

WASHINGTON COUNTY

HOME & COMMUNITY EDUCATION

SOUPS & STEWS **November 1999**



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Family Living Educator

History of Soup

Soup has been a popular meal for centuries. There is nothing like the wonderful aroma that fills the house as a pot of soup simmers on the stove. And it is even better when you must frequently sample to get the seasoning just right.

Soups are so versatile that you can start with your favorite “from scratch” recipe or you can throw in leftover odds and ends to be more creative. No matter which you prefer, it’s a wonderful way to enjoy a cold afternoon lunch or evening supper.

The word soup comes from the Middle Age word “sop” which means a slice of bread with roast drippings poured over it. The first evidence of soup being eaten dates back to 6000 B.C., and it appears the main ingredient was Hippopotamus bone.

Star Soups



Favorite soups of stars and other important people:

Jane Austen (British novelist, 1775-1817)—Swiss Soup Meagre (cream of greens enriched with egg yolks)

Beasti Boys (Rock group)—Cinderella Soup (with leeks and potatoes)

Pat Boone—Vegetable Soup (for breakfast every morning)

Christi Brinkley (Model)—Brinkley Beautifying Vegetable and Bean Soup

George Bush—New England Clam Chowder

Prince Charles—Herb Soup (made with herbs from his garden)

Joan Collins (actress)—Pheasant and Leek Soup

Princess Di—Watercress Soup

Phyllis Diller (comedienne)—Oyster Stew

Elvis—Vegetable Soup

Sarah Ferguson (Duchess of York)—Ginger-Carrot Soup

Adolph Hitler—Vegetable Soup

J. Edgar Hoover (FBI Director, 1924-1972) Puree Mongole Soup (condensed pea and tomato soups, milk, water, and curry powder)

Thomas Jefferson—Beef Soup

Naomi Judd (country singer)—Chicken Soup and Vegetable/Barley Soup/Stew

John Fitzgerald Kennedy—as a boy, Boston Clam Chowder; in the White House, Cream of Chicken & Onion Soup
(he always had soup, sandwich and fruit for lunch)

Sophia Loren—Minestrone

Shirley MacLaine (actress)—Chicken Soup

Joe Montana (football great)—Hot Chicken Soup

Minnie Mouse (Mickey’s girlfriend)—Smoky Cheese Soup

Ronald Reagan—Hamburger Soup and Split Pea Soup

Julia Roberts (actress)—Baked Potato Soup

William Shatner (Capt. Kirk of the Starship Enterprise)—Carrot Vichyssoise

Barbara Walters—Roasted Eggplant Soup

George Washington—Vegetable Soup and Crab Soup



Souper Tips

- Correcting oversalting in soups:
 1. Add a peeled, thinly sliced raw potato to the broth and simmer for 10-15 minutes—it will soak up the salt. Discard before serving the soup.
 2. Stir in 1 teaspoon of vinegar and 1 teaspoon of brown sugar for each quart of liquid.
- “What do I do with leftover soup?” Try these tips:
 1. Soups freeze well. Freeze in individual portions to pop into the microwave for a quick lunch.
 2. If that leftover cream of mushroom soup (or other cream soups) isn’t enough for another whole meal use it to create a new entrée. Use it to sauté chicken breasts. Simmer until tender and serve over pasta.

- “What should I do when the broth disappears because I have added too many ingredients?”
Scoop a few spoonfuls out into a strainer held over the pot. The broth will go back to the soup and you can use the remainder for fillings in quiche or pasties.
- “Sometimes the broth tastes flat. What should I do?”
Add a teaspoon or two of bouillon granules or your favorite herb combination. Let simmer to blend flavors.

5-A-DAY SOUPS

ZERO VEGETABLE SOUP



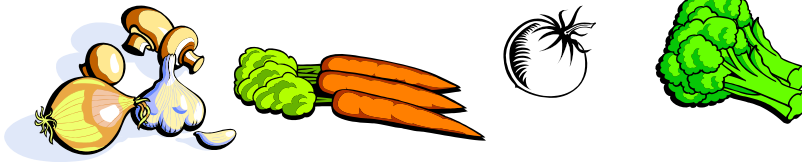
1 can (14.5 oz) reduced-salt chicken broth

1½ cups sliced vegetable, any combination of:

cabbage, broccoli, carrots, onions, zucchini, celery, tomatoes, cauliflower, mushrooms

Skim fat off broth. Add vegetables, Cover pot and cook on high for about 5-10 minutes, stirring twice.

Makes 2 servings. *This is an official 5-a-Day recipe.*



Recipe provided by Brenda J. Ponichtera, “Quick and Healthy Recipes and Ideas.”

Nutrient analysis per serving: Calories, 33; cholesterol, 0 mg; fiber, 2 g; sodium 3383 mg; percent calories from fat, 14%.

BLACK BEAN SOUP

12 oz. Black Beans

1 lemon, peeled, sliced thick

½ medium onion, diced

¼ tsp ground cumin

1 fresh Jalapeno, seeded, minced

1 tsp dry marjoram leaves

2 tsp sherry wine vinegar

2 quarts chicken or vegetable broth, unsalted

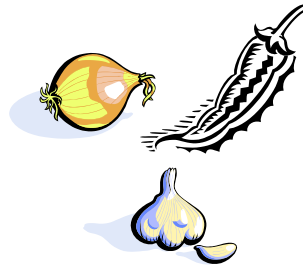
1 slice bacon, diced small

2 cloves garlic, minced

1 Tbsp chili powder

6 sun dried tomatoes, chopped

½ tsp salt



Soak beans overnight covered with water by 3 inches. Drain beans and simmer beans in stock with lemon slices until beans are tender. In frying pan, cook bacon until fat rendered over medium heat, add onion and cumin, cook until onion is soft. Add onion mixture, garlic, chili powder, Jalapeno, tomatoes, marjoram and salt to the beans, simmer 15 minutes. Remove lemon. Remove 1/3 of the bean mixture, puree, return to soup, and add vinegar. Makes 10 servings. *This is an official 5-a-Day recipe.*

Nutritional analysis per serving: Calories, 150; cholesterol, 1mg; sodium 202mg; fat, 1g; protein, 10g; carbohydrate, 25g; dietary fat, 7g (10% of calories from fat).

