

Soups

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BASIC LOW FAT CREAM SOUP

- 1 onion
- 1/3 cup rice
- 2 cups broth
- 2 cups milk
- vegetables (one or more pounds)

- Saute an onion
- Add rice and broth.
- Cook about 20 minutes
- Puree with Blender
- Add milk and vegetables
- Blend again
- Add salt and pepper to taste
- Serve.

Good vegetable choices:

- Broccoli spiced with ground nutmeg
- Asparagus with lemon juice (use the lower part for puree and florets intact for decoration)
- Whole corn and shredded crisp bacon
- Winter squash, Hubbard or Acorn

Recipe from Julia Child

GAZPACHO

Serves 10.

- 4 large tomatoes, peeled
- 1 teaspoon salt
- 2 large cucumbers, pared
- 2 cloves garlic
- 2 medium onions
- 2 pimentos, drained
- 2 medium green peppers
- 48 ounces tomato juice
- 2/3 cup red wine vinegar
- dash of pepper
- 1/2 teaspoon liquid hot pepper seasoning
- cilantro, chopped
- 1/2 cup salad oil
- 1 package Pepperidge Farm Onion and Garlic Croutons

- In electric blender, combine 1 tomato, 1/2 cucumber, 1/2 onion, 1/4 green pepper, 1 pimento, and 1/2 cup tomato juice.
- Blend covered, at high speed, 30 seconds, to puree the vegetables.
- Repeat with the same amount of ingredients.
- In a large bowl, combine the two batches of pureed vegetables with the remaining tomato juice, vinegar, hot-pepper seasoning, salt and pepper, and salad oil.
- Refrigerate mixture, covered, until well-chilled, at least 2 hours.
- Chop separately the remaining 2 tomatoes, 1 cucumber, 1 onion, and 1 1/2 green pepper.
- Place in separate bowls, along with a separate bowl of croutons and cilantro.
- Serve as accompaniments.
- Just before serving time, crush the garlic and add to the chilled soup, mixing well.
- Serve in chilled bowls.

Recipe from AAUW Salmon Barbecue Dinner, May 1975, used for Culinary June 1985

LENTIL SOUP

Serves 10.

- 1 pound lentils
- 2 sprigs parsley
- 3 quarts water
- 1 meaty ham bone
- 1 large onion, chopped
- 1 teaspoon salt
- 3 stalks celery with tops, chopped
- freshly ground pepper

- Combine all ingredients in a large kettle.
- Heat to boiling, cover.
- Reduce heat and simmer 4 hours, until lentils are tender and liquid partially cooked down.
- Remove ham bone and set aside.
- Put soup through a coarse sieve to remove skins.
- Return to kettle, add meat cut from bone.
- Taste for seasoning.
- Reheat to serving temperature.

Recipe from Marilyn Regan used for AAUW Supper Club German Dinner, January 1974.

CREAM of MUSHROOM SOUP

- 1/4 cup butter
- 1 small onion, chopped
- 1/4 pound mushrooms, sliced
- 1/4 cup dry sherry
- 3 tablespoons flour
- 4 dashes Angostura bitters
- 1 cup canned beef bouillon
- 1 3/4 cups half and half
- salt and pepper to taste

- Melt butter in heavy saucepan and saute mushrooms and onion until tender about 10 minutes.
- Add flour gradually, then stir in bouillon.
- Add half and half, blending well.
- Cook over low heat until soup thickens somewhat, stirring constantly (about 10 minutes).
- Remove from heat and stir in sherry and bitters.

NOTE:

- Reheats well after refrigeration but it's best to add the sherry and bitters just before serving.

Recipe from Kitty Wilson of AAUW.

BEAN SOUP

- Ham hock
- 1 can tomato soup
- 2 soup cans water
- 1 large onion chopped
- 3-4 ribs celery, chopped
- 1 pound Great Northern beans
- 1 tablespoon salt
- 1 potato (optional)

- Soak beans overnight in 6 or 8 cups water. Or cover beans with 2 inches of water, bring to boil and cook 2 minutes. Let sit for one hours. Discard water and begin recipe.
- Drain the beans and add the rest of the ingredients and simmer for several hours.

OPTIONAL:

- About 1/2 hour before a serving cutup one potato in soup and cook until done. Helps thicken soup, if needed

Recipe from Aunt Helen, 1959.

BEEF SOUP

- 1 short rib
- 1 small potato
- 1/2 carrot
- celery tops
- 1 onion, chopped
- 1 tablespoon catsup
- 1 bay leaf
- 1 teaspoon garlic salt
- salt, pepper, poultry seasoning

- Cover short rib with water and add rest of ingredients.
- Cook several hours.

Recipe from Lena Tapella, 1959.

