

Soups



Soup Stock

- Use bones that have been trimmed from larger cuts of meat - already cooked or fresh.
- Soup stock is better when some meat, in addition to the bone, is used to make it.
- Often the least expensive meat, like shank, makes the best stock.
- In a large pot, brown meat in a small amount of fat first, to make it taste better.
- Add enough cold water to cover the bone.
- Gradually heat to simmering temperature and then cover and cook about 3 hours.



- Chopped vegetables such as onions and celery and seasonings like salt, pepper, parsley, and thyme may be added during the last hour.
- A vegetable stock can be made the same way by using a variety of vegetables and seasonings and simmering for about 2 hours. Tomato juice or stewed tomatoes will add flavor.
- You can puree or strain vegetables before using stock.

Note:

All Stock can be frozen in usable portions for later use.

- You can use your stock instead of broth or bouillon in recipes.
- It can also be used in place of water for soups, stews and gravy.

Celery Cream Soup

Serves 8

8 cups	chopped celery (about 16 stalks)	2 L
1 medium	onion, chopped	1
3 cups	water	750 mL
1 tsp	parsley flakes	5 mL
1	bay leaf	1
¼ tsp	dried thyme	1 mL
½ tsp	garlic powder	2 mL
1 Tbsp	chicken bouillon powder	15 mL
1 tsp	salt	5 mL
sprinkle	pepper	sprinkle
1 cup	mashed potatoes (2 to 3 potatoes)	250 mL
2 cups	milk	500 mL
⅔ cup	evaporated milk	150 mL

How to Make:

1. To prepare mashed potatoes: Wash, peel and cut potatoes into large pieces. Place in medium saucepan and cover with water. Bring to boil. Reduce heat to medium and allow potatoes to cook until soft, about 25 minutes. Drain the water. Mash potatoes.
2. In a second larger saucepan, combine celery, onion, 3 cups water, parsley, bay leaf, thyme, bouillon, salt and pepper. Bring to a boil and then turn heat to low, cook until vegetables are soft. Do not drain. Take out the bay leaf.
3. Puree soup in a blender or use a hand blender or food processor. Return to saucepan.
4. Add mashed potato and both milks. Continue to heat, stirring often, until it just starts to bubble.

Note:

- You can use vegetable bouillon powder instead of chicken bouillon to make this vegetarian.
- If you don't have a blender you can enjoy this soup by mashing slightly.

Clam Chowder

Serves 4

3 slices	bacon, chopped, uncooked	
½ cup	chopped onion	125 mL
1 can (10 oz)	baby clams, undrained	284 mL
1 can (10 oz)	water	284 mL
1 cup	diced potatoes	250 mL
½ cup	diced carrots	125 mL
¼ tsp	salt	1 mL
¼ tsp	dried basil	1 mL
2 Tbsp	flour	30 mL
1½ cups	evaporated milk	375 mL

How to Make:

1. Combine bacon and onions in a large saucepan and cook until bacon is crisp and onions tender. Drain fat.
2. Drain clams, keeping liquid. Add water to clam juice to make 2 cups (500 mL) of liquid.
3. Stir this liquid into onion, bacon mixture. Add potatoes, carrots, salt and basil. Heat to boiling, then cover and simmer 20 to 25 minutes, until potatoes and carrots are tender when tested with a fork.
4. Combine flour with evaporated milk and stir well. Add to saucepan and cook and stir until it boils and thickens.
5. Add clams, heat for 5 minutes and serve.

Note:

- A bit of fresh parsley and/or chives makes a nice garnish.
- You can add 1 cup (250 mL) or frozen or canned corn.
- If you leave out the clams and add corn, this becomes corn chowder.

Hamburger Lentil Soup

Serves 4

¼ lb	ground beef	.15 kg
½ cup	lentils, washed	125 mL
2 Tbsp	barley	30 mL
2 cups	water	500 mL
½ cup	beef broth	125 mL
½ large	onion, chopped	½
1 small	carrot, diced	1
1 cup	canned tomatoes	250 mL
1 small	bay leaf	1
	salt and pepper to taste	
1 clove	garlic, minced	1
1 stalk	celery, diced	1
¼ tsp	thyme	1 mL
¼ tsp	basil	1 mL
1 tsp	parsley	5 mL

How to Make:

1. In a large heavy pot, brown beef lightly. Drain off the fat.
2. Add lentils, barley, water and beef broth. Bring to boil, reduce heat and simmer, covered, until lentils and barley are nearly tender, about ½ hour.
3. Add the rest of the ingredients and simmer, covered for 1 ½ hours. Take the cover off for the last ½ hour if you like your soup thick.

