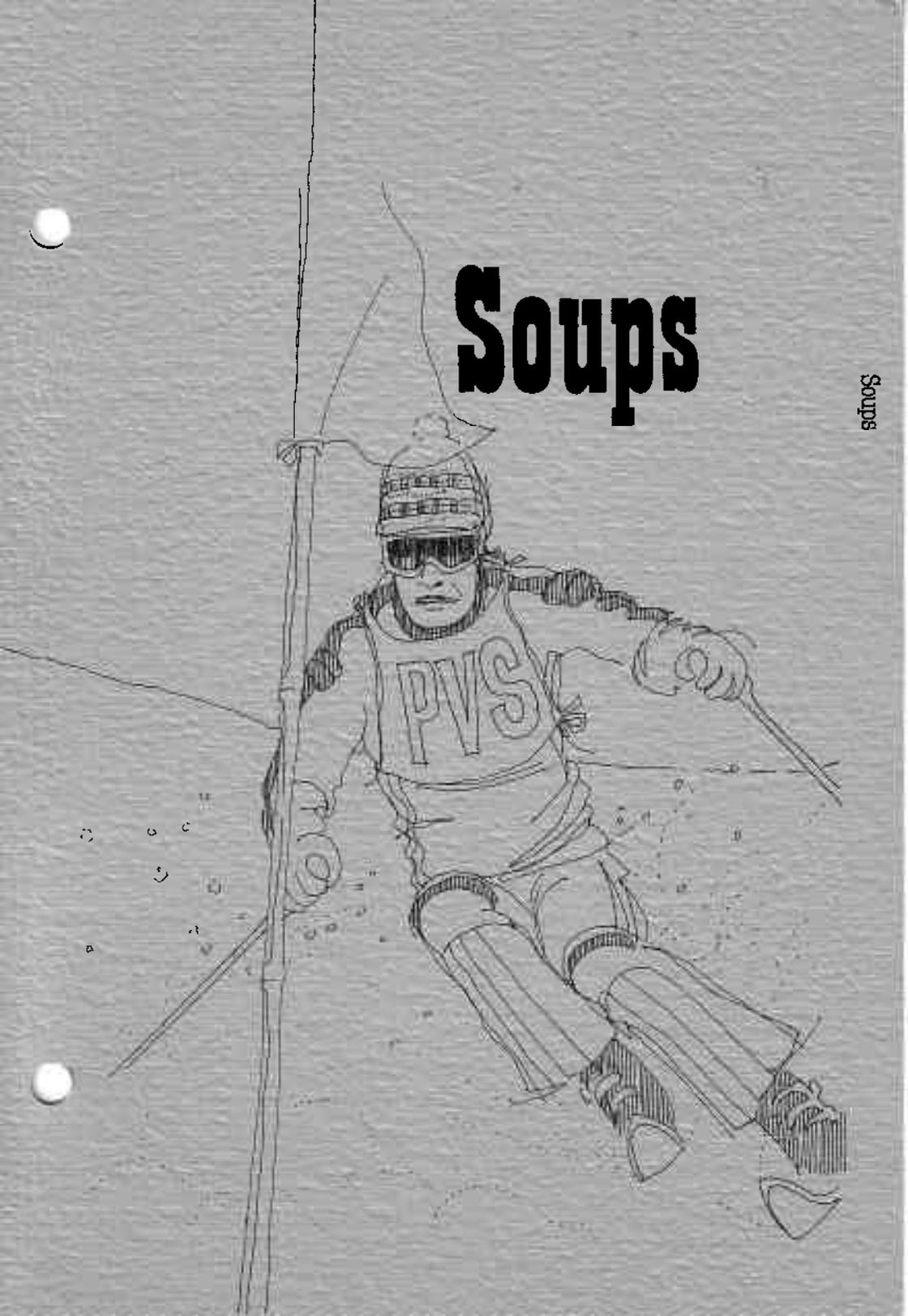


Soups

Soups



 FRESH TOMATO SOUP 

8 medium sized tomatoes
2 10 1/2-oz. cans condensed beef bouillon
1/2 t dried basil
1 t celery seed
4 whole cloves
3 T instant minced onion, or 3/4 cup finely
 chopped raw onion
1 t salt
1/4 t pepper
1 T butter
1 T sugar
Commercial sour cream for garnish

Peel tomatoes and chop coarsely. Combine with undiluted soup and all remaining ingredients, except sour cream. Simmer uncovered about 15 min. As soup cooks, mash tomatoes with potato masher. Serve with spoonful of sour cream on each serving. Serves 4 to 6.

Dorothy Mills

 SUMMER PEA SOUP 

10 oz. frozen peas
1 cup hot chicken broth
1 large lettuce leaf
1 stalk celery
1 cup light cream
Salt, pepper

Blend peas, broth, lettuce and celery until smooth. Strain through a food mill or strainer. Chill. Add cream and seasonings.

Pat Cope

 GAZPACHO SOUP 

3 tomatoes
2 cucumbers
1 onion
1 cup tomato soup
3 raw eggs
1 garlic clove
1/4 cup vinegar
1/4 cup oil
1/8 t pepper
1/8 t salt

Blend soup, onion, eggs, garlic, vinegar, oil, salt and pepper, and one cucumber and one tomato. Chop one cucumber and 2 tomatoes and add to mixture. Freeze for that very hot day.