HEART HEALTHY SOUPS

From "Cooking A La Heart"

Soups can easily make the meal. But a few accompaniments always make it extra good. This section provides soup "basics" for healthy eating and great soup recipes with unusual ingredients.

SOUP MEAL

A hearty soup such as Cream of Mushroom, Lentil Stew, Curried Squash-Apple Bisque:

---Suggested accompaniments:

- raw vegetable platter with dips
- homemade breads, dinner rolls, muffins
- fruits
- baked low-fat dessert



You may choose a light or a hearty soup. Just the same, it can provide protein, complex carbohydrates and fiber, vitamins A and C and essential minerals to your diet. Soups make you feel full, thus helping curb your appetite and control calories.

Commercial soups, while tasty, are generally a source of fat and saturated fat with a considerable amount of sodium. Check the table below for a comparison of fat and sodium between commercial soups and the soups that you make, controlling salt use.

Fat & Sodium Comparison of Soup:

Commercial Soup (1 cup)	Cooking a la Heart Soup (1 cup)	
	Fat Grams	Sodium mg.
Chicken Stock	< 1	900
Cream of Mushroom	7	820

Commercial Soup (1 cup)	Cooking a la Heart Soup (1 cup)	
	Fat grams	Sodium mg.
Chicken Stock	< 1	15
Cream of Mushroom	0.9	152

Source: Data from Manufacturer: Campbell's and Lipton soup labels.

Soup is for all seasons and all ages

Everyone enjoys a thick and robust soup on a cool day; a savory light soup as a first course; a hearty bean or pea soup as a main dish and a chilled soup to refresh your summer day. Serve soup in creative containers such as tureens, two-handled cups, mugs, soup plates, and, for chilled soups, frosted glasses. Soups are a good way to nourish children and they will be encouraged to eat soup if it is served in an imaginative manner such as in a playware bowl, plastic construction hat or coffee mug.

Herbs are the way to make soup taste great without the addition of salt. They reduce sodium content for heart healthy soups.

BOUQUET GARNI

For the well-seasoned soup or stew – a bouquet of fresh herbs. Bouquet garni also makes a fragrant package decoration or room freshener.

FRESH HERB BOUQUET GARNI

- 2 sprigs parsley
- 1 sprig marjoram
- 1 sprig basil
- 1 sprig thyme
- 1 bay leaf
- 1 branch tarragon
- 2 garlic cloves, sliced (optional)



Tie the fresh sprigs together with string or place in a cheesecloth bag and add to soup or stock.

Remove at the end of cooking time.

DRIED HERB BOUQUET GARNI

- 1 Tablespoon parsley flakes
- ¼ teaspoon dried marjoram
- ¼ teaspoon dried basil
- ¼ teaspoon whole thyme

¼ teaspoon dried tarragon

1 bay leaf

Place dried herbs in a cheesecloth bag and use as above.

Homemade stocks are easy to make over a weekend. They are the best way to reduce sodium and fat in soups. Stocks can be frozen for easy use.

BEEF STOCK

Ready –to-use canned stocks contain approximately 1500 mg sodium a cup whereas this homemade stock contains only 14 mg sodium a cup. Stock freezes well. For convenience sake, freeze in pre-measured containers.

Makes about 2 quarts

5-6 pounds soup bones
4 quarts water 2 large onions, quartered
1 medium carrot, halved
2 celery ribs with leaves, halved
1 cup drained or fresh tomatoes, diced
1 Bouquet Garni (see earlier recipe)
8-10 whole peppercorns



In large Dutch oven or stock pot, brown the bones.

Add water, onion, carrot, celery, tomatoes, bouquet garni and peppercorns. Bring to a boil, reduce heat and simmer, uncovered for about 3 hours.

Strain stock through cheesecloth or fine sieve into large pan or bowl. Let stand 15 minutes. Refrigerate until fat congeals on surface. Skim off and discard fat.

Storing: Stock can be stored in refrigerator for up to one week or frozen in ice cube trays or other containers up to 4 months. If you use ice cube trays, remove cubes once they are frozen and store in tightly closed freezer container.

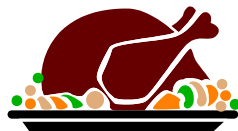
1 cup = 22 calories; 0.2g fat; 0 cholesterol; 14mg sodium; 17mg calcium

CHICKEN OR TURKEY STOCK

Ready-to-use canned stocks contain approximately 1500 mg sodium a cup whereas this homemade stock contains only 15 mg sodium a cup. Stock freezes well. For convenient use, freeze in small pre-measured amounts.

Makes about 2 quarts

3 quarts water
3 pounds uncooked chicken or turkey parts
(backs, necks, wing tips) or cooked
carcass with some meat left on bones)
2 large onions, quartered
1 medium carrot, halved
2 celery ribs with leaves, halved
1 Bouquet Garni (see earlier recipe)
8-10 whole peppercorns



In a large Dutch oven or stockpot, combine water, poultry parts, onions, carrot and celery. Bring to a boil; add bouquet garni and peppercorns. Reduce heat to low. Cover and simmer about 3 hours.

