. Add parsley. Serve with crusty French bread.

Serves 8.

Garlic Soup

2 tablespoons olive oil
6 cloves garlic, crushed
3 slices French bread, crusts removed
4 cups chicken broth
Salt and pepper, to taste

Sauté garlic cloves and bread in oil over medium heat until they are just browned (do not let them burn). Remove from heat. Remove the bread, cut into 1-inch squares, and return the cubes to the pan. Add chicken broth, bring to a boil, cover, and simmer for 20 minutes, or until the bread has disintegrated and mixed well into the broth. Add salt and pepper to taste.

Gazpacho

3 pounds tomatoes, peeled, seeded and chopped
2 cucumbers, peeled, seeded and chopped
1/2 cup minced green bell pepper
1/2 cup minced onion
2 cups tomato juice
1/3 cup olive oil
3 tablespoons vinegar
1 clove garlic, minced
Juice of 1 lemon
1/4 teaspoon Tabasco® sauce
1/2 teaspoon paprika
Salt and pepper, to taste

In a large bowl, combine tomatoes, cucumbers, green bell pepper, onion and tomato juice. In a small bowl, mix oil, vinegar, garlic, lemon juice, Tabasco® sauce and paprika. Add to tomato mixture. Salt and pepper to taste. Cover and chill soup for 4 hours or more.

Serve ice cold.

NOTE: You may add finely-diced celery if you wish.

Gila Chicken Soup

2 tablespoons olive oil
8 ounces skinned and boned chicken
breast halves, 1/2-inch chunks
1/4 cup finely diced onion
2 garlic cloves, minced
1 teaspoon ground cumin
1/2 teaspoon chili powder
1/8 teaspoon ground red pepper
1 (14 1/2 ounce) can chicken broth
1 can black beans, drained and rinsed
1 can Mexican-style stewed tomatoes
3 (6-inch) corn tortillas, halved and
cut into 1/2-inch wide strips
2 tablespoons chopped cilantro
6 tablespoons plain low-fat yogurt

Preheat oven to 450 degrees F.

Heat oil in a heavy Dutch oven over medium heat. Add chicken, and cook for 3 to 4 minutes, stirring frequently, until opaque. Stir in onion, garlic, cumin, salt, chili powder and red pepper. Cook for 1 to 2 minutes, stirring frequently, until garlic and spices are fragrant. Stir in broth, undrained corn, drained black beans and stewed tomatoes. Increase heat to high and bring to a boil. Reduce heat, cover and simmer for 15 minutes.

Meanwhile, spread tortilla strips in a single layer on a baking sheet. Bake for 5 minutes, stirring once, until crisp and lightly browned. Stir cilantro into soup and ladle soup into bowls. Top servings with tortilla strips and a tablespoon of yogurt.

Makes 6 servings.

Grand Canyon Potato Soup

4 to 6 large, white potatoes, peeled and chopped

Salt and pepper, to taste

Monterey jack cheese

1 can diced green chiles

1/4 cup onion, chopped

Pinch of garlic salt

1/4 cup butter or margarine

Place peeled and cut potatoes into a large pot. Cover completely with about 2 inches of water. Add chiles and onion. Salt and pepper to taste. Cover and boil over medium heat until potatoes are completely done. Mash potatoes slightly; add butter. Simmer, covered, for about 1 hour.

Serve hot soup over grated Monterey jack cheese. This goes well with Mexican cornbread, warm flour tortillas or chips and salsa.

Great Beginnings For Basic Soups

Basic Soup Mixture

1/2 cup (1 stick) butter or more

3/4 cup all-purpose flour

1 quart homemade rich chicken stock or you may use canned

2 ribs celery, stringed and chopped fine

1 small-medium onion, finely chopped

1 cup heavy cream

In heavy large kettle, melt butter. With wooden spoon stir in onions and celery. Sauté on medium or low heat, stirring continually until tender but not browned. Add flour. Stir with whisk. This will be lumpy as the flour cooks very rapidly. Slowly add some chicken stock and quickly stir with wire whisk to remove all lumps. Add remaining stock and stir very well. Bring to a boil. Reduce heat and simmer for 15 to 45 minutes. The mixture must boil to cook the flour and thicken the soup. At this point add vegetables, seasonings, sherry, etc. Add heavy cream. Heat through thoroughly. Serve and garnish.

Cream of Asparagus Soup

1 bunch asparagus

Fresh nutmeg, ground

Dash of cayenne or white pepper

1 carrot, thinly sliced

Steam asparagus until crisp-tender. Reserve a few tips for garnish. Process with 1 cup Basic Soup Mixture until smooth. Add back to hot soup. Add carrot slices. Serve soup hot with tips for garnish.

Cream of Broccoli Soup

1 small bunch broccoli (3 to 4 one-inch stems)

1 carrot, sliced

White pepper

Nutmeg

Sherry (optional)*

*** Do not use cooking sherry.**

Steam broccoli until crisp-tender. Reserve some small florets for garnish. If a smooth consistency is desired, process with one cup of Basic Soup Mixture until smooth and fine textured. If a coarse texture is desired, chop coarsely. Add broccoli and carrots to soup base. Adjust seasonings. Add cream and 1/4 cup sherry (or to taste). Heat through. Serve with florets floating or a very thin wheel of lemon.

Cream of Mushroom Soup

1/2 cup (1 stick) butter or margarine

2 pounds button mushrooms (very fresh)

Sherry

Fresh nutmeg

White pepper

In a large heavy skillet, sauté sliced mushrooms in melted butter until soft and tender. Drain off all liquid and pat dry on paper towel. Add to Basic Soup Mixture along with 1/4 to 1/3 cup sherry. Season with nutmeg and pepper. Do not add the mushroom juices to soup if a white creamed soup is desired.

Is It Soup Yet?

The dark liquid will color the soup brown.

NOTES: If a lighter soup is desired, use half-and-half or milk with the chicken stock. If a richer soup is desired, decrease the amount of stock and increase the percentage of cream during preparation. Many soups do not need rich cream to make a satisfying soup.

Greek Lentil Soup (Soupa Fakez)

3 cups uncooked lentils
12 to 15 cups hot water
1 cup oil
4 to 5 cloves garlic
1 onion, minced
2 stalks celery
2 medium carrots, minced
1 sprig rosemary
1 1/2 pounds tomatoes, peeled and strained or
1 (30 ounce) can tomatoes
Salt and pepper, to taste
Vinegar (optional)

Soak the lentils overnight in cold water. Rinse and place in a large pot with plenty of water. Bring to a boil. Drain off this water and replace it with the 12 to 15 cups hot water. Add the remaining ingredients except the tomatoes and salt and pepper. Simmer for 45 minutes, then add the tomatoes and cook for about 20 minutes longer (until the lentils are soft). Season.

Serve hot.

Green Chile Soup

1 can cream of mushroom soup

1 (4 ounce) can Ortega green chiles

1 soup can half-and-half (use fat free if desired)

Put all of the ingredients into a blender. Blend until smooth. Heat in a medium saucepan and serve.

Green Gumbo

4 cups coarsely chopped kale
4 cups coarsely chopped spinach leaves
4 cups coarsely chopped mustard greens
3 cups shredded green cabbage
2 cups coarsely chopped watercress
1/2 cup coarsely chopped parsley
4 green onions, cut into 2-inch pieces
2 bay leaves
8 cups water
2 tablespoons olive oil
3 celery stalks, chopped fine
2 green bell peppers, chopped fine
2 cloves garlic, minced
1 tablespoon hot pepper sauce
1 tablespoon salt
1 teaspoon dried basil
1 teaspoon dried thyme
1/8 teaspoon ground allspice
2 tablespoons olive oil (optional)
2 cups sliced mushrooms (optional)
1/4 cup all-purpose flour
1 1/2 cups cooked rice
Bottled pepper sauce

In 8-quart saucepan, combine kale, spinach, mustard greens, cabbage, watercress, parsley, onions, bay leaves, and water. Bring to boil, reduce heat, and simmer, uncovered for 20 minutes.

While greens are simmering, heat 2 tablespoons olive oil to medium heat. Add celery, green pepper and garlic. Sauté over medium heat for 10 minutes. Add to saucepan. Add hot pepper sauce and spices, then simmer all for 40 minutes.

Remove bay leaves. Remove 2 cups of vegetables and set aside.

In blender or food processor, purée remaining vegetables (in batches) and return to saucepan.

Sauté optional mushrooms in optional olive oil 10 minutes. Add to saucepan.

In skillet, brown flour to light golden roux. Gradually stir in 2 cups reserved vegetables, stirring constantly until mixture thickens. Return mixture to saucepan and bring all to boiling.

To serve, mound 1 cup rice per serving in center of bowl. Carefully surround with gumbo, then serve.

Place bottled pepper sauce and remaining rice on table to be added as desired.

Green Soup

8 cups loosely packed torn spring greens
(spinach, watercress, etc.)
1 large baking potato, pared and sliced
1 small onion, sliced
3 cups chicken broth
1 1/2 cups plain yogurt
Chopped toasted pine nuts, optional

Wash and chop greens; put into a large soup kettle with potato, onion and broth. Bring to a boil and simmer 20 minutes. Cool slightly.

Puree in a food processor or blender in small batches. Add yogurt to the last batch before blending. When finished, mix it all together.

Serve hot or cold topped with pine nuts.

Swirl more yogurt through the soup before serving, if desired.

Makes 5 or 6 servings.

Hamburger Soup

1 pound ground beef
1/2 cup onion
1 cup potatoes
1 cup carrots
1 cup celery or shredded cabbage
3 cups tomato juice
1/4 cup rice, uncooked
3 cups water
3 teaspoons salt
1/4 teaspoon basil
1/4 teaspoon thyme
2 bay leaves

Brown and drain ground beef. Cut vegetables into bite-size pieces. Put all ingredients in large pot. Bring to a boil and simmer 1 hour or put in crockpot and cook on LOW all day.

Makes 6 to 8 servings.

Harvest Bisque

1 small butternut squash, peeled
2 green apples, peeled, cored and chopped
1 medium onion, chopped
Pinch of rosemary
Pinch of marjoram
1 quart chicken stock
2 slices white bread, trimmed
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 egg yolks
1/4 cup heavy cream

Combine squash, apples, onion, herbs, stock, bread, salt and pepper in heavy pot. Bring to a boil and simmer uncovered 30 to 45 minutes.