SLO BEAN SOUP

- 1 package mixed beans from SLO Farm Bureau Women
- 1 ham hock
- 1 large onion, chopped
- 1 clove garlic, minced

- 1 16 ounce can tomatoes
- 1 teaspoon chili powder
- salt and pepper to taste
- 1 pod red pepper (optional)

- Wash beans thoroughly. Place in large, heavy kettle, cover with water, add 2 tablespoons salt and soak overnight.
- Drain, add 2 quarts water and ham hocks.
- Bring to a boil and simmer slowly 2 1/2 -3 hours.
- Add the rest of ingredients and simmer another 30 minutes or so.

Recipe from San Luis Obispo County Farm Bureau Women, 653 Tank Farm Road, San Luis Obispo CA

MINISTRONE SOUP ICF

Serves 12-20

Ingredients:

- 2 1/2 lbs. Potatoes
- 1 1/4 lbs. Carrots
- 1.1/4 lbs. String beans
- 1 lb. Ripe tomatoes or 16 oz. can whole tomatoes
- 1 lb Zucchini
- 1 lb. Banana or Butternut squash
- 16 oz. Tomato sauce canned
- 1 bunch Spinach
- 1 bunch Swiss chard
- 1 lb. Onions
- 1 head Napa cabbage
- 1 stalk Celery

- 1+ lbs. Dried mixed beans
- 8 oz. Barley
- 1 box Vegetable 6 bouillon
- 1 lb. Butter
- 1 lb. Pasta small type cooked
- 3 tbsp. Garlic or to taste
- 1 cup Pesto

Preparation:

On the day before, cover the beans with water to soak.

Chop all of the vegetables into bite size pieces except 1 cup of whole potato and 1 zucchini and add to large soup pot. Add whole tomatoes and tomato sauce. Cover fully with water. Bring to boil. Add bouillon, butter and garlic.. Reduce heat to simmer and cook for one hour. When cooked, smash any

potatoes and zucchini left with a potato masher. Add the soaked beans and barley. Simmer for several hours until everything is fully cooked, adding more water if it gets too thick.

Add pasta and cook until pasta is warmed. Add pesto, stir and serve.

MINESTRONE SOUP

Serves 8-10

- 1/2 cup dry white beans
- 4 tablespoons butter
- 1 cup fresh peas (about 1 pound, unshelled)
- 1 cup zucchini, diced
- 1 cup carrots, diced
- 1 cup potatoes, diced
- 1/3 cup thinly sliced celery
- 2 ounces salt pork diced
- 2 tablespoons finely chopped onion
- 1/2 cup finely chopped leeks or an additional 1/2 cup diced onion
- 2 cups chopped canned tomatoes, drained
- 1 teaspoon salt
- 8 cups chicken stock
- 1 bay leaf
- 2 sprigs parsley
- 1/2 cup raw white rice
- freshly ground black pepper

Garnish

- 1 tablespoon finely cut fresh basil or
- 1 teaspoon dried basil, crumbles
- 1 tablespoon finely chopped fresh parsley
- 1/2 teaspoon chopped garlic
- 1/2 cup freshly grated imported Parmesan cheese

- Bring 1 quart of water to a bubbling boil in a heavy 3-4 quart pan.
- Add the beans and boil briskly for 2 minutes. Remove the pan from the heat and let the beans soak undisturbed for 1 hour.
- Then return the pan to the stove and over low heat simmer the beans uncovered for 1 to 1 1/2 hours, or until they are barely tender.
- Drain the beans and set aside.
- Melt the butter over moderate heat in a heavy 10-12 inch skillet.
- When the foam subsides, add peas, zucchini, carrots, potatoes and celery.
- Tossing constantly with a wooden spoon, cook 2 or 3 minutes until they are lightly coated with butter but not browned. Set aside.

- Render the salt pork dice by frying them in a 6 to 8 quart soup pot or kettle over moderate heat, stirring frequently. When the pork dice are crisp and brown, lift them out with a slotted spoon and set aside to drain on paper towels.
- Stir the onions and leeks (or if leeks are unavailable, substitute another 1/2 cup onion) into the fat remaining in the pot and cook stirring constantly, for about 5 minutes until the vegetables are soft and lightly browned.
- Stir in the coarsely chopped tomatoes, the vegetables from the skillet, chicken stock, salt and a few grindings of pepper. Tie the bay leaf and parsley together and add to the pot.
- Bring the soup to a boil over high heat, reduce heat and simmer partially covered for 25 minutes.
- Remove and discard the bay leaf and parsley springs, add the rice, white beans and salt pork dice and cook for about 15 to 20 minutes longer or until the rice is tender.
- Taste the soup and season it with salt and pepper if needed.

TO SERVE:

- Sprinkle with the herb and garlic garnish.
- Pass a bowl of the grated cheese separately.

Recipe from The Time-Life International Cookbook.

WILLIAMSBURG CHICKEN STOCK

Makes 4 quarts.

Bouquet garni:

- 1/2 teaspoon leaf thyme
- 1 small bay leaf
- 1/2 teaspoon leaf marjoram
- 3 sprigs parsley
- 6 peppercorns

- Prepare bouquet garni by tying herbs in a cheesecloth bag.