Strain stock through cheesecloth or fine sieve into large pan or bowl. Let stand 15 minutes. Refrigerate until fat congeals on surface. Skim off and discard fat.

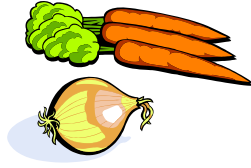
Storing: Stock can be stored in refrigerator for up to one week or frozen in ice cube trays or other containers up to 4 months. If you use ice cube trays, remove cubes once they are frozen and store in tightly closed freezer container.

1 cup = 28 calories; 0.1g fat; 0 cholesterol; 15mg sodium; 15mg calcium

SCOTCH BROTH

Makes 10-12 cups

3 pounds meaty lamb bones
12 cups water
1 onion, quartered
2 celery ribs with leaves, cut in thirds
½ teaspoon salt
½ cup barley
1 onion, chopped
2 ribs celery, sliced
2 carrots, sliced
freshly ground pepper



In heavy saucepan, brown the lamb bones. Add water, quartered onion, and celery ribs with leaves and salt. Bring to a boil, reduce heat and simmer, covered, for 2 to 3 hours.

Strain the broth and cool until the fat congeals on the top. Skim and discard. Remove meat from the bones, dice and reserve.

Bring defatted broth to a boil. Add barley and simmer for 30 minutes. Add chopped onion, sliced celery, carrots, reserved meat and pepper. Simmer another 30-40 minutes.

1 cup=81 calories; 1.5g fat; 20mg cholesterol;
129mg sodium; 1.4g dietary fiber; 12mg calcium

CONDENSED CREAM SOUP MIX

Use as a casserole sauce mix or as a base for cream soups such as mushroom, asparagus, broccoli, cauliflower, etc. A can of Campbell's Cream of Potato Soup contains 1860 mg sodium while our equivalent contains 152 mg sodium. 3 cups are the equivalent to 9 cans of condensed cream soup

2 cups non-fat dry milk powder
¾ cup cornstarch
¼ cup sodium-reduced, chicken-flavored bouillon granules
2 tablespoons dried onion flakes
1 teaspoon dried basil, crushed
1 teaspoon whole thyme
½ teaspoon pepper

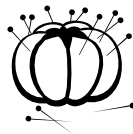
Mix dry milk, cornstarch, bouillon granules, onion flakes, basil, thyme and pepper. Store in an airtight container.

To substitute for one can condensed soup, combine 1/3 cup dry mix with 1¼ cup water. Heat to boiling and cook and stir until thickened.

Equivalent to 1 can condensed soup = 156 calories;
0.9g fat; 5mg cholesterol; 152mg sodium; 34mg calcium

CURRIED SQUASH & APPLE BISQUE

1 medium acorn squash
1 ½ tablespoons margarine
¾ cup chopped onion
1 large apple, diced
2 teaspoons curry powder
½ cup apple cider
4 teaspoons low-sodium, chicken-flavored bouillon granules
1½ cups water
1½ cups evaporated skim milk
apple slices for garnish
paprika or cayenne pepper



In medium saucepan, melt margarine. Stir in onion, apple and curry powder. Cook 5 minutes, stirring frequently.

Add squash, cider, bouillon granules and water. Heat to boiling. Reduce heat, cover and simmer 30 minutes or until vegetables and apples are tender.

In food processor or blender, puree in small batches until smooth. Return to saucepan and stir in milk. Cook over low heat until heated through.

Serve garnished with apple slices, paprika or cayenne pepper. 4 servings

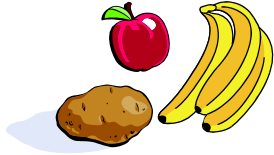
1 serving = 218 calories; 5.2g fat; 4mg cholesterol;
163 sodium; 3.1g fiber; 331mg calcium

Preheat oven to 375 degrees. Prick squash all over with fork and place in a baking pan. Bake 1 hour or until tender; cool. Cut in half and remove seeds. Scoop out flesh and set aside.

ONE-OF-IT SOUP

An often-requested recipe shared by the food editor of Tokyo Asahi Evening News.

- 1 banana
- 1 apple, cored
- 1 potato
- 1 onion
- 1 large celery rib
- 2 cups chicken stock
- ½ teaspoon curry powder
- 1½-2 cups evaporated skim milk
- shredded carrots
- chives, parsley or lemon thyme



Quarter the banana, apple, potato, onion and celery. Place in a medium saucepan with chicken stock. Bring to a boil. Reduce heat and simmer until the vegetables are soft.

Put vegetable mixture through food mill or blend in blender or food processor and return to saucepan. Add curry and milk (start with 1½ cup).

Makes about 6 cups

1 cup = 132 calories; 0.4g fat; 3mg cholesterol; 108mg sodium; 260mg calcium

PEACH & CANTALOUPE SOUP

- 1 medium ripe cantaloupe, peeled, seeded and cubed
- 1 medium ripe peach, peeled, pitted and cubed
- ½ cup dry white wine
- ¼ cup orange juice
- 1 tablespoon sugar
- 1½ cup buttermilk
- fresh peach slices

Place cantaloupe, peach, wine, orange juice and sugar in food processor or blender. Process or blend until almost smooth.

Add buttermilk and process until well blended. Refrigerate several hours or overnight to blend flavors.

To serve, pour into chilled bowls and garnish with sliced peaches.