Purée in food processor until smooth. Return puréed soup to pot.

In a small bowl, beat egg yolks and cream together. Beat in a little of the hot soup, then stir back into soup pot. Heat, but do not boil.

Serves 4 to 6.

Hearty Gumbo

3 pounds shrimp, cleaned and peeled
1 (16 ounce) can crab meat
1 quart oysters
2 yellow onions
1 clove garlic
1 green bell pepper
1 bunch green onions
Flour
Oil
Water
Salt and pepper, to taste
2 tablespoons file

In a skillet make light brown roux; add to a medium or large pot. Add water, start to boil fast. Cook vegetables down in skillet with water, until tender; add to pot and continue to cook. Add crab meat and cook 30 minutes.

Add shrimp and oysters and cook another 30 to 45 minutes over medium heat.

About 5 minutes before serving, add file and stir.

Serve over hot, cooked rice.

Heavenly Chicken Garlic Soup

Yields 6 to 8 servings

1 whole chicken, disjointed
2 carrots, minced
2 stalks celery, minced
1 large whole yellow onion
Chopped fresh parsley
Salt and pepper to taste
5 cloves garlic, chopped
4 tablespoons softened butter
2 tablespoons flour

Make the chicken broth by simmering chicken, carrots, celery, onion, garlic, parsley, salt and pepper in enough water to cover. When the chicken is thoroughly cooked, remove it and skim the fat from broth.

Simmer broth, reducing it until it is very rich. Add the flour and butter to a small amount of broth and mix with a wire whisk until velvety. Pour this mixture into the remaining broth. Tear chicken into bite-size pieces and add to the soup. Sprinkle with fresh parsley and serve.

Hidden Valley Ranch Dressing Taco Soup

1 pound ground round
1 large onion, chopped
1 envelope taco seasoning mix
1 (16 ounce) can pinto beans
1 (16 ounce) can hot ranch beans
1 (16 ounce) can whole kernel corn
1 (16 ounce) can stewed tomatoes
1 (16 ounce) can diced tomatoes and chiles
1 envelope Hidden Valley Ranch Dressing mix

Brown meat and onions (or boil chicken).

Mix taco seasoning mix into meat. Mix all other ingredients without draining into a large pot. Add meat, and simmer for 1 hour.

Hidden Valley Ranch Original Recipe Taco Soup

**1 pound hamburger meat
1 small onion, chopped
1 can white hominy (drained)
1 can yellow hominy (drained)
1 can pinto beans
1 can Ro-Tel
1 envelope taco seasoning
1 envelope Hidden Valley Ranch Original Recipe mix
2 cans stewed tomatoes**

Brown hamburger meat and onion together. Drain.

Mix all ingredients together; simmer, then serve with cheese, sour cream and tortilla chips.

Hot Tamale Soup

1 pound ground beef
1 onion, chopped
1 bell pepper, chopped
2 garlic cloves, chopped
1 tablespoon chili powder
2 teaspoons ground cumin
1/2 teaspoon cayenne pepper
Pinch of ground cinnamon
3 cups chicken broth
1 (14- to 16-ounce) can tomatoes, chopped, with juice
1 (15 ounce) can pinto beans, rinsed and drained
1 cup frozen corn kernels
12 (3 ounce) purchased tamales
Shredded Cheddar cheese

Heat heavy large saucepan over medium-high heat. Add ground beef, onion, bell pepper and garlic and cook until beef is brown, breaking up meat with fork.

Add chili powder, cumin, cayenne and cinnamon and cook 1 minute. Add broth and tomatoes with juice. Cover and simmer 30 minutes.

Stir corn and beans into soup. Simmer until corn is just heated through. Season soup with salt and pepper to taste. Heat tamales according to package instructions.

Place 2 tamales into each of six bowls. Ladle soup into bowls and sprinkle with cheese.

Makes 6 servings.

Hungarian Bean Soup

3 pounds Polish sausage, cut into bite-size pieces
1 large onion, chopped
2 cloves garlic, crushed
1 pound carrots, sliced thin
4 small cans red kidney beans
2 large cans tomato juice
1 pint sour cream
1/2 cup flour
1/2 cup water
Salt
Pepper

Place sausage, onion, garlic, salt and pepper in a large soup kettle. Fill kettle about 1/2 full of water and boil these ingredients about 2 hours. Add carrots, tomato juice and beans. Continue boiling until carrots are tender. Mix flour, water and sour cream to make thin paste. Slowly add to boiling soup. Boil 5 to 10 minutes longer. Serve hot.

Iced Cantaloupe Soup

**2 ripe large cantaloupe, peeled,
seeded and coarsely chopped**
1 1/2 cups dry sherry
2 tablespoons fresh lime juice
2 tablespoons whipping cream
Large pinch granulated sugar
1/8 teaspoon cardamom
Blueberries or kiwi slices (for garnish)

Combine all ingredients except garnish in processor or blender (in batches if necessary) and purée until very smooth. Refrigerate for at least 2 hours.

Serve in chilled bowls. Garnish with blueberries and/or sliced pared kiwi.

Iced Papaya Soup

3 ripe papayas, peeled and seeded
1/4 cup lime juice
1/4 cup honey
2 cups orange juice
1 cup champagne, chilled
1 kiwi fruit, peeled and cut in sixths
6 strawberries

Place the papayas, lime juice, honey and orange juice in blender and process until smooth. Pour the papaya puree into a large bowl and chill.

At serving time, add the champagne and stir to blend well. Pour into chilled bowls and top each serving with a kiwi slice and a strawberry.

Jambalaya Soup (Cajun)

1 large fryer, deboned or 5 to 6 chicken breast fillets, cut into large chunks
2 (10 ounce) cans chicken broth
8 broth cans water
1 pound smoked sausage, sliced thin
2 ribs celery, cut into chunks
1 large onion, cut into chunks
1 red bell pepper, cut into chunks
1 green bell pepper, cut into chunks
3 garlic cloves, minced
1 (14.5 ounce) can stewed tomatoes
1 (10 ounce) can diced Ro-Tel tomatoes
3 or 4 bay leaves
2 portabella mushrooms, diced
6 white mushrooms, diced
1/4 cup green onions tops, finely chopped
1/4 cup parsley, finely chopped
1 tablespoon poultry seasoning
Salt and pepper, to taste

Make stock with bones. Sauté sausage and drain fat.

To an 8- or 10-quart cooking pot, add sausage, chicken, vegetables, stewed tomatoes, Ro-Tel tomatoes, onion tops, parsley, poultry seasoning and bay leaves. Add stock and cook until meat is tender. You may have to add more water or chicken stock to cover. It should be liquid like a soup. Can serve over rice or eat plain.

Serves 4 to 6.

Jarlsberg Shrimp Bisque

1 pound shrimp, shelled and deveined
2 tablespoons butter
2 cups sliced mushrooms
1/2 cup sliced scallions
1 small clove garlic, minced
6 cup milk
2 cups shredded Jarlsberg cheese
1 cup cooked cut green beans
1/2 cup shredded carrot
3 tablespoons chopped parsley
1/4 teaspoon oregano, crushed
Shredded Jarlsberg cheese (for garnish)

In large saucepan; sauté shrimp in butter until pink, stirring often. Add mushrooms, onions and garlic. Cook until vegetables are tender, stirring occasionally.

Add milk and heat without boiling. Gradually blend in cheese, green beans, carrots, parsley and oregano. Heat, stirring often. Garnish with additional cheese before serving.

Makes 6 to 8 servings.

Kentucky Hot Brown Soup

1/4 cup butter or margarine

1/4 cup minced onion

1/4 cup all-purpose flour

1/2 teaspoon garlic salt

1/4 teaspoon hot sauce

4 cups milk

1 cup (4 ounces) shredded sharp Cheddar cheese

1/2 cup chopped cooked ham

1/2 cup chopped cooked turkey

Toppings: crumbled bacon, chopped tomato, chopped fresh parsley

Melt butter in a Dutch oven over medium heat. Add onion; sauté until tender.

Add flour, garlic salt, and hot sauce; cook, stirring constantly, for 1 minute. Gradually stir in milk; cook until thickened and bubbly.

Reduce heat; stir in cheese until melted. Add ham and turkey; cook, stirring occasionally, until heated. (Do not boil.)

Serve with desired toppings.

Yield: 5 cups

Lam Bisque

10 ounces minced clams
1/2 cup finely chopped celery
3 tablespoons butter, divided
2 tablespoons flour
1 cup milk
Clam juice
1 cup chicken broth
1 cup mashed potatoes
1/4 teaspoon pepper
1/4 teaspoon salt
1 teaspoon parsley
1 teaspoon grated raw carrot

Drain clams; save juice.

Sauté celery in butter for 5 minutes over low heat.

Melt 2 tablespoons butter in top of double boiler. Add flour, stir well. Add milk slowly. Stir constantly to keep smooth. Add clam juice and chicken broth. Add potatoes and seasonings. Cook for 5 minutes. Add clams and celery. Cook 5 minutes. Add parsley and carrots. Stir and serve.

Lazarus Soup

6 cups turkey or chicken broth (preferably rich, homemade stock)
2 heads garlic, cloves separated and peeled
4 to 6 small fresh jalapeños, seeded and coarsely chopped, or less if desired (see note)
1 tablespoon fresh oregano or 1 teaspoon dried
1 tablespoon fresh thyme or 1 teaspoon dried
Salt, to taste
Grated Parmigiano–Reggiano or pepper jack cheese

Combine the broth, garlic, jalapeños, oregano and thyme in a saucepan and bring to a boil. Reduce the heat and simmer until the garlic is very soft, about 30 minutes.

Transfer to a blender and purée until smooth.

Season with salt and serve in mugs, garnished with the Parmigiano–Reggiano or pepper jack cheese.

*** Wear gloves when handling fresh chiles; the oils can cause a burning sensation on your skin.**

Lazy Shrimp Gumbo

1 (10 1/2 ounce) can condensed cream of chicken soup

1 1/2 soup cans water or milk

1 (10 1/2 ounce) can condensed chicken gumbo soup

1/2 cup chopped cooked shrimp

Blend cream of chicken soup with water; add chicken gumbo soup and shrimp. Heat, stirring occasionally.