- 3-4 ribs of celery, including leaves
- 3-4 carrots, washed but not scraped
- 2-3 leeks or spring onions, including green tops
- 4-5 pounds chicken necks, backs, and wings
- 2 medium onions
- 1 cup dry white wine (optional)

- Cut vegetables into 1-inch pieces.
- Place all ingredients into a large soup pot with enough water to cover them by at least 2 inches.
- Bring to a boil over medium heat. Partially cover and simmer for 2 to 3 hours, or until chicken comes easily from bones. Cool.
- Remove cover and continue to simmer over low heat until stock is reduced to about 4 quarts.
- Strain stock, refrigerate, and when cold, remove all fat.

NOTE:

- Stock can be frozen in cubes for future use.

Recipe from The Williamsburg Cookbook used for the AAUW Supper Club Williamsburg Dinner, November 1975.

BROCCOLI SOUP

Serves 12.

2 10 ounce packages frozen chopped broccoli, thawed
1/4 cup chopped onion
2 cups chicken broth
2 tablespoons butter
1 tablespoon flour
2 teaspoons salt
4 dashes mace (or to taste)
dash pepper
2 cups half and half

- Bring chicken broth to a boil.
- Add broccoli and onion and cook 5 minutes, uncovered.
- In separate pan, melt butter, add flour and cook 2 minutes, add seasonings.
- Add roux to broth and stir until smooth and thickened over medium heat.
- Put in blender and blend for 5 seconds.
- Return to pan and add half and half.
- Keep warm over hot water.

Recipe from Ming Quong Village House

Cream of Broccoli Soup (Vegetarian)

Serves 12 cups of soup.

Ingredients:

2 tablespoons butter
1 onion, chopped
1 stalk celery, chopped
3 cups vegetable broth
8 cups broccoli florets

3 tablespoons butter
3 tablespoons all-purpose flour
2 cups milk
Grounded black pepper to taste

Directions:

- Melt 2 tablespoons butter in medium sized stock pot, and sauté onion and celery until tender. Add broccoli and broth, cover and simmer for 10 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot.

Alternately, you can use a stick blender and puree the soup right in the cooking pot.

- In small saucepan, over medium-heat melt 3 tablespoons butter, stir in 3 tablespoons flour and slowly adds milk. Stir until thick and bubbly, and add to soup and cream softly. Season with pepper and serve.

"SHOW STOPPER" SOUP

Serves 6.

- 1 10 ounce package frozen chopped spinach
- 3 1/2 cups milk, divided
- 1/2 cup drained oysters
- 1/4 cup butter
- 1/4 cup flour
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground white pepper
- 1/4 teaspoon mace
- 1/4 cup minced onion
- 1 can chicken broth
- 1 cup whipping cream
- Crushed red pepper
- whipping cream for garnish
- Croutons

- Thaw spinach; drain excess liquid.
- Pour 1 1/2 cups of the milk into blender jar.
- Gradually add spinach, blending until smooth after each addition.
- Pour into bowl.
- Puree oysters in blender. Add to spinach mixture. Set aside.
- Melt butter in large saucepan and sauté onions until translucent.
- Stir in flour and spices; slowly blend in chicken broth.
- Cook over medium heat until bubbly.
- Stir in spinach mixture.
- Add remaining 2 cups of milk and 1 cup whipping cream.
- Cook, stirring constantly, over medium heat until mixture begins to boil.
- Reduce heat and simmer 2 minutes.

TO SERVE:

- Garnish with dollops of unsweetened whipped cream topped with crushed red pepper and croutons.

Recipe from "100 Best Recipes for 100 Years" by McCormick/Shilling, used for New Years' Eve, 1991.

ZUCCHINI BISQUE

Serves 10.

- 1/4 cup butter
- 5 medium zucchini (1 1/4 pounds)
- 1 medium yellow onion, chopped
- 1/2 teaspoon salt
- 3 1/2 cups chicken broth
- 1/8 teaspoon pepper
- 1/4 cup milk
- 1/8 teaspoon nutmeg
- 3/4 cup whipping cream

- Wash zucchini, trim off ends, cut into thin slices.
- Heat butter in Dutch oven. Add zucchini and onion and sauté until limp but not brown, about 5 minutes.
- Add chicken broth; cover and simmer about 15 minutes or until vegetables are tender.
- Pour a small amount at a time into a blender and whirl until smooth.
- Add milk, salt, pepper and nutmeg.

TO SERVE:

- Reheat slowly and add whipping cream.

Note: Can be served cold.

Recipe from AAUW Supper Club Opening Night Spectacular, June 1977

CHILLED AVOCADO SOUP

Serves 10.