6 portions

1 portion = 100 calories; 0.8g fat; 2mg cholesterol; 73mg sodium; 1.6g fiber; 88mg calcium

MINTED PEA SOUP

The mint is a must! Good heated, also

- 2 tablespoons chopped onion
- ½ cup shredded Boston lettuce
- 1 (10oz) package frozen tiny baby peas
- 1 sprig fresh mint (18 leaves)
- dash nutmeg
- 1 tablespoon low-sodium chicken-flavored bouillon granules
- 1½ cups water
- ½ cup buttermilk

In a medium saucepan, combine onion, lettuce, peas, mint, nutmeg, bouillon granules and water. Heat to boiling; reduce heat, cover and simmer 15 minutes or until vegetables are very tender.

Place soup in food processor or blender and puree until smooth. Strain, pressing out all the liquid.

Stir in buttermilk and refrigerate several hours or overnight. 4 portions

1 portion = 81 calories; 1.2g fat; 0 cholesterol; 100mg sodium; 3.3g fiber; 56mg calcium

COOL SHRIMP SOUP

This is wonderful for lunch on a hot summer day

- 1 large cucumber, peeled and seeded
- 6 green onions, chopped, with some of the green tops
- 12 sprigs fresh dill, chopped, or ½ teaspoon dried dill weed
- freshly ground pepper to taste
- 1 pound shrimp, fresh or frozen, cooked, cleaned and deveined
- juice of one lemon
- 1 quart buttermilk
- paprika
- parsley sprigs



Slice the cucumber into the bottom of a 4 quart, covered ceramic or glass casserole.

On top of cucumbers, layer onions, then dill and finally, shrimp. Grind on pepper to taste and sprinkle lemon juice over shrimp. Pour buttermilk over other ingredients and cover.

Refrigerate overnight or at least 6 hours. Just before serving, garnish with paprika and parsley sprigs. 8 portions

1 portion = 111 calories; 1.6g fat; 90mg cholesterol; 209mg sodium; 0.5g fiber; 189mg calcium; 285mg Omega-3

A SPECIAL HISTORICAL PERSPECTIVE

The following recipe was submitted by **Dolly Tannehill**:

“My great uncle (German) had a tavern in Oshkosh long before I was born – in the times of “free lunch and nickel beer.” This was one of his “free lunch” items. The first column is the original recipe. Changes I made are listed on the right.

“FREE LUNCH” CHILI (without the Chili)

½# ground beef	1# ground beef
½# ground veal	2 large onions, ground
3 large onions, ground	1 large green pepper, ground
1 large green pepper, ground	1 (or 2) cans kidney beans, with juice
1 can red beans, with juice	½ tsp ground allspice
½ tsp ground allspice	6 bay leaves
6 bay leaves	1 (28 oz) can tomatoes, diced
1 quart jar home canned tomatoes	(Forget it)
1 hunk butter	Dash red pepper (cayenne)
Dash red pepper	Salt & pepper to taste
Salt & pepper to taste	8 oz spaghetti – broken into 2-3” pieces
½ pkg (or 8 oz) spaghetti	



Original recipe: Boil meat in plenty of water for 1½ hours. (I usually brown the meat and then add just enough water to cover). Add other ingredients except the spaghetti. Mother always added the spaghetti right from the package after the “chili” had cooked about an hour. I think it is better to cook spaghetti separately, drain, and then add to the soup. Then cook a little and let it sit to “marry” the flavors. You can make it as thick or thin (by adding water) as you like. Better made the day before you want to serve it. Remove bay leaves before serving or storing. This can be frozen.

Although this was called “chili,” there are no chilies or chili powders in it – just cayenne pepper, bay leaves and allspice.



1999 SOUP AND STEW RECIPE ENTRIES From Washington County HCE Clubs



CHUNKY CHICKEN VEGETABLE SOUP

POTATO-BARLEY SOUP

Prep time: 10 minutes

Cook time: 20 minutes plus standing

- ½# boneless chicken breast, cubed
- 1 tsp oil
- 1 (13½ oz) can chicken broth
- 1½ cups water
- 2 cups shredded carrots, onions and sliced celery
- 1 envelope Italian dressing mix
- ½ cup Minute rice
- 2 T. parsley

Cook and stir chicken in hot oil in large saucepan until lightly cooked. Add broth, water, vegetables and salad dressing mix. Bring to a boil. Reduce heat, cover and simmer 5 minutes. Stir in rice and parsley. Remove from heat and let stand 5 minutes.

Makes 5 cups

Submitted by Optimistic club, served by **Carol Hilgenberg**

- 2 T. butter
- 1 cup onions, finely chopped
- ½ cup sliced celery
- 1 lb. pork steak, cubed
- 2½ qts. water
- 1 cup barley
- 1 lb. potatoes, peeled and diced
- salt and pepper to taste
- 1 cup half and half

Melt butter, sauté onions and celery. Then sauté pork meat. Add water and bring to a boil. Add barley and simmer covered until pork and barley are tender, at least an hour. Add potatoes, salt and pepper. Cook until tender, about 10 minutes. Stir in half and half. Heat to serving temperature.

Submitted by Wayne Willing Weavers, served by **Lillian Oelhafen**

BEAN SOUP WITH HAM AND DUMPLINGS

Bake ½ smoked ham with bone in for 2 hours at 325 degrees. Sprinkle ½ tsp ground cloves on ham before baking. Add 2 cups water to bottom of roaster. Save. Slice ham off bone. Save bone. Save liquid.

Rinse 1 lb. great northern beans. Pick out dark beans. Use a large kettle with about 3 quarts of water. Boil 20 minutes. Skim off foam. Add ham bone and 3 cups ham cut into small pieces.