Note:

- Serve with bread, bannock or buns.
- You can add extra vegetables like turnips, potatoes and cabbage.

Minestrone Shell Soup

Serves 8-10

1 Tbsp	oil	15 mL
1 each	onion, carrot, and celery stalk, chopped	1 each
1 ½ cups	chopped cabbage	375 mL
4 cups	water	1 L
3 cups	chicken or vegetable broth	750 mL
1 can (19 oz)	tomatoes, undrained	540 mL
¾ cup	uncooked small pasta shells	175 mL
1 can (19 oz)	kidney beans	540 mL
3 cloves	garlic, minced	3
2 Tbsp	chopped fresh parsley	30 mL

How to Make:

1. In a large saucepan, heat oil over medium heat.
2. Add onion, carrot, celery and cabbage and cook, stirring occasionally, about 5 minutes.
3. Stir in water, broth and tomatoes.
4. Bring to boil, turn down heat and simmer covered for 15 minutes.
5. Stir in shell pasta and cook uncovered, 15 minutes longer, until pasta is tender.
6. Stir beans, garlic and parsley into soup; heat through (about 5 minutes).

Note:

- You can use 3 slices of uncooked, chopped bacon instead of the vegetable oil. Cook bacon until crisp before adding vegetables.
- Nice served sprinkled with Parmesan cheese.
- You can use 1 tsp (5 mL) of dried parsley instead of fresh parsley.

Potato Leek Soup

Serves 4

2 lbs	leeks	1 kg
1 lb	potatoes, about 4 medium	.50 kg
¼ cup	butter or margarine	50 mL
½ tsp	dried thyme	2 mL
1 ¼ cups	milk	300 mL
	salt and pepper to taste	

How to Make:

1. Remove most of the green top portion of the leeks and discard. Wash the white portion well under cold running water. Slice the white portion in to about ½ inch (1 cm) pieces.
2. Scrub potatoes and cut in to about ½ inch (1 cm) cubes.
3. Melt the butter in a large saucepan. Add leeks and thyme. Cover and cook 4 to 5 minutes.
4. Add potatoes and just enough cold water to cover vegetables. Cover and cook over low heat for 30 minutes.
5. Pour in the milk and add salt and pepper. Cover and simmer at very low heat for 30 minutes longer.

Note:

- Serve with thick slices of bread.
- You can use 2 tsp (10 mL) fresh thyme instead of dried thyme.
- This soup is called Vichyssoise if you serve it cold.

Split Pea Soup

Serves 6

8 cups	water	2 L
1 pound	dried split peas (about 2 cups,500 mL)	500 g
1	onion, chopped	1
1 tsp	salt	5 mL
¼ tsp	pepper	1 mL
3	carrots, chopped	3
3 stalks	celery, chopped fine	3

How to Make:

1. Rinse peas in water and throw out any stones or dirt. Drain water.
2. In a large pot, add water, dried split peas, onions, pepper and salt. Heat to boiling. Reduce heat. Cover pot and cook for 1 hour and 30 minutes.
3. Stir in carrots and celery and cook for 30 minutes more.

Note:

- Sometimes small stones may be found in your dried peas. Check carefully while rinsing and remove.
- You can add 1 to 2 cups (250 to 500 mL) of ham cut into cubes along with the carrots and celery.
- You can add 2 bay leaves for flavor. Remove before serving.
- You can add ½ tsp (2 mL) thyme for flavor.

Yummy Bean Soup

Serves 6

1 to 2 cloves	garlic, chopped fine	1 to 2
1 large	onion, chopped	1
2 Tbsp	oil	30 mL
3	carrots, chopped	3
3 stalks	celery, chopped fine	3
1 small	green pepper, chopped fine	1
2 tsp	basil	10 mL
1 tsp	parsley	5 mL
	salt and pepper to taste	
3 cups	water	750 mL
1 can (7 oz)	tomato sauce	213 mL
1 can (28 oz)	tomatoes	796 mL
1 can (10 oz)	beef broth	284 mL
½ cup	uncooked macaroni	125 mL
1 can (19 oz)	kidney beans, undrained	540 mL

How to Make:

1. In a large sauce pan, cook garlic and onion in oil until softened.
2. Add carrots, celery, green pepper, basil, parsley, salt and pepper.
3. Add water, tomato sauce, tomatoes and beef broth.
4. Simmer 20 minutes.
5. Add macaroni and cook until soft.
6. Add kidney beans and cook until hot.
7. Ladle into bowls to serve.