- 3 fully ripe avocados
- 1/4 teaspoon onion salt
- 1 cup chicken broth
- pinch of white pepper
- 1 cup light cream
- 1 teaspoon lemon juice
- 1 teaspoon salt
- lemon slices as garnish

- Halve avocados lengthwise, remove seeds and peel.

- Blend with chicken broth in electric blender until smooth.
- Combine and mix with cream and seasonings.
- Pour into glass container, cover and refrigerate for 3 hours or overnight.

TO SERVE:

- Stir in lemon juice, and garnish with lemon slices.
- Serve chilled.

Recipe from Bon Appetit

SOPA de AVOCADO

Serves 10.

- 4 ripe avocados
- 1/8 teaspoon garlic powder
- 2 cups chicken broth
- 2 cups whipping cream
- 2 teaspoons lime juice
- 2 lemons
- 1/2 teaspoonsalt

- Halve avocados lengthwise - twisting gently to separate halves.
- Work a sharp knife directly into seeds and twist to lift out.
- Peel avocado halves.
- Puree in 2 batches in electric blender with broth, lime juice, salt and garlic powder.
- Combine both batches in bowl.
- Stir in cream.
- Chill thoroughly

TO SERVE:

- Garnish with lemon slices

Recipe from AAUW Supper Club Mexican Dinner, December 1976

FRENCH ONION SOUP

(Soupe ^l'Oignon)

Serves 10

- 5 tablespoons butter
- 2 1/2 tablespoons vegetable oil
- 1 1/4 teaspoon salt
- 3 3/4 tablespoons flour
- 2 1/2 pounds yellow onions, thinly sliced
- 10 cups canned beef stock

- In a heavy 4-5 quart saucepan or soup kettle, melt the butter with the oil over moderate heat.
- Stir in the onions and 1 teaspoon salt, and cook uncovered over low heat, stirring occasionally, for 20-30 minutes, or until the onions are a rich golden brown.
- Sprinkle flour over the onions and cook, stirring, for 2 or 3 minutes.
- Remove the pan from the heat.
- In a separate saucepan, bring the stock to a simmer, then stir the hot stock into the onions.
- Return the soup to low heat and simmer, partially covered, for another 30 to 40 minutes, occasionally skimming off the fat.
- Adjust seasoning.

Crožtes

- 10 3/4 inch thick slices of French bread
- 2 1/2 teaspoons olive oil
- 1 garlic clove, cut
- 1/2 cup imported Swiss cheese, grated

- While the soup simmers, make the crožtes.
- Preheat the oven to 325_i F.
- Spread the slices of bread in one layer on a baking sheet and bake for 15 minutes.
- With a pastry brush, lightly coat both sides of each slice with olive oil.
- Then turn the slices over and bake for another 15 minutes or until the bread is completely dry and lightly browned.
- Rub each slice with the cut garlic clove and discard clove.

TO SERVE:

- Place the crožtes in individual coup bowls and ladle the soup over them.
- Pass the grated cheese separately.

ALTERNATIVE:

- To make onion soup *gratinee*, preheat the oven to 375_i F.
- Ladle the soup into an oven proof tureen or individual soup bowls, top with crožtes, and spread the grated cheese on top.
- Sprinkle the cheese with a little melted butter or olive oil.
- Bake for 10-20 minutes, or until the cheese has melted, then slide the soup under a hot broiler for a minute or two to brown the top if desired.

Recipe from Time-Life International Cookbook used for AAUW Supper Club French Dinner, June 1975

FRENCH ONION SOUP (SLOW COOKER)

Serves 6 to 8

After quartering, slice the onions pole to pole for substantial slices that will hold up to long cooking. Beef bones are stocked in the freezer or meat section of supermarkets.

INGREDIENTS:

SOUP

- 2 pounds beef bones
- 4 tablespoons unsalted butter
- 6 large yellow onions (about 4 pounds), quartered and cut into 1/4-inch-thick slices
- Salt and pepper
- 1 tablespoon brown sugar
- 1 teaspoon minced fresh thyme
- 5 tablespoons all-purpose flour
- 3/4 cup apple butter
- 3/4 cup dry sherry
- 1/4 cup soy sauce
- 2 cups low-sodium chicken broth
- 2 cups low-sodium beef broth

CHEESE CROUTONS

- 1 loaf French bread, cut into 1/2-inch slices
- 2 1/2 cups shredded Gruyère cheese

INSTRUCTIONS

1. **COOK ONIONS** Arrange beef bones on paper towel-lined plate. Microwave until well browned, 8 to 10 minutes. Meanwhile, set slow cooker to high. Add butter, cover, and cook until melted. Add onions, 2 teaspoons salt, 1 teaspoon pepper, brown sugar, and thyme. Stir flour, apple butter, sherry, and soy sauce together in small bowl until smooth. Pour over onions and toss to coat. Tuck bones under onions around edge of slow cooker. Cover and cook on high heat until onions are softened and deep golden brown, 10 to 12 hours. (Cooked onions can be refrigerated in airtight container for 1 day.)
2. **FINISH SOUP** Remove bones from slow cooker. Heat chicken and beef broth in microwave until beginning to boil. Stir into slow cooker. Season with salt and pepper.
3. **MAKE CROUTONS** Adjust oven rack to upper-middle position (about 6 inches from broiler element) and heat oven to 400 degrees. Arrange bread slices in single layer on baking sheet and bake until bread is golden at edges, about 10 minutes. Heat broiler. Divide cheese evenly among croutons and broil until melted and bubbly, 3 to 5 minutes.
4. **SERVE SOUP** Ladle soup into bowls and top each with 2 croutons. Serve.