Add:

Liquid from baking ham
2 bay leaves
1 tsp parsley
1 tsp fresh ground pepper
1 large onion, cut into small ¼ to ½ inch cubes
1 cup thinly sliced carrots

Boil 2 to 3 hours. Stir often. Remove bone.

Make egg dumplings (below) and drop small amounts (about ¼ to ½ tsp) in boiling soup. Stir often so dumplings don't stick together. Cover 15 minutes and serve. A small amount of vinegar added to bowl of soup (optional) tastes very good.

Dumplings:

One egg, beaten (in separate bowl), then add
2 T. milk
1 tsp baking powder
flour – enough to make a real stiff dough

(Note – Ruby makes about 2-3 times the dumpling recipe) Also, this soup “keeps well.”

Submitted by Rockfield HCE, served by **Ruby Zimmerman**

NO PEEK STEW

1½ to 2 lbs. stew meat, cut in 1” cubes
2 cups chopped or stewed tomatoes
4 to 6 medium potatoes, cut in chunks
1 cup carrots, cut in chunks
1 large onion, cut in quarters
1 cup fresh mushrooms
1 cup water
1 Tbsp tapioca
1½ tsp salt
pepper to taste

Place all in a baking dish or small roaster. Cover tightly and bake 4 hours at 325 – no peeking!

Peas, peppers, celery may be added. I like to add liquid (unless it has been reduced by baking) and thicken to make a gravy. I then add dumplings.

Serves 4-5 people

Submitted by the Ruralettes Club, served by **Bernice Faber**

CREAM OF CELERY SOUP

1 cup chopped celery rib and leaves
½ cup diced onion
1 tsp plus 2 Tbsp butter, divided
2 cups chicken or veal stock
1 cup whipping cream
1 cup 2% milk
3 Tbsp flour
salt and pepper to taste
garlic and onion powder to taste

Sauté celery and onion in 1 tsp butter. Add stock and bring to a boil. Add cream and milk. Melt 2 Tbsp butter in a separate container, add the flour and stir until smooth paste. Add and stir in a small amount of liquid. Add this to soup. Heat and add seasonings.

Submitted by Kewaskum Kitchenettes, served by **Darlene Schaub**

STAY IN BED STEW

1½# beef stew meat, cut in 1” cubes
1 cup chopped celery
6 carrots, sliced
1 large onion
4 medium potatoes, quartered
1 lb. can stewed tomatoes
1 tsp sugar
2 Tbsp minute tapioca
salt and pepper to taste

Do not brown meat. Mix all ingredients in a large bowl. Put in large casserole. Cover tightly and bake at 250 degrees for 5 hours. Do not disturb while baking.

Yield: 6-8 servings

Submitted by Myranettes, served by **Celia Senner**

MINNESOTA WILD RICE SOUP

Sauté 2 Tbsp. onion until tender in ½ cup butter or margarine. Blend in ½ cup flour. Gradually add 3 cups chicken broth. Heat until mixture boils, stirring constantly. Stir in:

2 cups cooked wild rice
1/3 cup diced ham
½ cup finely shredded carrots
3 Tbsp chopped almonds
½ tsp salt
½ tsp seasoned salt

Simmer 5 minutes then blend in:

1 cup half and half or milk
2 Tbsp sherry (optional)

Heat to serving temperature and garnish with parsley.

Submitted by Coney River club, served by **Dolores Held**

NO-PEEK BEEF STEW

Lightly brown 3# lean beef stew meat

Then add:

One pkg Mushroom Gravy mix

3 cups Tangy V-8 Juice

3 Tbsp tapioca (dissolve in V-8)

Salt & pepper to taste

1½ cups chopped celery

1½ cups chopped carrots

2 cups chopped red or Irish potatoes

½ cup chopped onion

Mix together in covered baking dish. Bake in oven for 5 hrs at 250 degrees. Serves 8-10

Submitted by the Creative Club, served by **Bev**

Taylor

HAMBURGER SOUP

1 lb ground meat

2 lbs tomatoes

1 cup onions

½ cup rice & barley

1 cup potatoes

3 cups water

1 cup carrots

salt & pepper to taste

1 cup celery

½ tsp basil

½ tsp thyme

2 bay leaves

Brown the meat. Drain and add all ingredients except potatoes. Simmer for about 30 minutes. Add potatoes and cook an additional 20 minutes. Serves 8-10

Submitted by the Farmington Handi-Maids, served by **Bernice Bindrich**

MUSHROOM & POTATO CHOWDER

½ cup chopped onion

¼ cup butter

2 T. all-purpose flour

1 tsp. salt

½ tsp. pepper

3 cups water

1# fresh mushrooms, sliced

1 cup chopped celery

1 cup diced peeled potatoes

½ cup chopped carrots

1 cup light cream

¼ cup grated Parmesan cheese

In large kettle, sauté onion in butter until tender. Add flour, salt and pepper; stir to make a smooth paste. Gradually add water, stirring constantly. Bring to a boil; cook and stir for 1 minute. Add the mushrooms, celery, potatoes and carrots. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Add cream and Parmesan cheese; heat through. Yield 4-6 servings

Submitted by Polk Dairy Maids, served by **Pat Puestow**

BEAN SOUP

Large bag assorted beans

3 beef bouillon cubes

3 tablespoons dried chives

1 teaspoon dried savory

1 teaspoon salt (optional)

½ teaspoon ground cumin

½ teaspoon pepper

1 bay leaf (remove before serving)

1 (14½ oz) can stewed tomatoes

chopped parsley

2 cups chicken broth

1 large onion chopped

Rinse beans and add enough water to cover and bring to a boil. Cook 3-4 minutes and remove from heat. Let stand 1-2 hours. Cook ham until tender. When cooked, remove ham and skim fat.