Mary McCalla

 MINISTRONE SOUP 

1/2 lb. hamburger
1 medium onion
1 #2 can tomatoes
2 medium diced carrots
2 cups diced potatoes
1 cup slivered cabbage
1/4 cup uncooked rice
1/2 cup diced celery and leaves
5 cups water
1 bay leaf
1 t basil
1/2 t thyme
1 clove chopped garlic
4 t salt
1/8 t pepper
2 bouillon cubes

Saute onion and beef. Put in a large pot and add everything but bouillon cubes. Simmer 1 1/2 hours. Then add cubes of bouillon. Serve with Parmesan cheese. (A great dish for dinner after a day on the slopes.)

Jean Heichue

 * CUCUMBER-MINT SOUP *

- 1 pt. plain yogurt
- 3 cucumbers cut in chunks, peeled if the skins are bitter
- 1 clove garlic, mashed
- 2 T fresh dill, chopped or
1 t dried dillweed and
1 t dill seed
- 3 T fresh mint, chopped
- 3 T olive oil
- Grated rind and juice of 1 lemon
- Salt to taste
- Fresh mint leaves to garnish

Combine all the ingredients except the salt in blender and mix until smooth. Stir in salt, a little at a time, to taste. Chill several hours. Garnish with mint leaves. Serves 6-8. Great for picnics served from a thermos.

Gail Gell

 * SPINACH SOUP *

- 1 pkg. frozen spinach or
1 cup leftover cooked spinach
- 1 onion, chopped
- 2 T butter or margarine
- 2 T flour
- 2 t chicken bouillon dissolved in 2 cups
water (or 2 pkgs. Herb-Ox instant chicken
broth and seasoning)
- 1 cup yogurt

Cook frozen spinach only until leaves may be separated with a fork. Add dissolved chicken bouillon and puree. Saute onion in butter until translucent. Stir in flour and cook one minute. Gradually add spinach mixture and yogurt. Serve hot or cold. Makes 4 cups.

Charlotte Reith

 SOUP AU PISTOU 

2 cups carrots, 1/2 in. dice
2 cups potatoes, 3/4 in. dice
2 cups leeks, white part only, or onion
8 cups canned chicken broth
4 cups water
1 cup tomato puree (optional)
1 t salt
1/4 t freshly ground pepper
2 cups fresh or 1 pkg. frozen green beans
1/2 cup vermicelli, broken in 2-in. pieces
2 cups canned kidney beans
1/2 t saffron.

Boil gently for 40 minutes first nine ingredients. Add remaining ingredients and cook five minutes longer.

Pistou sauce: 4 minced cloves of garlic
1/4 cup chopped fresh basil or
1 T dried
1/4 to 1/2 cup olive oil
6 T Parmesan cheese

Mix in blender to consistency of mayonnaise.

Put sauce in bottom of soup tureen. Stir in one cup of soup. Gradually add rest of soup. Sprinkle with parsley.

Other root vegetables may be substituted for those first listed, such as white or yellow turnips or parsnips.

Dorothy Mason

 MEAT BALL SOUP 

Meat Balls: 1 lb. ground chuck
1 large onion, chopped
1/2 cup bread crumbs
2 eggs, lightly beaten
Salt and ground pepper to taste

Make the meat balls by using a medium-size spoon and roll into a ball. Drop into boiling water. Remove foam.

Vegetables: 4 large, thick carrots, sliced
6-8 large potatoes, peeled and quartered
1 cup frozen peas

Bouquet Garni: tie in cheesecloth
Chopped celery with leaves
Chopped leek
1 onion, cut in quarters
1 bay leaf
2 whole cloves
4 whole peppercorns

When meat balls come to second boil, add carrots and bouquet garni and cook for one hour. Remove bouquet garni and discard. Add potatoes and cook until done.

Ideally remove meat balls, carrots and potatoes from the soup. Refrigerate liquid so that fat can be removed. When ready to serve, reheat soup together with meat balls, carrots, and potatoes. Add frozen peas at the end. Serve with sour cream.

Aina Thomas

 SUMMER SOUP

- 1 carrot, scraped and sliced
- 1 onion, peeled and sliced
- 1 potato, peeled and sliced
- 1 stalk celery, sliced
- 1 1/2 t salt
- 1 t dried dillweed
- 3 cups chicken broth
- 1 1-lb. can beets, drained
- 1 cup light cream
- 2 T lemon juice
- 1 T horseradish
- 1 T chopped chives

Simmer carrot, onion, potato, celery and seasonings in chicken broth until tender (about 20 min.). Add beets and let mixture cool slightly. Pur in blender and puree. Transfer to bowl and stir in cream, lemon juice and horseradish. Chill for several hours. Taste and adjust seasonings as desired. Serve sprinkled with chives.

Bette Walker

 HELLENIC FISH SOUP

- 1/4 cup olive oil
- 2 garlic cloves
- 1 15-oz. tomatoes
- 1/2 cup white wine
- 4 clams or mussels
- 8 shrimp (shelled)
- 1/4 cup parsley

Crush the garlic and saute in olive oil. Add the tomatoes and white wine and bring to boil. Add clams or mussels and cook until they open. Add the shrimp and cook barely (1-2 min.). Garnish with parsley.

Don Cope

 BEEF BARLEY SOUP 

2 lbs. beef short ribs
2 T cooking oil
5 cups water
1 16-oz. can (2 cups) tomatoes, chopped
1 large onion, sliced
1 T salt
2 cups carrots, sliced
1 cup celery, sliced
3/4 cup chopped green pepper
3/4 cup quick cooking barley
1/4 cup parsley

In large saucepan brown beef ribs in oil. Add tomatoes, onion and salt. Simmer covered for 1 1/2 hours. Add carrots, celery, pepper, barley, and parsley. Simmer covered 45 minutes more. Remove from heat. Cut meat from short ribs; discard bones. Skim off excess fat. Return meat to soup and heat. Serves 8-10. (A hearty winter soup).

Malle McKinley