Cooks Country 2012

BEET and FENNEL(ANISE) SOUP

Serves 6 (we served 10)

- 5 medium beets

- 2 tablespoons vegetable oil
- 2 large onions, sliced
- 1/4 teaspoons fennel seeds
- 3 fennel bulbs, sliced thin (about 6 1/2 cups)
- 1/4 cup water
- 3 cups low-salt chicken broth
- 2 tablespoons fresh orange juice
- 1/4 cup Gilka (German caraway seed liqueur) if desired

Accompaniment: pumpernickel and rye breadsticks

- Trim beets, leaving 1 inch of stems attached, and scrub well.
- Wrap beets tightly in foil and roast in middle of oven until tender, about 1 1/2 hours.
- Unwrap beets carefully and let stand until cool enough to handle.
- Peel beets.
- Cut half of 1 beet into 1-inch-long matchsticks for garnish and chop remaining beets.
- In a large heavy saucepan heat oil over moderate heat until hot but not smoking and cook onions with fennel seeds, stirring, until softened, about 15 minutes.
- Add sliced fennel and water and cook, covered, stirring occasionally, until fennel is very soft, 15 to 20 minutes.
- Stir in chopped beets and broth and simmer, uncovered, 15 minutes.
- In a blender puree soup in batches, transferring it as pureed to another saucepan.
- Soup may be prepared up to this point 2 days ahead and chilled, covered.
- Reheat soup until hot, thinning with water if necessary,
- Stir in orange juice, liqueur if using, and salt and pepper to taste.

Garnish soup with beet matchsticks and fennel leaves and serve with breadsticks.

BUTTERNUT SQUASH SOUP

Serves 4 - 6

- 5 tablespoons butter
- 1 large onion, chopped
- 2 pounds butternut squash, peeled, seeded, cut into 1/2-inch pieces
- 4 cups (or more) canned low-salt chicken broth
- Pinch of ground nutmeg
- 1/2 cup whipping cream
- Additional ground nutmeg
- Melt butter in heavy large saucepan over medium-high heat.
- Add onion and saute until tender, about 5 minutes.
- Add squash and saute 5 minutes.
- Add 4 cups broth and nutmeg.
- Cover and simmer until squash is tender, about 20 minutes.
- Working in batches, puree soup in blender until smooth.
- Return to same pan.
- Stir in cream.
- Bring soup to simmer.
- Season to taste with salt, pepper, and additional nutmeg.
- *(Can be prepared 1 day ahead. cover and refrigerate.*
- *Before serving, rewarm over medium heat, thinning with more broth if necessary.)*

Recipe from Bon Appetit, November 1996.
Used New Year's Eve, 1996.

WHITE BEAN and SEAFOOD SOUP

- 5 tablespoons olive oil
- 2 small onions, chopped
- 1 fennel bulb, chopped
- 2 cloves garlic, chopped
- 1 small potato, peeled & diced
- 3 cups cooked white beans
- 5-6 cups chicken stock
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 pound medium shrimp, shelled and deveined
- juice of half lemon
- 6 cups spinach, cut into shreds

- In large pot heat 2 tablespoons oil.
- Add onions, fennel and garlic and cook until soft, about 10 minutes.
- Then add the potato, half the beans and chicken stock.
- Bring to a boil and then simmer about 20 minutes.
- Beans and potato should be very soft.
- Puree the soup in a blender or food processor and return to pot.
- Add the salt and pepper.
- In large skillet heat remaining 3 tablespoons oil.
- Cook shrimp just until they turn pink.
- Remove with slotted spoon
- Sprinkle with lemon juice and cut shrimp into small chunks.
- In same skillet cook spinach with remaining clove of garlic just until spinach wilts.
- Reheat soup and add remaining beans, shrimp and spinach.
- Taste for salt and pepper and serve.

Hints: Never put salt in when cooking any type of beans.
Never boil beans, only simmer.
Use Russet potatoes.
Use Eden Brand of canned beans from Bread of Life.
Celery can be substituted for the fennel

From Jean Carroll's soup class of Louise Fiszer, January 1996

FENNEL, POTATO, and GARLIC SOUP

(Aigo-sau-d'iou)

Serves 6 to 8.