Yields 4 servings.

Lickety Split Pea Soup

1 (15 ounce) can peas

1 cup water

1 cup diced ham

1/2 cup finely diced carrots

1/2 cup finely chopped onions

1/2 cup thinly sliced celery

1 bay leaf

Salt, pepper and thyme to taste (optional)

Place peas with liquid and 1 cup water in blender to puree, about 30 seconds. Transfer to pot and add ham, carrots, onions, celery and bay leaf. Bring to a boil and simmer 20 minutes or until vegetables are tender. Halfway through cooking, add seasonings to taste.

Light Poultry Stock

1 turkey or chicken carcass
5 quarts water
1 pound carrots, diced
2 medium onions, diced
2 stalks celery, diced
1 1/2 cups chopped fresh parsley
3 cloves garlic, quartered
2 bay leaves
1 teaspoon dried whole thyme
8 peppercorns
6 whole cloves

Combine all ingredients in a large stockpot. Bring to a boil; cover, reduce heat and simmer 1 1/2 to 2 hours. Uncover and continue cooking 4 hours. Skim surface frequently for the first 2 hours to remove scum. Remove from heat; let cool.

Strain stock through a cheesecloth– or paper towel–lined sieve into a large bowl; discard bones, vegetables and seasonings. Cover stock; chill thoroughly. Skim and discard solidified fat from top of stock.

Yields 1 1/2 quarts.

Maryland Crab Bisque

2 tablespoons butter
1 cup minced celery
2 (10 ounce) packages white sauce mix
2 cups half-and-half
1/3 cup dry sherry
12 ounces crab meat (fresh, frozen or canned)
Salt and pepper, to taste
1 (13 3/4 ounce) can chicken broth

In a 3-quart saucepan melt butter and sauté celery for 5 minutes or until soft.

Stir in sauce mix. Gradually stir in half and half. Add sherry and broth. Stir over low heat until soup bubbles and thickens slightly.

Stir in crabmeat; simmer 15 minutes longer.

Meatball and Ravioli Soup (T&T)

**1 tablespoon olive oil
1 large onion finely chopped
1 garlic clove minced
1 (28 ounce) can chopped tomatoes
1/4 cup tomato paste
1 (32 ounce) container Swanson chicken broth
1 cup water
1/2 teaspoon granulated sugar
1/2 teaspoon dried basil
1/4 teaspoon each dried thyme and oregano
12 ounces cheese-filled ravioli (I like to use the mini ravioli)
1/4 cup fresh chopped parsley
Freshly grated parmesan cheese**

Meatballs

**1 egg slightly beaten
1/4 cup fresh soft bread crumbs
1/4 cup grated parmesan cheese
3/4 teaspoons onion salt
1 garlic clove minced
1 pound ground beef
Freshly chopped parsley to taste**

In a food processor place bread and pulse until you get a medium or almost fine crumb mix. To this add parmesan cheese, onion salt, egg, parsley garlic and ground beef, process until all ingredients are combined. Shape into 1/2- to 1-inch balls.

In a non stick 4 to 6 quart soup pot, brown meatballs in heated olive oil until cooked through. Mix in onion and garlic and cook about 5 minutes, being careful not to break up meatballs).

Add tomatoes and liquid, tomato paste, broth, water, sugar, basil, thyme and oregano. Bring mixture to a boil, reduce heat, cover and simmer 30 minutes. Add ravioli and cook, covered at a gentle boil according to package direction (approximately 10 to 15 minutes), until they are just tender and no longer have a starchy taste. Salt to taste. Stir in parsley and sprinkle with cheese.

Hope everyone who makes this soup enjoys it as much as we did.

Minestrone

10 cups cooked red beans
1 teaspoon salt
1 clove garlic, pressed
1/4 cup chopped parsley
1 zucchini, sliced
2 stalks celery, chopped
3 tablespoons butter
2 bay leaves
1/2 cup uncooked elbow macaroni
1 teaspoon basil
1/4 teaspoon pepper
1 tablespoon oil
1 carrot, diced
5 leaves spinach or chard, chopped
8 ounces tomato sauce or stewed tomatoes

Crush 7 cups of beans and leave the remaining beans whole. Combine all remaining ingredients except macaroni and basil. Bring to a boil. Turn down heat and simmer for 45 minutes. Add basil and macaroni and cook an additional 15 minutes.

Serve with a sprinkling of grated Parmesan cheese.

Miracle Soup

6 large onions

2 green bell peppers

Whole tomatoes, fresh or canned

1 large head cabbage

1 large bunch celery

Dry onion soup mix

Cut vegetables in medium-size pieces and cook covered with water for 10 minutes. Turn on low heat and simmer until vegetables are soft.

Mixed Vegetable and Spare Ribs Soup

100g spareribs
1 liter water
1 tomato
1 onion
1 small carrot
1 potato
1 tablespoon oil
Seasoning
1 teaspoon salt
1 teaspoon sugar

Prepare boiling water. Wash the spareribs. Place them in the boiling water and simmer for 20 to 30 minutes.

Peel the onion. Scrub and peel the carrot and potato. Rinse all the vegetables. Dice into cubes. Sauté the onion, carrot and potato in 1 tablespoon oil. Add them to the soup and simmer for 10 minutes. Add the tomato and simmer for another 5 minutes. Add seasoning and serve hot.

Mock Beef Stock

1/4 cup dried porcini mushrooms
1 teaspoon olive oil
1 teaspoon butter
1 extra large white onion sliced (5 cups)
2 medium carrots, sliced
1 large stalk celery sliced
1 medium leek, well rinsed, drained, and sliced
3 teaspoons chopped garlic or to taste
1 cup Swiss chard stems or 1/2 cup chopped Chinese cabbage
4 ounces white mushrooms, chopped
6 cups water
1 cup diced, unpeeled potato
1/2 cup lentils, rinsed
1 bouquet garni (10 parsley stems, 4 sprigs fresh
thyme, a bay leaf, 1 whole clove and 10 peppercorns
tied up in a cheesecloth sack)
1 to 2 teaspoons fresh lemon juice
Salt and pepper to taste

In small, heatproof bowl, combine dried mushrooms and just enough boiling water to cover. Let soak 20 minutes.

in large skillet heat 1 teaspoon each of butter and oil. Sauté onions until soft. Add to stock pot. Use remaining oil to sauté carrots, celery, leek and garlic until soft. Transfer to pot, reserving 1 teaspoon of oil and butter to sauté cabbage/chard and mushrooms. Transfer to pot and deglaze, adding that to pot.

Drain Porcini mushrooms and strain through fine sieve or cheesecloth, reserving liquid. Add Porcini, liquid, potatoes, lemon juice, water, salt and pepper, and bouquet garni to stockpot. Bring to boil, then lower heat to maintain simmer. Simmer 45 minutes, replenishing liquid if water falls below the level of the vegetables. Towards end of cooking time, allow to fall.

Remove bouquet and allow to cool slightly, then drain through a sieve, pressing vegetables to extract remaining juices. Remove surface fat, and cool completely. Refrigerate airtight.

Makes 4 cups.

Mock Chicken Stock

2 teaspoons olive oil
2 teaspoons butter (or another 2 teaspoons olive oil)
1 large white onion, sliced
1 large leek, trimmed, well rinsed, and sliced
1 large stock celery, sliced
2 medium carrots, sliced
7 branches fresh parsley (with or without leaves)
1/4 teaspoon onion powder
1/2 teaspoon garlic powder
1/4 teaspoon ground celery seed
1/2 teaspoon turmeric
1 teaspoon nutritional yeast (optional)
6 cups water
1 teaspoon lemon juice
Salt and pepper to taste

In large skillet, heat 1 teaspoon each of butter and oil (or 2 teaspoons of oil) over high heat. add onion and reduce heat, sauté, tossing frequently until soft. transfer to stock pot. Heat remaining oil in skillet add remaining vegetables, tossing frequently. Sauté until vegetables are soft. Transfer veggies to pot. Deglaze pan with water (or a little white wine) and add to pot. Add remaining ingredients and water to pot. Bring to boil then lower heat to maintain simmer. Simmer 40–45 minutes, replenishing water level if level falls below surface of vegetables. Toward end of cooking time, allow water to fall below level of vegetables. Allow to cool slightly , then strain into a large bowl.

Puree vegetables and add them into the stock. Remove surface fat, and allow to cool completely. Refrigerate in airtight containers.

Yields 4 cups.

Mojo's Gumbo

1 (4- to 6-pound chicken)
1 to 2 pounds smoked sausage (hotter the better)
1 or 2 smoked turkey legs or wings
1/8 pound tasso (optional)
1 big onion, sliced or chopped
1 green bell pepper (optional)
1/2 cup green onion tops (bottoms ok, too)
1/4 cup chopped parsley
4 1/2 quarts water
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon cayenne pepper
1 pickled cayenne pepper (optional)
1 tablespoon pepper vinegar (optional)
1 to 3 tablespoons Louisiana hot sauce
1 cup Roux

Boil the water, then slowly add and dissolve the Roux (take your time to make sure it dissolves). Add remaining ingredients. Boil slowly with pot cover open slightly for 2 hours. Taste and season during the last hour of boiling. You may add 1 pound sliced okra during last 30 minutes (optional).

Serve over fresh rice in a big bowl. Serves about 15 to 20 average people, or 4 to 5 Cajuns, Creoles or musicians.

Roux

1/4 cup oil
1 cup all-purpose flour

Heat oil in cast iron skillet over medium flame. Slowly add flour, stirring constantly. Brown flour slowly (allow 20 minutes) until the color of caramel. Scoop all into a jar or cup.

Mulligatawny Soup

1 (2 1/2 to 3 pound) chicken, cut up
4 cups water
1 1/2 teaspoons salt
1 teaspoon curry powder
1 teaspoon lemon juice
1/8 teaspoon ground cloves
1/8 teaspoon mace
1 medium onion, chopped
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
2 tomatoes, chopped
1 medium carrot, thinly sliced
1 apple, chopped
1 green bell pepper, cut into 1/2-inch pieces
Snipped parsley

Remove any excess fat from chicken. Heat chicken, giblets (except liver), neck, water, salt, curry powder, lemon juice, cloves and mace to boiling in Dutch oven; reduce heat. Cover and simmer until thickest pieces of chicken are done, about 45 minutes.