Add all ingredients plus ham. Let simmer several hours.

Submitted by Little Whistlers, served by **Janet Rammer**

BEAN SOUP

1 package mixed dry beans

1 large onion, chopped

1 large can tomatoes

1 teaspoon chili powder

Ham or ham bone

Soak beans overnight. Drain. Add new water to cover 2 inches above beans. Add ham and onions and tomatoes. Simmer 3 hours. Salt and pepper to taste.

Add ¼ cup catsup

¼ cup brown sugar

½ cup molasses

Simmer another 30 minutes.

Submitted by North Trenton, served by Mert Ripple

CREAM OF POTATO SOUP

4 cups cut potatoes

2 large chopped carrots

2 stalks chopped celery

½ large chopped onion

Cover with water and boil all together till very tender. Mash juice and pulp with food mill. Season to taste with salt and pepper, oregano, parsley and ½ tsp sugar. Serves 8

Just before serving, add ½ cup milk

Submitted by Germantown Green Valley club, served by **Edna Seyfert**

BAKED POTATO SOUP

CHICKEN STEW WITH LIGHT BUTTER DUMPLINGS

2½ lbs baby red potatoes, quartered
½ cup uncooked bacon, diced
1 jumbo onion, diced
¼ of a bunch of celery, diced
2 quarts milk
1 quart water
2 oz chicken base
1 tsp salt
1 tsp black pepper
¾ cup (1½ sticks) margarine
¾ cup flour
¼ bunch freshly chopped parsley
1 cup whipping cream

Garnish:

Shredded Colby cheese
Fried bacon bits
Chopped green onions

In large pot, boil potatoes in water 10 minutes. Drain and set aside.

In large heavy pot, sauté bacon, onion and celery over medium-high heat until celery is tender, about 5 minutes. Remove mixture from pot, drain bacon grease, and return mixture to pot. Add milk, water, chicken base, salt and pepper. Cook over medium-high heat until mixture is very hot, but do not let it boil.

In small, heavy saucepan, melt margarine. Add flour and mix well. Cook over medium heat until mixture bubbles, stirring 1 minute to make a roux.

While constantly stirring soup, add roux slowly until soup is thick and creamy. Stir in parsley, reserved potatoes and cream. Garnish with cheese, bacon bits, onions or all three. Serve hot.

Makes 10-12 servings.

Submitted by Slinger HNO club, served by **Jean Ritterbusch**



1 whole chicken, about 4-5 lbs.
5 cups water
1 large onion
3 cloves
2 tsp salt
sliced vegetables – carrots, peas, corn, green onion flour

Wash chicken and place in pot with the water. Add onion, stuck with cloves, and salt. Simmer 3-3½ hours, or until chicken is very tender, add vegetables ½ hour before done. Skim off fat, or allow to cool, then remove fat. Thicken gravy with flour mixed with a little cold water. Bring to boil, then drop in Dumpling Batter by tablespoonfuls. Cover, and simmer 12 minutes. Put into hot serving dish and sprinkle with parsley and paprika.

Butter Dumpling batter: Sift together
2 cups flour
1 Tbsp double-acting baking power
1 tsp salt

Mix two well-beaten eggs with 2/3 cup milk, ¼ cup melted butter and ¼ tsp crushed dried rosemary and add to dry ingredients. Mix lightly.

Submitted by the Ever Ready club, served by **Kathy Breuer**

GAZPACHO

(low fat, sugar & salt)

4 cups tomato juice
2 cups chopped seeded peeled tomatoes
1 cup diced green pepper
1 cup diced celery
1 cup diced seeded cucumber
2 garlic cloves, minced
½ cup diced onion
1/3 cup tarragon vinegar
2 Tbsp minced fresh parsley
1 Tbsp minced chives
1 tsp Worcestershire sauce
1 tsp salt, optional
½ tsp pepper
2 Tbsp oil

In a large bowl, combine the first 13 ingredients. Cover and chill for at least 4 hours. Stir in oil before serving. Serve cold.

8 servings

Submitted by Pressure Cookers, served by **Pat McIntee**

CHERRY SOUP

Cook about 1 quart fresh cherries with a little water. If cherries are sour, add 1-2 Tbsp sugar.

Dumplings:

- 1 egg
- ½ cup milk
- ¾ to 1 cup flour
- 1 tsp baking powder
- ½ tsp salt

Drop dumplings in the cherries, about a teaspoon at a time. Boil until dumplings are cooked, 30-35 minutes

Serves 4-6

Submitted by Country Cousins, served by **Gladys Ramel**

Mary Rofritz from the Pleasant Hour club submitted a variation on the previous recipe: Boil 4 cups water, 2 cups sour cherries (pitted) and ½ cup sugar. And for the dumplings, she mixed TWO eggs, 1 tsp baking powder, ½ tsp salt and only ½ cup flour. She boils the dumplings for about 10 minutes and serves it hot OR cold.