- 12 cloves garlic, unpeeled

- 4 tablespoons olive oil
- 1 leek, white part only, thoroughly washed and thinly sliced
- 2 medium tomatoes, seeded and coarsely chopped
- 1/2 teaspoon herbes de Provence
- 2 medium fennel bulbs, trimmed, cored, and thinly sliced
- 3 large baking potatoes, peeled and cut into 1-inch cubes
- 6 cups water
- salt and pepper to taste

Toroast the garlic:

- Preheat the oven to 375_i F.
- Place garlic cloves in small ovenproof dish, drizzle with 1 tablespoons of the olive oil.
- Roast until cloves feel very soft, about 40 minutes.
- Set aside to cool, then remove peel from garlic.
- In a large heavy nonreactive saucepan, heat the remaining oil over medium-high heat.
- Cook leek until soft, about 6 minutes.
- Stir in tomatoes and herbes de Provence.
- Bring to a boil and add peeled roasted garlic cloves and fennel.
- Add potatoes and the water and simmer, partly covered, 30 minutes.
- Salt and pepper to taste and serve.

Hint: I blended soup and added Polish sausage

From "A Good Day for Soup" by Louise Fizzer, January 1996

WILD MUSHROOM, SWEET SAUSAGE, and RICE SOUP

Serves 6 to 8.

- 1 ounce (1/2 cup) dried porcini mushrooms
- 1/2 pound Italian sweet sausage, crumbles
- 1 small onion, chopped
- 1/2 pound fresh shiitake mushrooms, stems discarded, caps cut into thin strips
- 1 large ripe tomato, seeded and coarsely chopped
- 1/2 cup Arborio rice
- 6 cups Chicken Stock
- Salt and pepper
- 4 tablespoons chopped fresh basil

- Soak porcini mushrooms in hot water 30 minutes.
- In a large heavy nonreactive saucepan, cook sausage, breaking up lumps, about 8 minutes.
- Remove to a strainer and set aside.
- Drain porcini mushrooms, reserving about 1/2 cup of the soaking water; then rinse away any clinging sand and chop coarsely.
- Remove all but 2 tablespoons of fat from saucepan and stir in onion and soaked mushrooms and shiitakes.
- Cook until mushrooms begin to brown.
- Add tomato and rice and cook over medium heat 3 minutes.

- Add stock, bring to a boil, reduce heat, and simmer 15 minutes.
- Add sausage and reserved soaking water.
- Simmer another 5 minutes.
- Salt and pepper to taste.
- Garnish with basil and serve.

From "A Good Day for Soup" by Louise Fiszler, January 1996

TOMATO-MUSHROOM BISQUE

Serves 6 to 8.

- 2 tablespoons olive oil
- 1/4 pound mushrooms, sliced
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 cup fresh bread crumbs
- tomatoes
- 1 tablespoons tomato paste
- 2 teaspoons fresh tarragon or 2 teaspoon dried tarragon
- 3 cups chicken or vegetable stock
- salt and pepper

- In a large heavy nonreactive saucepan, heat oil over medium-high heat.
- Cook mushrooms until brown around edges, about 10 minutes.
- Remove half with a slotted spoon and set aside.
- Add onion and garlic to mushrooms in pan and cook until soft, about 5 minutes.
- Stir in bread crumbs, tomatoes, tomato paste, and tarragon.
- Cook until bubbly.
- Add stock and bring to a boil.
- Reduce heat and simmer, uncovered, 20 minutes.
- Puree in a blender or food processor.
- Reheat with reserved mushrooms.
- Salt and pepper to taste and serve.

Hint: use any mushrooms from morels and matsutakes to chanterelles and ordinary corner-grocery buttons.

From "A Good Day for Soup" by Louise Fiszler, January 1996

WILD RICE and CHICKEN SOUP

Serve 6.

- 2 tablespoons oil
- 4 scallions, trimmed and thinly sliced
- 1/2 cup chopped tomatoes
- 3 fresh sage leaves chopped or 1/2 teaspoon dried sage

- 2 cups diced cooked chicken
- 1 cup cooked wild rice
- 6 cups chicken stock
- 1 cup watercress leaves, coarsely chopped

- In a medium saucepan, heat oil over medium-high heat.
- Cook scallions until soft, about 4 minutes.
- Stir in tomatoes and sage.
- Cook until bubbly.
- Add chicken, rice, and stock.
- Bring to a boil, stir in watercress, and serve.

From "A Good Day for Soup" by Louise Fiszler, January 1996

SWEET ONION-TOMATO CREAM SOUP with HERBED HEARTTOASTS

Serves 2.