Remove chicken from broth; cool chicken 10 minutes. Remove chicken from bones and skin; cut chicken into bite-size pieces. Skim fat from broth; strain broth. Add enough water to broth, if necessary, to measure 4 cups. Cook and stir onion in margarine in Dutch oven until tender.

Remove from heat; stir in flour. Gradually stir in broth. Add chicken, tomatoes, carrot, apple and green pepper. Heat to boiling; reduce heat. Cover and simmer until carrot is tender, about 10 minutes. Garnish each serving with parsley.

Mushroom Bisque

1/4 cup butter
1/3 cup onions, finely chopped
2 tablespoons lemon juice
4 cups chicken broth
1/4 teaspoon pepper
1 cup light cream
1 cup heavy cream
3 tablespoons flour
1 pound fresh mushrooms, sliced
1 tablespoon salt
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon marjoram
1/3 cup sherry
Chopped parsley (for garnish)

In 3 quart saucepan heat butter until melted. Sauté onions and mushrooms 4 to 5 minutes, stirring constantly

Sprinkle with lemon. Blend in flour. Gradually stir in chicken broth. Cook, stirring until slightly thickened. Stir in cream and sherry. Heat and serve.

New Mexican Spam Soup

1 (12 ounce) can Spam Lite, chopped fine
1/2 cup chopped onion
1/2 cup chopped celery
2 cloves garlic, chopped fine
2 cans chicken broth
1 (32 ounce) can refried beans
2 chopped green chiles
1/2 teaspoon chili powder

In a pan, sauté Spam, onion, celery and garlic together for 5 to 7 minutes.

Add chicken broth. Pour in refried beans, chiles and chili powder. Simmer for about 10 minutes.

Topping

Chopped Cheddar cheese and chopped tortilla chips, mixed
1/2 cup chopped almonds, toasted

New Orleans Gumbo

2 tablespoons shortening
2 green onions, diced
1 stalk celery, diced
1 green bell pepper, diced
1 jalapeño pepper (optional)
1 tablespoon chopped fine parsley
1 quart cut-up okra
1/2 can tomato paste
1 tomato paste can of water
1 (18 ounce) can stewed tomatoes, chopped
1 pound crabmeat
1 pound shrimp
1 cup diced cooked ham
1 cup diced, cooked chicken
1 jar oysters (optional)

In a 10-inch frying pan melt the shortening. Add the onions, celery and peppers. Cook for 3 minutes. Add parsley and cook for 2 minutes. Add okra, reduce heat and cook for 15 minutes.

Pour all frying pan ingredients into a Dutch oven and add tomato paste and water, stirring frequently. Add 4 cups water and the tomatoes and cook for 30 minutes.

Add all the meats and cook for 20 to 25 minutes more, stirring frequently. Serve over hot, cooked rice.

New Year's Bean Soup

1/2 cup lima beans
1/4 cup pinto beans
1/4 cup kidney beans
2 tablespoons navy beans
1/4 cup black-eyed peas
2 tablespoons lentils
2 tablespoons barley
2 tablespoons split green peas
1 teaspoon baking soda
1 1/2 pounds ham or ham hock
1 large onion, chopped
1 large can crushed or diced tomatoes
2 cloves garlic, crushed
1 teaspoon chili powder
Juice of 1 lemon
Salt and pepper to taste

Wash beans; cover with 2 quarts of water. Soak 10 to 12 hours with baking soda. Add 1 quart water. Add ham and simmer 2 1/2 to 3 hours. Remove ham. Set aside to cool.

Add remaining ingredients to beans. Simmer 30 to 40 minutes. Add cut up ham after fat and gristle are removed. Heat through. Flavor improves if refrigerated overnight.

North Carolina Peanut Soup

1/4 cup chopped onion
1/4 cup chopped celery
1 teaspoon crushed garlic
3 tablespoon unsalted butter
2 teaspoon curry powder
2 tablespoon flour
2 (13 3/4 ounce) cans chicken broth
1/4 teaspoon pepper
1 cup peanut butter
1/2 cup plain yogurt
2 tablespoon lemon juice
1/2 cup chopped peanuts
1/4 cup chopped parsley

Sauté onion, celery and garlic in butter in medium sized saucepan until tender but not browned, stirring often. Stir in curry powder. Mix in flour until smooth, cook 1 minute stirring constantly. Remove from stove. Add water to chicken broth to make total of 4 cups. Gradually stir into curry mixture until smooth. Stir in pepper. Cook over medium heat, stirring constantly until mixture thickens and boils. Cool slightly. Place broth mixture and peanut butter in blender or processor. Whirl until smooth. Return to saucepan. Bring to boiling, lower heat, cover and simmer 10 minutes. Place yogurt in small bowl. Gradually stir in some hot soup. Return to saucepan. Gently heat just to serving temperature. **DO NOT BOIL.** Stir in lemon juice. Ladle into bowls. Sprinkle with chopped peanuts and parsley.

Oaxaca Soup

10 chile poblanos*, fresh or canned
6 medium potatoes
6 medium tomatoes, peeled
1/2 large onion, chopped
2 cloves garlic, minced
1 tablespoon Vegetable oil
4 to 6 cups water, as necessary
Salt, to taste
3 tablespoons granulated chicken bouillon
1 teaspoon parsley
1/2 teaspoon baking soda
2 1/2 cups milk
1 pound Oaxaca or mozzarella cheese, diced

If chiles are fresh, first roast them on a hot griddle until the skin blisters and turns brown. Put them in a plastic bag to "sweat" for about 10 minutes, then peel, de-vein, and remove the seeds. If canned chiles are used, slit them and remove seeds. Rinse chiles in water and cut in long strips. Peel and cube the potatoes. Purée tomatoes in the blender and pour through a sieve to remove seeds. In a 6- to 8-quart pan, fry the onion and garlic, potatoes and chili strips in the oil until the onion is soft. Add the puréed tomatoes and cook for 3 to 5 minutes. Add the water, salt, broth granules, parsley and baking soda.

In a separate pan, bring the milk to a boil, remove any "skin," and add to the other mixture. Add about one-third of the diced cheese and let it melt. In each individual soup bowl, put about 3 tablespoons diced cheese and pour the piping hot soup over it.

* A dark green pepper, usually mild in flavor. Bell peppers may be substituted, but they are not as good. If bell pepper is used, add 1 tablespoon Tabasco to the soup.

Onion Bisque

2 cups chopped onion
1 clove garlic, minced
1/2 cup chopped carrot
1/4 cup butter
2 cups diced potatoes
2 (14 1/2 ounce) cans Swanson chicken broth
1/2 cup half-and-half
Salt and pepper
Chopped parsley

Sauté onion, garlic and carrot in butter until soft. Add broth and potatoes. Simmer until potatoes are tender.

Purée in blender. Return to heat. Stir in cream. Do not boil. Season with salt, pepper and garnish with parsley. Makes 4 to 6 servings.

Onion–Cheese Bisque

2 to 3 cups chopped sweet Spanish onion
3 tablespoons butter or margarine
3 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sage
4 cups milk
1 1/2 cups grated Cheddar cheese
1/2 teaspoon Worcestershire sauce
Parsley (for garnish)

In large saucepan sauté onion in butter until soft. Add flour, salt, pepper and sage. Gradually stir in milk. Cook over medium heat until boiling, stirring constantly. Remove from heat. Stir in cheese and Worcestershire sauce, mixing until cheese melts. Purée soup in blender or food processor until smooth. Return to heat and heat gently.

Serve hot, garnished with parsley. Makes 5 to 6 servings.

Oodles of Noodles Chicken Soup

1 quart chicken broth
1/4 teaspoon dried dill weed
1 tablespoon chopped onion
1/2 cup chopped, cooked chicken
1/3 cup fresh refrigerated fettuccini
1 tablespoon Italian parsley, chopped

Place broth and dill in a 4–quart saucepan or Dutch oven. Heat over medium–high until it boils. Stir in onion, chicken, fettuccini and parsley. Return to boil. Lower heat and simmer until cooked through about 5 minutes.

Yields 4 to 6 servings.

Orange Bisque

3 cups chicken or vegetable broth, divided
1 large onion, diced
2 teaspoons ground ginger (or 1 tablespoon minced fresh ginger)
1 (15 ounce) can sliced or diced carrots, drained
1 (16 ounce) can cut sweet potatoes in light syrup, drained
1 cup orange juice
Shredded peel of 1 large orange
Salt and pepper to taste
Low-fat sour cream or plain yogurt to garnish
Thinly sliced green onions for garnish

In a large saucepan, combine 1 cup of the broth with onion and ginger. Cover and cook over medium heat for 5 minutes or until onion is tender.

In a food processor or blender, puree the onion-ginger mixture with carrots, sweet potatoes and orange juice.

When smooth, return to the saucepan and stir in orange peel and as much broth as necessary to achieve the desired consistency. Season with salt and pepper.

Reheat if desired to serve hot, or refrigerate to serve cold. Top with a dollop of sour cream or yogurt and sprinkle with sliced green onions. Yield: 8 cups. Prep time: 25 minutes.

Variation: To use fresh vegetables, cook 3 medium carrots, scraped, sliced or chopped, and 3 medium sweet potatoes, peeled and cut into pieces. When tender, use in place of the canned vegetables.

Orange Blueberry Soup

1 pint fresh or frozen blueberries
(2 cups), divided
5 cups fresh orange juice
3 tablespoons honey
1/4 teaspoon ground cinnamon
2 tablespoons cornstarch
2 tablespoons water
1 teaspoon grated orange peel (orange part only)
1/2 cup buttermilk
6 mint sprigs

Rinse and drain blueberries; reserve 12 to 18 berries.

Bring blueberries, orange juice, honey and cinnamon to boil in a nonreactive pot. Dissolve cornstarch in the water. Gradually add to blueberry mixture while stirring mixture. Bring mixture to boil. Add orange peel. Cool and refrigerate overnight.

For each serving, pour 1 cup into soup bowl and garnish with a swirl of buttermilk, 2 to 3 blueberries and a mint sprig.

Yields 6 servings.

Oyster Bisque

1 pint oysters
1 1/2 tablespoons butter
1 1/2 tablespoons flour
Oyster liquid
2 1/2 cups milk
1/2 cup thick cream
1 teaspoon salt
1/2 teaspoon paprika
1/8 teaspoon nutmeg
2 egg yolks
2 tablespoons water
3 tablespoons chopped parsley

Drain oysters, saving liquid. Chop or grind oysters until fine.