- 1 lb ground beef
- 1 cup onions
- 1 quart hot water
- 1 cup sliced celery
- 1 cup chopped carrots
- 1 cup potatoes
- 1 cup beans
- 2 tsp salt
- ½ tsp pepper
- ½ tsp dried leaf basil
- 1 bay leaf
- ½ tsp leaf thyme
- 1 (16 oz) can tomatoes, diced

Brown hamburger, stirring to break up pieces as it cooks. Add onions. Cook 5 minutes longer. Drain off fat. Add water. Stir in celery, potatoes, carrots, beans, salt and pepper. Add basil, bay leaf and thyme. Bring to a boil. Reduce heat, cover and simmer until veggies are done. Stir in Tomatoes with juice, simmer 10 minutes longer. Remove bay leaf before serving. Makes 6 main dish servings
Submitted by Pleasant Hour, served by **Harriet Goll**

HAMBURGER SOUP

MORE SOUPS & STEWS

Try these recipes for unusual ingredients and flavors

MUSHROOM BARLEY SOUP

Source: *Country Woman*

- 1 can (49 oz) low-sodium chicken broth
- 2 medium carrots, thinly sliced
- 1 medium onion, chopped
- 2 garlic cloves, minced
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon pepper
- 1½ cups medium pearl barley
- 2 cups low-sodium tomato juice
- 1 can (14½ oz) no-salt-added diced tomatoes, undrained
- ½ pound fresh mushrooms, thinly sliced



In a soup kettle or Dutch oven, combine broth, carrots, onion, garlic, basil, oregano and pepper; bring to a boil. Add barley. Reduce heat; cover and simmer for 45-55 minutes or until barley is tender. Add remaining ingredients; cook for 10-15 minutes or until mushrooms are tender.

11 servings (about 2¾ quarts)

Nutritional Analysis: 1 cup=140 calories, 85mg sodium, 3mg cholesterol, 29g carbohydrate, 6g protein, 2g fat.
Diabetic Exchanges: 1½ starch, 1 vegetable.

SWEET POTATO MINESTRONE

Source: *Country Woman*

4 cans (14½ oz each) low sodium beef broth
3 cups water
2 medium sweet potatoes, peeled and cubed
1 medium onion, chopped
4 garlic cloves, minced
2 teaspoons Italian seasoning
6 cups shredded cabbage
1 package (7 oz) small pasta shells
2 cups frozen peas

In a soup kettle or Dutch oven, combine beef broth, water, potatoes, onion, garlic and Italian seasoning; bring to a boil. Reduce heat; cover and simmer for 10 minutes. Return to a boil. Add the cabbage, pasta and peas; cook for 8-10 minutes or until the pasta and vegetables are tender.

14 servings (about 3½ quarts)

Nutritional Analysis: 1 cup = 127 calories, 67mg sodium, 0 cholesterol, 23g carbohydrate, 6g protein, 1g fat.
Diabetic Exchanges: 1½ starch, 1 vegetable.

THE FOLLOWING RECIPES ARE FROM “QUICK & EASY COOKING”, Jan/Feb 1998

SPINACH BISQUE

-Patricia Tuckwiller, Lewisburg, West Virginia

½ cup chopped onion
2 tablespoons butter or margarine
1/3 cup all-purpose flour
½ to 1 teaspoon salt
1/8 teaspoon ground nutmeg
2½ cups milk
1 cup water
¾ cup cubed process American cheese
1 package (10 oz) frozen chopped spinach,
thawed and drained
Oyster crackers, optional

In a 3 quart saucepan, sauté onion in butter until tender. Stir in the flour, salt and nutmeg until smooth. Gradually whisk in milk and water. Add cheese; cook and stir over medium heat until melted. Add spinach; cover and simmer for 4-5 minutes or until heated through. Serve with oyster crackers if desired.

Yield: 5-6 servings

CREAMY CARROT SOUP

-Anneliese Deising, Plymouth, Michigan

3 leeks (white part only), thinly sliced
2 tablespoons butter or margarine
3 medium carrots, grated
6 cups chicken broth
¾ cup cooked long grain rice
¼ teaspoon ground mace
dash of pepper
¾ cup whipping cream
additional grated carrots, optional

In a 3 quart saucepan, sauté leeks in butter for 1 minute. Add carrots and cook 1 minute longer. Stir in broth, rice, mace and pepper; bring to a boil. Reduce heat; cover and cook for 15 minutes or until rice and carrots are tender. Cool slightly. Puree in batches in a blender; return to pan. Add cream; heat through but do not boil. Garnish with carrots if desired.

Yield: 6 servings



SPICY FISH SOUP

-Linda Murry, Allenstown, New Hampshire

2 cans (14½ oz each) chicken broth
2½ cups water
2/3 cup uncooked instant rice
1½ cups salsa
1 package (10 oz) frozen corn
1 pound frozen cod, thawed
and cut into 2" pieces
Fresh lime wedges, optional



In a large saucepan, bring broth, water and rice to a boil. Reduce heat; cover and simmer for 5 minutes. Add the salsa and corn; return to a boil. Add fish. Reduce heat; cover and simmer for 5 minutes or until fish flakes easily with a fork. Serve with lime if desired.

Yield: 8 servings (about 2¼ quarts)

MONTEREY JACK CHEESE SOUP

Source: Country Woman

1 cup chicken broth
1 large tomato, peeled, seeded and diced
½ cup finely chopped onion
2 tablespoons chopped green chilies
1 garlic clove, minced
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
salt and pepper to taste
3 cups milk, *divided*
1 ½ cups (6 oz) shredded Monterey Jack cheese

In a 3 quart saucepan, combine the first five ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove from the heat and set aside. In another saucepan, melt butter. Stir in flour, salt and pepper. Cook and stir over medium heat until smooth. Gradually stir in 1½ cups milk; bring to a boil. Boil for 1 minute, stirring constantly. Slowly stir into vegetable mixture. Add cheese and remaining milk. Cook and stir over low heat until cheese is melted. Serve immediately.