- 1 tablespoons butter or vegetable oil
- 1 small sweet onion, chopped
- 1 clove garlic, minced
- 2 cups drained canned imported Italian tomatoes
- 2 tablespoons honey
- stock
- 1 1/2 cups heavy cream or half-and-half
- salt and pepper

TOASTS

- 1 teaspoon dried herbes de Provence
- 1 1/2 tablespoons butter
- salt and pepper
- 2 slices good quality white bread, cut into 2-inch hearts with cookie cutter

- Preheat the oven to 350° F.
- In a small skillet, cook herbes de Provence in butter about 1 minute.
- Add salt and pepper to taste.
- Brush bread hearts with butter mixture on both sides.
- Place on a baking sheet and bake 8 minutes per side.
- In a small heavy non reactive saucepan, heat butter over medium heat.
- Cook onion and garlic, until slightly wilted, about 3 minutes.
- Stir in tomatoes and honey, and cook 5 minutes over medium-high heat.
- Add stock and simmer 15 minutes.
- Puree in a food processor or blender with cream.
- Salt and pepper to taste.
- Ladle into bowls, float heart toasts on top, and serve.

From "A Good Day for Soup" by Louise Fiszler, January 1996

ARTICHOKE and LEEK SOUP with LEMON

Serve 6.

- 1 pound artichoke hearts, fresh or frozen, trimmed and quartered
- 2 leeks, white parts only, thoroughly washed and sliced
- 1/4 cup prairie
- 1 teaspoon fresh tarragon leaves or 1/2 teaspoon dried tarragon
- 1 2-inch strip lemon zest
- 5 cups Chicken or vegetable stock
- salt and pepper
- 6 paper-thin slices of lemon

- In a large saucepan, combine all ingredients except lemon slices and bring to a boil.
- Reduce heat and simmer, partly covered, 30 minutes.
- Remove zest and puree in a food processor or blender.
- Salt and pepper to taste.
- Serve garnished with lemon slices.

From "A Good Day for Soup" by Louise Fiszler, January 1996

RED CABBAGE, POTATO, and KIELBASA SOUP

Serves 8.

- 1 pound Kielbasa sausage, sliced 1/4 inch thick
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary
- 4 cups shredded red cabbage
- 1 cup chopped tomatoes
- 6 cups chicken or beef stock
- 2 medium potatoes, peeled and cut into 1/2-inch cubes
- salt and pepper

- In a large heavy non reactive pot, brown sausage on both sides over medium-high heat.
- Remove and set aside.
- pour out all but 3 tablespoons fat.
- Stir in onion, garlic, and rosemary.
- Cool until soft, about 5 minutes.
- Stir in cabbage and tomatoes.
- Simmer until cabbage is slightly wilted, about 3 minutes.
- Add stock, bring to a boil, and add potatoes.
- Reduce heat and simmer, partly covered, 20 minutes.
- Add sausage to soup and cook another 5 minutes.
- Salt and pepper to taste and serve.

From "A Good Day for Soup" by Louise Fiszler, January 1996

MAUI ONION BISQUE

- 3 large Maui onions or other sweet onions (about 3 pounds)
- 1/2 pound baking potato (russet)
- 1 tablespoon sugar
- 2 tablespoons olive or peanut oil
- 3 1/2 cups chicken broth
- 2 cups heavy cream
- freshly ground white pepper
- Garnish: 4 fresh thyme sprigs

- Coarsely chop onions.
- Peel potato and cut into 1/4-inch pieces.
- In a 4-quart heavy saucepan cook onions and potato with sugar in oil over moderate heat, stirring, until potato is tender, 15 to 20 minutes.
- Add broth and cream and simmer until soup is silky and slightly thickened, 10 to 12 minutes.
- In a blender puree soup in batches with white pepper and salt to taste (use caution when blending hot liquids).
- *Bisque may be made 1 day ahead and chilled, covered.*
- *Reheat bisque before serving.*
- Serve bisque in bowls, garnished with thyme.
- Makes about 4 cups, serving 4.

Recipe from Mauna Lani Bay Hotel, Hawaii, in *Gourmet*, May, 1999.

MOM'S HEARTY CHICKEN and RICE SOUP

Serves 6

- 8 cups water
- 2 chicken breast halves; skin and fat removed
- 2 whole chicken legs with thighs; skin and fat removed
- 3 carrots, peeled, halved crosswise
- 1 onion, sliced
- 2 teaspoons salt
- 2 garlic cloves, chopped
- 1 bay leaf
- 3/4 cup uncooked long-grain white rice
- Chopped fresh parsley

Combine first 9 ingredients in large pot.

Bring to boil. Reduce heat, cover and simmer until chicken is cooked through, about 35 minutes.

Using slotted spoon, transfer chicken and carrots to platter; cool slightly.

Pull chicken meat off bones in bite-size pieces set aside.

Discard bones.

Thinly slice carrots and reserve.

Strain broth; discard solids in strainer.

Pour 1 1/2 cups broth into heavy medium saucepan.

Bring to boil. Add rice and bring to boil. Reduce heat to low; cover and cook until broth is absorbed and rice is tender about 20 minutes.

Return remaining broth, chicken pieces and sliced carrots to same large pot. Bring to simmer. Stir in cooked rice.

Season soup with salt and pepper.