Melt butter; add flour and cook until smooth.

Add oyster liquid, milk, cream, salt, paprika and nutmeg. When ingredients are smooth, bring to a boiling point. Add ground oysters. Remove from heat.

Combine and beat egg yolks and water. Add slowly to hot bisque. Add chopped parsley, then serve.

Makes 5 cups.

Pepperoni Pizza Soup

1 can condensed tomato soup

1 soup can water

2/3 cup sliced pepperoni

1 teaspoon dried Italian seasoning, crushed

Shredded mozzarella cheese

Croutons

In a 2–quart saucepan, combine soup, water, pepperoni, and seasoning. Heat just to boiling. Pour into serving bowls and top with cheese and croutons.

Serves 4.

Philadelphia Pepper Pot

1/2 pound honeycomb tripe
6 cups chicken stock
4 slices bacon, cut into small pieces
1/2 cup onion, chopped
1/2 cup celery, chopped
1 green bell pepper, chopped
1 small bay leaf
1 teaspoon peppercorns, finely ground
2 tablespoons parsley, minced
2 teaspoons salt
1 cup diced raw potato
2 tablespoons melted butter or margarine
2 tablespoons all-purpose flour
1/2 cup heavy cream

Cook tripe, rinse and cut into 1/4-inch cubes. Place in large kettle and add chicken stock. Fry bacon until crisp and sauté the onion, celery and green pepper in the bacon drippings. Add to tripe and chicken stock. To this mixture add the bay leaf, peppercorns, parsley and salt. Cover, and when mixture comes to the boiling point, add diced raw potato. Cover and simmer gently for about 1 hour. Blend melted butter or margarine with flour and stir into hot soup mixture. Season with additional salt if necessary. Just before serving, stir in the heavy cream. Serve piping hot.

Serves 6 as a main dish.

Pizza Soup

1 tablespoon olive oil
1 medium onion, finely chopped
1/2 cup fresh mushrooms, sliced
1/4 cup green bell peppers, thinly sliced
1 cup stewed tomatoes, undrained
1 cup beef stock
8 ounces pepperoni, thinly sliced
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 dried bay leaf
Salt and pepper, to taste
1 cup mozzarella cheese, shredded

Warm olive oil in a large, deep skillet over medium heat. Sauté onion, mushrooms, and green bell peppers until soft, but not browned. It usually takes about 3 to 5 minutes for the onions to become translucent.

Add stewed tomatoes, beef stock, pepperoni, basil, oregano and bay leaf. Continue to warm until the mixture is heated through, making sure to stir occasionally. Discard the bay leaf. Add salt and pepper to taste.

Ladle the soup into ovenproof bowls and sprinkle with shredded mozzarella cheese. Microwave until the cheese melts and is bubbly.

"Pot Liquor" Soup

2 or 3 (1 pound) bags frozen mustard or collard greens or 2 pound fresh greens
3 (14 1/2 ounce) cans chicken broth
2 cups water
1 (2 pound) ham steak, diced
2 tablespoons Tabasco sauce
3 tablespoons olive oil
3 medium onions, chopped
1 clove garlic, minced
6 red potatoes, peeled and diced
2 (16 ounce) cans field peas, drained
2 (16 ounce) cans crowder peas, drained
1 tablespoon white vinegar
1 teaspoon salt

In large pot, cook greens in chicken broth until tender. Add water and simmer on low heat while preparing rest of ingredients.

In large skillet, toss diced ham in Tabasco and olive oil. Sauté for 8 to 10 minutes. Add onion and garlic to the ham and sauté, until onions are tender.

Add ham and onion mixture to the pot of greens. Add diced potatoes, field and crowder peas. Add vinegar and salt. Taste for seasoning. Simmer, over low heat, for 45 minutes.

Yields 2 1/2 quarts.

Potato Bisque

1/4 cup butter
1 large onion, chopped
1 cup chopped celery and leaves
4 cups 1/2-inch cubed potatoes
1/4 cup finely chopped parsley
1/2 teaspoon salt
1/4 teaspoon pepper
1 quart regular strength chicken broth or
4 bouillon cubes plus 1 quart water
1 quart milk
3 tablespoons cornstarch
1/4 cup water

In an 8- to 10-quart kettle, melt butter over medium heat. Add onion and celery and sauté. Add potatoes, parsley, salt, pepper and broth. Cover and cook until potatoes are tender.

Stir in the milk and cook until soup is thoroughly hot (but not boiling). Blend the cornstarch and water until smooth. Add to soup and continue cooking until soup boils and thickens – about 5 minutes.

To serve, float a generous pat of butter on top of soup and sprinkle with chopped parsley.

Serves 6 to 8.

Potato Rivel Soup

Cook salted diced potatoes in water to almost cover potatoes until just done. Add as much milk as you have potatoes and water. Bring just to a boil and stir in rivels with a fork while liquid simmers. Stir every little bit to keep soup from sticking and burning. Simmer for 15 minutes or until rivels are done. Adjust thickness of soup by adding more milk if too thick. It may need more salt.

Rivels

1 cup flour

1/2 teaspoon salt

1 egg

Mix flour and salt. Stir in the egg. Stir with a fork, then with fingers to make crumbles. You might need a second egg if the mix is too floury.

Pseudo Menudo

2 pounds stew meat, cut in 1-inch cubes

1 (15 ounce) can pinto beans

1 (15 ounce) can tomatoes

2 or 3 cups water

1 cup chopped green chiles

2 (15 ounce) cans hominy

Salt and pepper, to taste

Brown meat. Add remaining ingredients and boil gently for 3 or 4 hours, until meat is tender.

Pumpkin Apple Bisque

8 small (1 pound each) pumpkins
1/3 cup plus 2 tablespoons unsalted butter
1 small onion, cut into 1/4-inch dice
1/4 cup all-purpose flour
6 cups milk or half-and-half, heated
1 bay leaf
1 (29 ounce) can pumpkin purée
Salt and freshly-ground pepper, to taste
1 apple, peeled and cut into 1/8-inch dice
1 teaspoon fresh thyme leaves
1 pinch freshly-grated or ground nutmeg
1/4 cup dry sherry (optional)
1 cup heavy cream, whipped to soft peaks

Cut off tops of the pumpkins and clean out the seeds and strings. Scoop out part of the pulp to form a clean cavity.

In a 4-quart heavy saucepan or stockpot, melt 1/3 cup of the butter over medium heat and sauté onion until translucent, about 3 minutes. Add the flour and stir to form a paste. Cook and stir over low heat for 2 minutes. Gradually whisk the warm milk or half-and-half into flour mixture. Add the bay leaf. Bring to a simmer and cook gently for 15 minutes.

Add the pumpkin purée and simmer an additional 15 minutes over very low heat.

Strain through doubled cheesecloth or pass through a food mill. Season with salt and pepper.

In a medium saucepan, melt the remaining 2 tablespoons butter and sauté the apple for 2 minutes. Add the thyme and nutmeg and cook 2 to 3 minutes longer, or until the apple is tender but not mushy.

Spoon a portion of apple into each carved pumpkin bowl. Add the sherry, if using, to the hot soup and pour into the pumpkin bowls on top of the apples. Top with a dollop of whipped cream and serve.

Makes 8 servings.

Quick 'N' Dirty Gumbo

- 1** tablespoon butter or margarine
- 2** tablespoons chopped green bell pepper
- 2** tablespoons chopped onion
- 2** cans chicken gumbo soup
- 1** can crab meat or fresh crab meat
- 1** can shrimp or fresh shrimp
- 1** can tomatoes, if desired

Sauté pepper and onion in butter. Add soup, crab meat and shrimp. Water may be added to thin mixture if desired. Simmer until flavors are blended.

Serve over hot, cooked rice.

Raspberry Fuchsia Soup

3 cups fresh raspberries
3/4 cup water
2 tablespoons lemon juice
2 tablespoons lemon rind, grated fine
2 tablespoons arrowroot
1/2 cup maple syrup
2 cups strawberry wine
1/2 cup sour cream
1/2 cup fresh raspberries for garnish

Purée raspberries for soup; strain through a sieve into bowl; set aside.

Take seeds and rind left in sieve and transfer to sauce pan; add water; simmer for 5 minutes; strain into bowl containing berry juice; discard seeds remaining in sieve.

Combine lemon juice, lemon rind and arrowroot. Add to berry juice; add maple syrup and wine; transfer to saucepan. Simmer over low heat until thick. Refrigerate 2 hours.

Serve in individual bowls with a dollop of sour cream and a spoonful of berries on top of each bowl.

Serves 4.

Ravioli Soup

Yield: 4 servings

3/4 pound ground beef or Italian sausage

1 can beef broth

1 package cheese ravioli or tortellini – fresh or frozen

1 can green beans, drained

2 green onions, sliced

1 can diced tomatoes with basil, garlic and oregano

In a 5–quart pot, cook meat; drain. Add tomatoes, broth and 1 3/4 cups water; bring to boil. Reduce heat; stir in ravioli and cook according to package directions. Add beans and onions; heat through . Season with pepper and sprinkle with grated parmesan cheese, if desired.

Reuben Soup

2 quarts chicken broth
2 small bay leaves
1/2 cup sauerkraut, drained (reserve 3 tablespoon juice)
1 cup whole milk
1/2 cup butter
1/2 cup all-purpose flour
1/4 pound chopped corned beef
1/2 teaspoon white pepper
1/2 cup sour cream

Heat broth to simmer, and add bay leaves, sauerkraut and the 3 tablespoons of sauerkraut juice. Cook 30 minutes, then strain. Set sauerkraut aside.

Return broth to boil, then add the milk and heat gently to avoid curdling.

In a small saucepan, melt the butter, add flour and cook about 2 minutes, whisking frequently. Slowly add flour mixture to pot to thicken soup, stirring with a wooden spoon. Soup should be thick and creamy.

Return reserved sauerkraut to pot. Add corned beef, pepper and sour cream, and remove the bay leaves. Heat to serving temperature, but do not boil.

Serve with rye bread and butter.

Makes 4 or 5 servings.