Yield: 5 servings

CREAM OF CABBAGE SOUP

Source: Country Woman

4 cups water
2 tablespoons chicken bouillon granules
3 cups diced peeled potatoes
1 cup finely chopped onion
1 cup diced peeled rutabaga
½ cup diced carrots
6 cups chopped cabbage
1 cup chopped celery
½ cup chopped green pepper
1 garlic clove, minced
1 teaspoon salt
1 teaspoon dill weed

1 cup butter or margarine
1 cup all-purpose flour
2 cups milk
2 cups chicken broth
½ pound process American cheese, cubed
½ teaspoon dried thyme
pepper to taste
Additional milk, optional

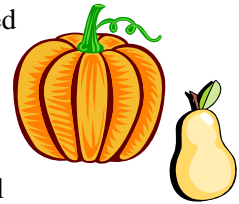
In a Dutch oven or soup kettle, bring water and bouillon to a boil. Add potatoes, onion, rutabaga and carrots. Reduce heat; cover and simmer for 5 minutes. Add cabbage, celery and green pepper; simmer, uncovered, for 5 minutes or until vegetables are crisp-tender. Add garlic, salt and dill. In a saucepan, melt butter. Stir in flour; cook and stir over medium heat until golden brown. Gradually add milk and broth, stirring until smooth. Add cheese, thyme and pepper; cook on low until cheese is melted. Stir into vegetable mixture; simmer for 5 minutes. Thin with milk if needed.

Yield: 12-14 servings (about 3½ quarts)

GINGERED PUMPKIN-PEAR SOUP

A swirl of lime-laced sour cream adds a burst of flavor to this smooth autumn soup

½ cup chopped sweet onion
2 tsp. grated fresh ginger
1 Tbsp. margarine or butter
3 pears, peeled, cored, and sliced
1 (15 oz) can pumpkin
1½ cups vegetable broth
1 cup milk
¼ cup light dairy sour cream
½ tsp. finely shredded lime peel
1 Tbsp. lime juice
Lime peel (optional)



In a large saucepan, cook onion and ginger in hot margarine or butter until onion is tender. Stir in pears; cook 1 minute more. Stir in pumpkin and vegetable broth; heat to boiling. Reduce heat and simmer, covered, about 5 minutes more or until pears are tender. Cook slightly. In a blender container or food processor bowl, cover and blend or process half of the pumpkin mixture at a time until smooth, about 1 minute. Return mixture to saucepan, stir in milk. Heat through. Season to taste with salt and pepper.

Meanwhile, in a small bowl, stir together sour cream, the ½ tsp. lime peel, and lime juice. Top each serving of soup with a drizzle of the sour cream mixture. Garnish with additional lime peel, if desired. Makes 6 side-dish servings.

Nutrition facts per serving: 129 calories, 4 g total fat (1 g sat. fat), 4 mg cholesterol, 310 mg sodium, 24 g carbohydrates, 5 g fiber, 3 g protein. *From "Better Homes & Gardens"*

PUMPKIN SOUP WITH DUMPLINGS

2/3 cup canned pumpkin
1/2 teaspoon salt
1/4 cup sugar, more if desired
4 cups milk
2 cups water

Mix above ingredients and bring to a boil.

Dumplings

1 beaten egg
1/2 tsp. salt
1/3 cup milk
3/4 cup flour

Mix first three ingredients. Stir in 3/4 cup flour and make a smooth batter. Drop by teaspoons into boiling soup. Cover and cook gently until dumplings are done.

Wood County Senior Citizens, 1979

PEANUT BUTTER SOUP

2 tablespoons butter or margarine
1 large onion, chopped
1/2 cup celery, minced
1/3 cup peanut butter
1 can condensed chicken broth (10 3/4 oz), undiluted
1 can cream of chicken soup (10 3/4 oz), undiluted
3 cups milk
salt and pepper to taste
1/2 cup finely chopped salted peanuts

Melt butter in a saucepan, sauté onions and celery for 5 minutes. Stir in peanut butter, chicken broth and cream of chicken soup. Stir in milk over a low heat until soup starts to bubble. Season to taste with salt and pepper. Sprinkle chopped peanuts over each serving.

From Wood County Senior Citizens 1976

HOMINY/HAMBURGER STEW

1 cup small shell macaroni, cooked as directed
1 small can mushrooms (stems & pieces)
1/2 large can of hominy, white or golden
1/2 lb. ground meat
1 small onion or 1 tablespoon dry onion flakes
salt and pepper to taste
butter to taste

Brown ground meat with onion. Add rest of ingredients. Season with salt and pepper and butter. Heat on top of stove or in a casserole in the oven. May have to add 1/2 cup water. Heat thoroughly.

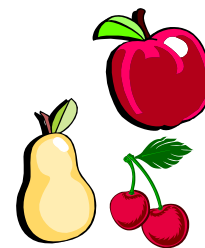
For variety, add the following:

Any leftover vegetables
Top with grated cheese or bread crumbs
1/2 can stewed tomatoes.

From Wood County Senior Citizens, 1976

SWEDISH FRUIT SOUP

2 cups mixed dried fruit
(peaches, apricots, pears)
1 cup dried apples
1 cup pitted prunes
1 can red tart pitted cherries
1/2 cup raisins or currants
2 quarts water
1/2 cup sugar
1 (3") piece cinnamon
1 tsp. lemon peel
1/4 tsp. mace
1/8 tsp. allspice
1/8 tsp. nutmeg
Whipped cream or commercial sour cream



Combine all ingredients in a large saucepan, except whipped cream or sour cream. Bring to a boil; reduce heat, cover and simmer for 1 hour or until fruit is tender. Remove cinnamon. Rub cooked fruit with liquid through a fine sieve or puree in blender. Chill. Serve cold, topped with whipped cream or sour cream, if desired.

Makes 1 1/2 quarts