Ladle soup into bowls, Sprinkle with parsley and serve

per serving: calories, 221; total fat, 4 g; saturated fat, 1g; cholesterol, 59 mg

Recipe from Bon Appetit, March 2000

LENTIL CURRY SOUP

1 1/2	tablespoons olive oil
2	medium onion, chopped
3	garlic cloves, minced
4	teaspoons curry powder
16	ounces dried lentils
9	cups (or more) canned low-salt chicken broth or canned vegetable broth

Heat oil in heavy large pot over medium heat.

Add onions, carrots and garlic and saute until vegetables begin to soften, about 10 minutes.

Add curry, then lentils and stir 2 minutes.

Add 9 cups broth and bring to boil.

Reduce heat, cover and simmer until lentils are tender, adding more broth if soup is too thick and stirring occasionally, about 1 hour15 minutes.

Season soup with salt and pepper.

Recipe from Bon Appetit, December 2000

FRIENDSHIP SOUP

Serves 16

Layer in quart jar:

1/2	cup split peas
1/3	cup granulated bouillon
1/4	cup pearl barley
1/2	cup lentils
1/4	cup granulated onion
2	teaspoons Italian Seasoning
1/2	cup rice
1/2	cup macaroni (in baggie)

Add:

1	pound hamburger (browned and drained)
3	quarts water
28	ounce can diced tomatoes, undrained

- Remove macaroni from top of jar and set aside.
- In a large saucepan or dutch oven, combine soup mix with all other ingredients.

- Bring to a boil
- Reduce heat.
- Cover and simmer 45 minutes.
- Add macaroni.
- Cover and simmer 15 - 20 minutes until tender.

Recipe from MOPS, Scottsbluff NE, November 1999.

PUMPKIN SOUP

6 servings.

- 2 15-ounce cans pure pumpkin
- 4 cups water
- 1 cup half and half
- 1 garlic clove, pressed
- 1/4 cup pure maple syrup
- 4 tablespoons unsalted butter
- 1/2 teaspoon Chinese five-spice powder
- 4 ounces fresh shiitake mushrooms, stemmed, sliced

Bring first 4 ingredients to simmer in large saucepan over medium -high heat, whisking often.

Whisk in syrup, 2 tablespoons butter and five-spice powder.

Simmer soup 10 minutes, whisking often.

Season with salt and pepper.

Melt remaining 2 tablespoons butter in heavy medium skillet over medium-high heat.

Add mushrooms, saute until tender, about 10 minutes.

divide soup among 6 bowls.

Sprinkle soup with mushrooms, dividing equally; serve.

Note: Soup can be made 1 day ahead. Chill until cold, then cover and keep chilled. Bring to simmer before serving.

Recipe from BonAppetit, October 2001,.

Served at Culinary 2001.

FRENCH ONION SOUP (SLOW COOKER)

Serves 6 to 8

After quartering, slice the onions pole to pole for substantial slices that will hold up to long cooking. Beef bones are stocked in the freezer or meat section of supermarkets.

INGREDIENTS:

SOUP

- 2 pounds beef bones

- 4 tablespoons unsalted butter
- 6 large yellow onions (about 4 pounds), quartered and cut into 1/4-inch-thick slices
- Salt and pepper
- 1 tablespoon brown sugar
- 1 teaspoon minced fresh thyme
- 5 tablespoons all-purpose flour
- 3/4 cup apple butter
- 3/4 cup dry sherry
- 1/4 cup soy sauce
- 2 cups low-sodium chicken broth
- 2 cups low-sodium beef broth

CHEESE CROUTONS

- 1 loaf French bread, cut into 1/2-inch slices
- 2 1/2 cups shredded Gruyère cheese

INSTRUCTIONS

1. **COOK ONIONS** Arrange beef bones on paper towel-lined plate. Microwave until well browned, 8 to 10 minutes. Meanwhile, set slow cooker to high. Add butter, cover, and cook until melted. Add onions, 2 teaspoons salt, 1 teaspoon pepper, brown sugar, and thyme. Stir flour, apple butter, sherry, and soy sauce together in small bowl until smooth. Pour over onions and toss to coat. Tuck bones under onions around edge of slow cooker. Cover and cook on high heat until onions are softened and deep golden brown, 10 to 12 hours. (Cooked onions can be refrigerated in airtight container for 1 day.)

2. **FINISH SOUP** Remove bones from slow cooker. Heat chicken and beef broth in microwave until beginning to boil. Stir into slow cooker. Season with salt and pepper.

3. **MAKE CROUTONS** Adjust oven rack to upper-middle position (about 6 inches from broiler element) and heat oven to 400 degrees. Arrange bread slices in single layer on baking sheet and bake until bread is golden at edges, about 10 minutes. Heat broiler. Divide cheese evenly among croutons and broil until melted and bubbly, 3 to 5 minutes.

4. **SERVE SOUP** Ladle soup into bowls and top each with 2 croutons. Serve.

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