Ro-Tel Italian Sausage Soup

1 pound Italian sausage
2 cans Ro-Tel diced tomatoes and green chiles
4 cups beef stock (canned okay)
Potatoes cut to 3/4 dice (skin on okay)
Celery, chopped
Onion, chopped
1 can whole kernel corn, undrained
1 teaspoon garlic powder
1/2 teaspoon oregano
1 1/2 tablespoons freshly chopped cilantro
2 teaspoons salt
1 teaspoon black pepper

Brown sausage and onion in a skillet. Meanwhile, heat the stock, Ro-Tel, celery and potatoes to a simmer.

When sausage is cooked, drain and add to stock along with corn and spices. Simmer until potatoes are done – about 20 minutes.

Remove from heat. Stir in cilantro, and let stand about 15 minutes.

Sago Soup

1 full package Minute tapioca
1 full box raisins
1 full box currants
3 teaspoons cinnamon
2 to 3 1/2 cups granulated sugar
2 lemons, sliced very thin
3 quarts water
2 quarts frozen blackberries

Boil water, then add tapioca. Cook and keep stirring so it doesn't stick or get lumpy. Add at least 2 cups of the sugar and the cinnamon. Stir and then add raisins and currants. Add blackberries. Continue cooking, tasting and adding more sugar until it is to the desired sweetness.

If you can't find blackberries, you can use grapes, and add food coloring for a deep purple color.

Salmon Bisque

1/2 cup (1 stick) butter
2 large onions, chopped
2 stalks celery and leaves, chopped
1/2 green bell pepper, chopped
Shrimp (optional)
2 tablespoons flour
1 can whole tomatoes
2 cups half-and-half
1 can pink salmon
Parsley
Green onions
Salt and pepper, to taste

In saucepan add butter, onions, celery and leaves and green pepper. Cook until limp. Add flour; mix well. Add tomatoes, let simmer for 20 to 30 minutes.

Add salmon that has been deboned and drained. Add cream and simmer. Do not let boil. Simmer for about 30 minutes.

Add shrimp to bisque 10 minutes before serving. Add parsley and green onions. Serve over rice.

Serves 6 to 8.

Salmon Gumbo

1 medium green bell pepper, chopped
3/4 cup finely chopped onion
1 tablespoon butter or margarine
1 (15 ounce) can tomato sauce
1 tablespoon instant chicken flavor bouillon
2 tablespoons parsley flakes
1 (10 ounce) package frozen cut okra
1 (12 1/2 ounce) can pink salmon, drained
4 cups cooked rice

In a large saucepan, cook green pepper and onion in butter for 5 minutes or until tender.

Add tomato sauce, bouillon and parsley. Bring to a boil and stir in okra. Bring to a second boil and fold in salmon. Reduce heat and simmer for 10 minutes.

Serve over hot, cooked rice.

Sauerkraut Soup

1 pound smoked sausage (in casing)

1/3 cup all-purpose flour

1 cup half-and-half

Pinch of dill

8 ounces sauerkraut, undrained

3 cups milk

1/2 teaspoon thyme

1 1/2 teaspoons lemon juice

Remove sausage from casing. Chop and brown in pan. Add flour and milk. Cook until bubbly. Add thyme, dill, lemon juice and sauerkraut. Cook over low heat for about 5 more minutes.

Sausage Bean Soup

3/4 pound bulk Italian sausage
1/2 cup chopped onion
1 garlic clove, minced
1 (15 1/2 ounce) can butter beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (14 1/2 ounce) can diced tomatoes, undrained
1 (14 1/2 ounce) can beef broth
1 tablespoon minced fresh basil or 1 teaspoon dried basil
2 tablespoons shredded Parmesan cheese

In a large saucepan, cook sausage, onion and garlic until the sausage is browned; drain. Add beans, tomatoes, broth and basil. Cover and simmer for 10 minutes. Sprinkle each serving with Parmesan cheese.

Yields 4 to 6 servings.

Sausage Gumbo

1 1/2 pounds smoked country-style link sausage
1/4 cup all-purpose flour
2 cloves garlic, crushed
1 1/2 cups chopped onion
1 1/2 cups chopped celery
1 cup chopped green bell pepper
1 (14 1/2 to 16 ounce) can tomatoes (2 cup)
2 cups chicken broth
2 teaspoons salt
1/8 teaspoon black pepper
1/4 teaspoon red pepper
1 (10 ounce) package frozen okra
1 teaspoon gumbo file
6 cups hot cooked rice

Place sausage in large skillet or Dutch oven. Add 1/4 cup water. Cover. Simmer for 5 minutes.

Drain off water. Continue to cook sausage about 10 minutes, turning to brown evenly.

Remove sausage to absorbent paper, cool and slice. Pour off sausage fat and return 3 tablespoons to skillet. Stir in flour and cook until a deep brown. Add garlic, onions, celery and green peppers. Cook until vegetables are tender. Add tomatoes, broth, seasonings, okra and reserved sausage. Simmer, covered, for 25 to 30 minutes.

Stir in gumbo file. Serve over hot, cooked rice.

Yields 8 servings.

Scarlet Bisque

3 cups tomato juice

1 (10 3/4 ounce) can condensed chicken broth

2 tablespoons brown sugar

1 teaspoon Worcestershire sauce

1/4 teaspoon celery salt

1/8 teaspoon onion powder

In a 3–quart saucepan combine all ingredients. Bring to a boil. Remove from heat.

Serve with chopped scallion or snipped chives. Yields 6 to 8 servings.

Scotch Broth

Stock

4 pounds lamb, meat and bones
9 cups water
2 teaspoons salt
1 tablespoon seasoned salt
2 tablespoons dried celery flakes
1/2 teaspoon dried thyme
12 black peppercorns
2 whole cardamom
1 bay leaf

Combine all ingredients; simmer slowly 3 to 4 hours. Strain. You should have 2 quarts stock.

Soup

1/4 cup butter
2 tablespoons instant minced onion
1 large carrot, minced
1/2 cup minced celery
Dash of garlic powder
1/2 cup barley
3 tablespoons flour
2 quarts lamb stock
1 cup cream

Melt butter in 3- to 4-quart saucepan. Add onion, carrot, celery and garlic powder. Sauté 5 minutes, but do not allow to brown. Add barley and flour. Cook 2 minutes longer. Add hot lamb stock; mix well and simmer slowly for 1 1/2 hours. Stir in cream and simmer 10 minutes more before serving.

Makes 5 bowls or 10 cups.

She-Crab Soup

1 cup butter
4 tablespoons flour
2 1/2 cups milk
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon nutmeg
1/2 teaspoon Worcestershire sauce
2 drops Tabasco® sauce
1 pound lump crabmeat
Sherry wine, to taste

Melt butter; add flour and stir until creamy. Add milk, seasonings and crabmeat. Bring to slow boil. Add sherry wine. Simmer.

Shrimp and Cream Cheese Soup

8 ounces cream cheese
1/2 cup sweet cream butter
1 cup chopped green onion tops
2 (10 ounce) cans Campbell's Cream of Potato Soup
1 (15 ounce) can whole kernel or shoepeg corn
1 (15 ounce) can cream-style corn
2 cups whole milk
1 pound cooked cocktail shrimp, peeled and deveined
1 teaspoon seafood seasoning

In a heavy 5-quart soup pot, slowly melt the cream cheese and the butter over low heat.

Add the green onions and gently simmer them for about 10 to 12 minutes.

Stir in the potato soup and both cans of corn and continue the simmering process for an additional 15 minutes.

Begin stirring in the milk in order to reach the desired consistency, starting off with half a cup, then adding more if necessary.

At this point the soup should be nice and thick, having the texture of light pancake batter.

Just before serving, fold in the shrimp, stir in the seafood seasoning, and heat the pot to hot and bubbly.

Shrimp and Mushroom Bisque

1 1/2 pounds small shrimp, cleaned and deveined
1 cup water
1 pound fresh mushrooms, cleaned, chopped
1/4 cup butter
1/4 cup all-purpose flour
1 cup dry white wine
1 tablespoon chicken bouillon granules
1/2 teaspoon nutmeg
Creole seasoning, to taste
2 cups light cream
2 tablespoons dry sherry

Put shrimp and water in blender (a third at a time) and process until very finely chopped. Set aside.

In large saucepan, sauté mushrooms in butter until liquid evaporates. Remove from heat. Stir in flour to coat. Slowly stir in wine. Add bouillon powder, seasonings and shrimp mixture. Simmer, covered, for 10 minutes, stirring often. Add cream and heat thoroughly. Do not boil. Add sherry. Just before serving, garnish with fresh parsley or chives.

Serves 6 to 8.

Shrimp and Okra Gumbo

1 pound okra
2 tablespoons vegetable oil
1/4 cup butter
2 large onions
2 green bell peppers
1/4 cup all-purpose flour
1 (1 pound 12 ounce) can tomatoes
2 (13 3/4 ounce) cans chicken broth
2 cups water
2 bay leaves
1/4 teaspoon leaf thyme, crunched
1/4 teaspoon hot pepper sauce
2 teaspoons salt
1 pound shrimp (or more)
Hot, cooked rice
Gumbo file, as desired

Heat oil and butter in heavy saucepan over medium heat. Sauté okra, onions and green peppers for 3 to 4 minutes. Sprinkle with flour. Stir until flour becomes golden brown.

Add remaining ingredients, except shrimp, rice and gumbo file. Simmer for 45 minutes.

Add shrimp. Cook 5 minutes longer. Season with gumbo file.

Serve over rice.

Shrimp and Oyster Gumbo

1/2 cup vegetable oil
2 tablespoons all-purpose flour
4 to 5 medium onions, chopped
2 to 3 cloves garlic, minced
2 (16 ounce) cans tomatoes
4 cups fish or chicken stock
2 pounds raw shrimp, peeled and deveined
2 bay leaves
1 tablespoon seafood seasoning
2 (10 ounce) packages frozen okra
Salt and pepper, to taste
1 to 2 pints oysters, undrained
1 tablespoon gumbo file
Cooked rice

Heat oil in a heavy saucepan or Dutch oven over medium heat; add flour very slowly, stirring constantly with a wooden spoon until flour is very brown.

Add onion and garlic; cook until onion is soft but not brown.

Add tomatoes, fish stock, shrimp and bay leaves; simmer for 30 minutes, stirring frequently.

Add seafood seasonings; simmer for 45 minutes.

Add okra, salt and pepper; continue to simmer for 5 minutes.

Add oysters and simmer 10 minutes or until edges of oysters curl. Just before serving, stir in gumbo file.

Serve over rice.

Shrimp Gumbo

2 pounds shrimp
2 tablespoons oil
2 tablespoons flour
3 cups chopped okra
2 onions, chopped
2 tablespoons oil
1 can tomatoes
2 quarts water
1 bay leaf
1 teaspoon salt
3 garlic cloves
Red pepper

Peel shrimp and de-vein. Make a dark roux with flour and oil. Add shrimp for a few minutes and stir constantly. Set aside.

Smother okra and onions in oil. Add tomatoes when okra is nearly cooked. Add water, bay leaf, garlic, salt and pepper. Add shrimp and roux. Cover and simmer for 30 minutes.

Speedy Beef Taco Soup

1 pound ground beef or turkey
1 onion, chopped
1 can Ro-Tel tomatoes with chiles
1 can corn, drained
1 can pinto beans
1 can water
1 envelope taco seasoning mix
1 envelope Hidden Valley Ranch Dressing

Brown the meat and drain. Mix beef with remaining ingredients; simmer for 45 minutes.

Serve topped with grated Jack cheese and sour cream. Serve with warm tortillas.

Spiced Cherry Soup

Flavor Sachet

1 stick cinnamon
1 star anise
1 whole clove
1 grated lime rind
1 grated lemon rind
1 grated orange rind

Soup

1 1/2 pounds fresh cherries, pitted
3/4 cup granulated sugar

Garnish

1 pound cherries, pitted and halved
8 sprigs mint

Place cinnamon stick, star anise, clove, and citrus zest in middle of a 4 inch square cheesecloth. Bring corners together to form a pouch and tie securely. Set aside.

Combine the cherries, 3 1/4 cups of water, and sugar in a large saucepan and bring to a boil, stirring occasionally. Remove from heat and add flavor sachet. Cover and let stand 2 hours to blend and bring out the flavors.

Remove sachet from soup. Pour soup into food processor and blend until smooth. Strain through large sieve into a large bowl. Refrigerate for 3 hours or until thoroughly chilled.

Serve with garnish of mint sprig.

Makes 8 servings.

Spinach–Almond Bisque

2 teaspoons vegetable oil
1/2 cup sliced almonds
1 (10 1/2 ounce) can condensed cream of potato soup
2/3 cup half–and–half
1 (10 to 12 ounce) package frozen spinach, thawed
Salt, to taste

Heat oil in skillet over medium high heat. Add almonds and toss until lightly browned; about 3 minutes. Set aside 2 tablespoons for garnish.

Combine in blender remaining almonds, soup, half–and–half and spinach; blend until spinach is finely chopped. Pour into saucepan and heat, stirring often. Add salt and pour into soup bowls. Garnish with an orange slice and the remaining slivered almonds.

Serves 4 to 6.

Steak Soup

1 1/2 pounds lean ground beef
2 cups diced onions
1 cup diced carrots
1 cup diced celery
1 tablespoon minced garlic (3 cloves)
3 (14 1/2 ounce) cans chicken broth
1 (16 ounce) can crushed tomatoes
2 tablespoons Worcestershire sauce
1 teaspoon hot pepper sauce
1/2 teaspoon freshly ground pepper
1/4 cup butter or margarine
1/2 cup all-purpose flour

Brown ground beef in Dutch oven over medium-high heat. Add onions, carrots, celery and garlic; cook 10 to 12 minutes until vegetables are softened.

Add chicken broth, crushed tomatoes, Worcestershire sauce, hot pepper sauce and pepper; bring to a boil. Reduce heat, cover and simmer 15 minutes.

Meanwhile, melt butter or margarine in small saucepan. Stir in flour. Cook over medium-high heat, stirring, until deep brown. Whisk into soup; cover and simmer 15 minutes more.

Strawberry Soup

1 quart fresh strawberries, cut and drained very well
1 cup sour cream
1/2 cup milk
1/2 cup ginger ale (Vernor's is best)
6 tablespoons granulated sugar (or less if strawberries are sweet)
1 tablespoon lemon juice
1 teaspoon vanilla extract

Put all into blender and blend until smooth. Pour into a glass container and chill. This thickens as it cools. Yummy!!

Strawberry–Peach Soup

5 large ripe peaches
3 large fresh sprigs rosemary
Juice of 1 lemon
1/2 cup granulated sugar
1/2 teaspoon cinnamon
1/2 pint strawberries, hulled

Peel four peaches, cut into chunks and place in stockpot. Tie rosemary in cheesecloth; add to peaches with lemon juice, sugar, cinnamon and 3 cups water; bring to boil. Reduce heat to medium low; simmer until peaches are tender, about 20 minutes.

Discard rosemary. Purée strawberries in food processor until liquid. Pass through a fine strainer twice; discard pulp and seeds. Set aside.

Strain peaches, reserve liquid and purée pulp until smooth. Add half the liquid to peach purée; process. Transfer peach purée to a large bowl. Stir in remaining liquid and place in an ice water bath, stirring occasionally, until cold, about 20 minutes.

Remove from ice water; whisk in strawberry purée. Peel remaining peach and slice for garnish.

Serves 8.

Sweet Red Pepper and Crab Bisque

2 tablespoons butter
1 cup finely chopped onion
1 cup chopped celery
1 cup chopped red bell pepper
1 1/4 teaspoons Old Bay or other seafood spice blend
3 cups fish stock or bottled clam juice
1/2 cup diced peeled russet potato
1/2 cup half-and-half or skim evaporated milk
1 pound crabmeat

Melt butter in heavy medium saucepan over low heat. Add onion, celery, bell pepper, and seasoning. Cover; cook 10 minutes, stirring twice.

Add stock and potato; bring to a boil. Reduce heat, cover partially, and simmer until potato is very tender, about 30 minutes.

Working in batches, purée soup in blender. Return soup to saucepan. Add half-and-half; bring to a simmer. Mix in crab. Season to taste. Cover; let stand 1 minute.

Ladle into bowls.

Taco Soup

1/2 pound ground beef
1/2 cup chopped onion
1 (16 ounce) can pinto or chili beans
1 (16 ounce) can stewed tomatoes
8 ounces tomato sauce
1 1/2 cups water
1/2 envelope dry taco seasoning mix
4 ounces diced green chiles
Garnishes

Brown meat and onion. Add beans, tomatoes, tomato sauce, water, taco seasoning and chiles. Simmer for 20 minutes.

Garnish with any or all of the following: sliced avocado, shredded Cheddar cheese, sliced scallion, sliced black olives, corn chips and sour cream.

Serves 4.

Tomato–Cinnamon Church Soup

3 cups stewed tomatoes
1 onion, chopped
1 large stalk celery with
leaves, chopped
2 cups beef bouillon
2 teaspoons red wine or balsamic vinegar
2 teaspoons granulated sugar
1/2 teaspoon black pepper
1/2 teaspoon cinnamon
1/4 teaspoon allspice
1/8 teaspoon mace
Salt and cayenne pepper, to taste

Cook all ingredients together, covered, in a saucepan until the vegetables are soft, about 20 minutes.

Purée in a food processor or blender. Reduce to thicken or add bouillon to thin.

Serves 4 to 6.

Tomato–Parmesan Bisque

1 quart milk
2 tablespoons flour
2 tablespoons butter
1 can tomato soup
1 teaspoon salt
1/4 teaspoon pepper
2 cups grated Parmesan cheese
Whipped cream

Heat the milk. Blend butter and flour and slowly add to the hot milk stirring until smooth. Keep on low heat, stirring slowly, while adding the tomato soup, salt and pepper.

Just before serving, fold in the Parmesan cheese. Garnish each serving of soup with a heaping tablespoon of whipped cream.

Tortilla Soup

2 or 3 Old El Paso® Corn Tortillas
Oil for frying
2 teaspoons vegetable oil
1/3 cup chopped onion
1 (4 ounce) can Old El Paso® Chopped Green Chiles
4 cups chicken broth
1 cup shredded, cooked chicken
Salt
1 (10 ounce) can Old El Paso® Tomatoes and Green Chiles
1 tablespoon lime juice
4 large lime slices

Cut tortillas in 2 x 1/2-inch strip. Fry tortillas in small amount of hot oil until brown and crisp. Drain on paper towels.

Heat 2 teaspoons of vegetable oil in a large saucepan. Add onion and sauté until translucent. Add green chiles, broth, chicken, salt to taste, and tomatoes and green chiles. Cover and simmer 20 minutes. Stir in lime juice.

To serve, pour into soup bowls and add tortilla strips. Float a lime slice in the center of each bowl.

Makes 4 servings.

Turkey Carcass Gumbo

Turkey carcass
Water
1/2 cup flour
2 onions, chopped
3 cloves garlic, minced
1 green bell pepper, chopped
2 stalks celery, chopped
2 quarts turkey broth
Salt and pepper, to taste
Tabasco sauce
2 bay leaves
1 teaspoon dried basil
1 tablespoon dried parsley
2 cups chopped turkey
1 pound smoked sausage (cut bite-size)
Green onion tops

After the turkey has been carved, put bones in plenty of water and boil slowly about 1 1/2 hours or until remaining meat falls off the bones.

Make a roux of bacon drippings and flour. Add onions, garlic, bell pepper, dash of Tabasco sauce, bay leaves, basil and parsley. Cook for 1 hour.

Add turkey and sausage and cook about 15 minutes longer. Add green onions and cook a few minutes longer.

Serve over hot, cooked rice.

Serves 6 to 8.

Turkey Carcass Soup

1 turkey carcass
6 quarts water
12 peppercorns
3 stalks celery, sliced
2 bay leaves
1 onion, cut into eighths
Pinch of garlic powder
1 cup barley, uncooked or 6 ounce medium egg
noodles, uncooked
2 (16 ounce) cans tomatoes, drained and chopped
1 cup onion
1 cup chopped carrot
1 cup chopped celery
2 teaspoons salt
1/4 teaspoon pepper

Combine first 7 ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 hour. Remove carcass from broth, and pick meat from bones; set aside.

Measure 4 quarts broth, and return broth to Dutch oven; refrigerate remaining broth for other uses. Bring broth to a boil. Add barley or noodles. If barley is added, reduce heat to medium, and cook 45 minutes. If noodles are added, reduce heat to medium and cook for 8 minutes. Add turkey meat, tomatoes and remaining ingredients. Simmer 30 minutes. Remove and discard bay leaves.

Turkey Sopa

4 tablespoons butter or margarine
1 medium onion, chopped
1 (4 ounce) can diced green chiles
1 (8 ounce) jar taco sauce
1 can cream of mushroom soup
1 can cream of chicken soup
1 (10 ounce) can consommé
3 cups cooked turkey or chicken, shredded or chopped
12 corn tortillas, 1-inch strips
1 pound Monterey jack cheese, shredded
1 pound Cheddar cheese, shredded

Melt butter. Add onions and cook until tender. Add green chiles, taco sauce, both soups (undiluted) and turkey or chicken. Place layer of tortilla strips on bottom of 2-inch deep casserole. Place alternate layers of soup mixture, tortillas and cheese. Repeat for 3 layers, ending with cheese. Bake at 350 degrees F for 30 minutes to 1 hour, until thoroughly heated and cheese is melted.

Serves 8 to 10.

Turtle Soup

1 pound turtle meat, cut into 1-inch cubes
1 cup shortening
1 cup diced onions
1 cup diced celery
7 cloves garlic, chopped
1 cup flour
1/2 teaspoon Tabasco® sauce
3 to 4 quarts water
1/4 cup beef stock concentrate
2 teaspoons celery salt
4 bay leaves
12 whole cloves
1 (16 ounce) can tomato sauce
1 teaspoon thyme
1/2 cup chopped parsley
1/2 cup Worcestershire sauce
Salt and pepper, to taste
Sherry (optional)
Lemons, thinly sliced (optional)
Hardboiled eggs, chopped (optional)

Sauté turtle meat in shortening until very brown. Add onions, celery and garlic. Cook for 10 minutes; blend in flour, and cook 5 minutes. Add Tabasco® sauce, water, beef stock and then all other ingredients. Simmer 2 to 3 hours or until meat is tender.

Garnish each serving with 1 tablespoon sherry, hardboiled eggs, or lemon slices, if desired. Better made ahead of time. Freezes well.

Yields 1 gallon.

Tuscan–Style Ribollita

6 slices (1/4–inch thick) day–old crusty French bread
3 cloves garlic
Black pepper, to taste
1 tablespoon olive oil
1 tablespoon chicken broth
1 onion, diced
3 carrots, chopped
3 celery stalks, chopped
1 zucchini, sliced
1 yellow squash, sliced
1/2 sweet red pepper, diced
1/2 teaspoon dried oregano
4 cups torn escarole or dark cabbage
1 (16 ounce) can kidney beans
1 (14 1/2 ounce) can plum tomatoes, drained, juices reserved
1 cup chicken broth
3 tablespoons grated Parmesan cheese
Oregano leaves (for garnish)

Grease a baking sheet. Put the bread on the sheet and bake at 350 degrees F until golden brown, about 15 minutes. Remove from the oven. Cut 1 garlic clove in half and rub on each side of the toast slices. Sprinkle with black pepper and set aside.

Heat the oil and broth mixture in a 4–quart pot. Add the onions and sauté until tender, about 10 minutes. Mince the remaining garlic. Add the garlic, carrots and celery to the pot. Cover and cook, stirring occasionally, for 10 minutes. Add the zucchini, squash, sweet peppers and oregano; cook for 5 minutes. Add the escarole, beans and tomatoes; cook until the escarole wilts, about 2 minutes. Add black pepper. Pour the vegetable mixture into a 3–quart casserole and top with the toast.

In a large measuring cup, combine the reserved tomato juice and the broth; pour over the toast. Sprinkle with Parmesan. Bake at 375 degrees F until the cheese has melted, about 30 minutes. Let stand 5 minutes and garnish with oregano.

Serves 6.

Vegetable Bean Soup

2 tablespoons vegetable oil
1 pound cabbage, chopped
2 medium carrots
1 small onion, chopped
2 (20 ounce) cans kidney beans
3 3/4 cups water
3/4 teaspoon salt
3/4 teaspoon Worcestershire sauce
2 beef bouillon cubes

In 4–quart pan, cook cabbage, carrots and onion in oil until tender. Add beans with liquid, water, salt, Worcestershire sauce and bouillon to vegetables. Heat to boiling. Reduce heat to simmer for 10 minutes.

Vegetable Bisque

3 tablespoons butter
3 tablespoons flour
4 cups chicken broth
2 cups coarsely chopped broccoli
3/4 cup chopped carrots
1/2 cup chopped celery
1 small chopped onion
1 small clove garlic, minced
1/4 teaspoon thyme
1/2 teaspoon salt
1/8 teaspoon pepper
1 cup heavy cream
1 egg yolk
1 1/2 cups shredded Cheddar cheese

In a large, heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring, and add broccoli, carrots, celery, onion, garlic, thyme, salt and pepper which have been mixed. Cover and simmer 8 minutes until vegetables are tender.

Blend cream and egg. Gradually blend in several teaspoons of soup. Return to soup and cook, stirring until thickened, and blend in cheese.

Serves 6 to 8.

Vegetable Cream Soup

1 tablespoon Argo®/Kingsford's® Corn Starch
2 cups milk
2 tablespoons margarine
1/2 teaspoon salt
1/4 teaspoon pepper
1 chicken bouillon cube
1 cup finely chopped cooked vegetables
(spinach, asparagus or broccoli)

In saucepan mix corn starch and 1/2 cup of the milk until smooth. Stir in next 4 ingredients and remaining milk. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Add vegetables.

Makes 3 cups.

Vegetable Stock

4 1/2 quarts water
3 medium onions, diced
5 stalks celery, diced
1 pound carrots, scraped and diced
1 small bunch parsley
1 medium turnip, diced
3 cloves garlic, quartered
3 bay leaves
1 teaspoon dried whole thyme

Combine all ingredients in a stockpot. Bring mixture to a boil; cover, reduce heat and simmer 1 1/2 to 2 hours. Uncover stockpot and continue cooking 2 hours. Strain stock through a cheesecloth– or paper towel–lined sieve into a large bowl; discard vegetables and seasonings. Cover and chill stock.

Makes 4 cups.

Vichyssoise

2 cups cubed raw potatoes
1 cup chopped onions
2 cups water
3 chicken bouillon cubes
2 tablespoons butter
3/4 cup milk
1/4 teaspoon pepper
2 tablespoons parsley
2 tablespoons scallion tops
1/2 cup heavy cream

Combine potatoes, onions, water and bouillon cubes in saucepan. Cook, covered, until just tender, approximately 15 minutes.

Do not drain. Pour into blender. Add remaining ingredients except cream. Blend on high for approximately 30 seconds. Pour into bowls and add cream.

Chill or serve hot.

Yields 6 servings.

Wastebasket Soup

1 1/2 pounds beef stew meat, cut into 1-inch cubes
1 cup coarsely chopped onion
2 tablespoons olive oil
1 teaspoon minced garlic
1 teaspoon salt
3 (10 1/2 ounce) cans condensed beef broth
3 cups water
1 1/2 teaspoons dried Italian seasoning*
1 (15 ounce can great northern beans or navy beans, rinsed and drained)
1 (14 1/2 ounce) can tomatoes, cut up
1 1/2 cups thinly sliced carrots
1 (6 ounce) can pitted ripe olives, drained
2 cups sliced zucchini
1 cup dried small pasta shells
Grated Parmesan cheese (optional)

* If you don't have Italian seasoning, substitute 3/4 teaspoon dried basil, crushed, and 3/4 teaspoon dried oregano, crushed.

In a 4-quart Dutch oven combine beef, onion, oil, garlic, and salt. Bake, uncovered, at 400 degrees F for 40 minutes, stirring occasionally.

Remove from oven. Reduce oven temperature to 350 degrees F. Carefully stir broth, water, and Italian seasoning into the beef mixture. Cover and bake about 1 hour more or until beef is almost tender.

Stir in beans, tomatoes, carrots, and olives. Cover and bake 20 minutes more. Stir in zucchini and pasta. Cover and bake about 20 minutes more or until pasta is tender. Sprinkle each serving with Parmesan cheese, if desired.

Makes 8 to 10 main-dish servings.

Wild West Chili Soup

1 1/2 pounds ground beef
2 medium garlic cloves
2 cans tomato soup
2 cans pinto beans, undrained
3 tablespoons chili powder
1 cup onion, chopped
1 can beef broth
1 cup water
2 cups macaroni, cooked
2 tablespoons vinegar

Brown beef with onion and garlic until tender. Add remaining ingredients and simmer for 30 minutes, stirring occasionally.

Wisconsin Cheese and Beer Soup

3 tablespoons olive oil
1/2 cup chopped onion
1/2 cup chopped carrot
1/2 cup chopped celery
1/4 cup all-purpose flour
1 pound baking potatoes, peeled and cubed
6 cups chicken broth
1 (12 ounce) bottle beer
1/2 cup heavy cream
1 tablespoon Dijon-style mustard
1/2 teaspoon salt
1/2 teaspoon hot pepper sauce
1/4 teaspoon Worcestershire sauce
2 cups shredded extra-sharp Cheddar cheese

Heat oil in large saucepan over medium heat. Add onion, carrot and celery; cook until very tender, about 10 minutes. Stir in flour; cook 1 minute. Add potato, broth and beer. Bring to boiling; cook 10 to 15 minutes or until potatoes are tender.

Combine heavy cream, mustard, salt, hot pepper sauce and Worcestershire sauce in small bowl. Stir into soup. Remove from heat. Add cheese, stirring until cheese is melted and smooth. Remove 2 cups of soup and solids to blender or food processor. Purée. Stir back into soup. Serve immediately.

Zucchini Bisque

2 cups chopped zucchini
1 cup water
1/2 cup tomato juice
1 tablespoon chopped onions
1 bouillon cube
1 teaspoon basil
8 ounces cream cheese

In a saucepan combine zucchini, water, tomato juice, onion, bouillon cube and basil. Cover; simmer for 20 minutes.

Pour into blender container. Add cream cheese cut into cubes. Process until smooth. Return to saucepan to heat thoroughly to serve hot. Alternately, chill thoroughly to serve as a cold soup.