

The Soup Cookbook

1718 Recipes

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Chilled Peach Soup

Ingredients

1 cup dry white wine
1 cup peach schnapps
1/2 cup sugar
1 teaspoon chopped fresh mint leaves
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
2 cups half-and-half cream
10 fresh peaches, sliced

Directions

Place white wine, peach schnapps, sugar, mint leaves, cinnamon, nutmeg, and half-and-half together in a bowl, and stir until well blended and sugar is dissolved. Add sliced peaches, and transfer to a saucepan.

Cook over medium heat for 15 minutes, stirring frequently and reducing heat if necessary to prevent scorching cream. Remove from heat when peaches are tender. Cool to a safe temperature for blending. Process in a blender or food processor until completely smooth. Cover, and refrigerate until ready to serve. Serve chilled.

Curried Wild Rice Soup

Ingredients

1 cup uncooked wild rice
1/4 cup butter
1 onion, chopped
2 1/2 cups sliced fresh mushrooms
1/2 cup chopped celery
1/2 cup all-purpose flour
6 cups vegetable broth
2 cups half-and-half
2/3 cup dry sherry
1/2 teaspoon salt
1/2 teaspoon white pepper
1/2 teaspoon curry powder
1/2 teaspoon dry mustard
1/2 teaspoon paprika
1/2 teaspoon dried chervil
1 tablespoon chopped fresh parsley, for garnish

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer until tender, about 40 minutes.

Heat butter in a large saucepan over medium heat. Saute onion until golden brown; add mushrooms and celery. Cook 2 minutes, stirring constantly.

Reduce heat to low; stir in flour and cook, stirring constantly, until mixture is bubbly. Gradually add broth; increase heat to medium-high and bring to a boil. Boil, stirring, for 1 minute.

Reduce heat to low and add cooked rice, half and half, sherry, salt, white pepper, curry powder, dry mustard, paprika and chervil. Simmer until heated through. Serve hot and garnish with parsley.

Potato (Velveeta®) Cheese Soup

Ingredients

8 cups water
2 pounds shredded potatoes
1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed
1/4 cup chopped onion, or to taste
4 cubes chicken bouillon
1 teaspoon chopped fresh parsley
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 teaspoons Cajun seasoning blend (such as Tony Chachere's®)

Directions

Combine the water, potatoes, processed cheese, onion, bouillon, parsley, salt, pepper, and Cajun seasoning in a large pot. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer until the potatoes are tender, about 30 minutes.

Wild Rice And Chicken Soup

Ingredients

3 (10.5 ounce) cans chicken broth
2 cups water
1/2 cup wild rice
1/2 cup chopped green onions
1/2 cup butter
3/4 cup all-purpose flour
3/4 teaspoon salt
1/2 teaspoon poultry seasoning
1/4 teaspoon ground black pepper
2 cups heavy cream
2 cups cubed, cooked chicken meat
1 (4 ounce) jar sliced pimento peppers, drained

Directions

Combine the broth, water, and rice in a large soup pot, and bring to a boil. Reduce heat, and cover. Simmer for 35 to 40 minutes, until rice is tender.

Saute onions in butter or margarine in a medium saucepan, over low heat. Stir in flour, salt, poultry seasoning, and pepper. Cook, stirring constantly, until mixture is bubbly and thick. Stir in cream. Cook for 6 minutes, or until mixture thickens slightly, stirring constantly. Stir into broth.

Add cubed chicken and pimientos. Heat through.

Chicken Soup Base

Ingredients

1 (3 1/2) pound broiler-fryer
3 quarts water
1 cup chopped broccoli
1 cup shredded carrots
1 cup frozen peas
1 small onion, chopped
1/2 cup chopped celery
1/4 cup chicken bouillon granules
1 tablespoon chopped fresh
parsley

Directions

Place chicken and water in a Dutch oven or soup kettle; bring to a boil. Skim fat. Reduce heat; cover and simmer for 2 hours or until chicken is tender. Remove chicken; allow to cool. Add enough water to broth to measure 3 qts. Remove chicken from bones; cut into bite-size pieces and return to pan. Add remaining ingredients; cover and simmer for 10 minutes or until vegetables are tender. If desired, pour into 1-pint freezer containers and freeze for future use.

Creamed Broccoli and Mushroom Soup

Ingredients

3 cups water
2 cups chopped broccoli
8 ounces mushrooms, sliced
2 tablespoons butter
1 cup nonfat dry milk powder
1 (10.75 ounce) can condensed Cheddar cheese soup
2 dashes hot sauce
1/8 teaspoon ground black pepper
1 dash garlic powder

Directions

In a large pot, mix the water, broccoli, mushrooms, and butter. Bring to a boil, reduce heat to low, and simmer 5 minutes, until broccoli is tender. Mix in milk powder, soup, hot sauce, pepper, and garlic powder. Continue cooking, stirring frequently, until heated through.

Slow Cooker Split Pea Sausage Soup

Ingredients

1 pound dried split peas
10 cups water
1 pound smoked sausage of your choice, sliced
5 cubes chicken bouillon
1 1/2 cups chopped carrot
1 cup chopped celery
2 potatoes, peeled and chopped
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
2 bay leaves
1 onion, chopped

Directions

In a 5 quart slow cooker, combine the peas, water, sausage, bouillon, carrot, celery, potatoes, garlic powder, oregano, bay leaves, and onion.

Cover, and cook on High for 4 to 5 hours. Remove bay leaves before ladling into bowls.

New England Potato Soup

Ingredients

1 medium onion, chopped
1 celery rib, thinly sliced
2 tablespoons butter or margarine
1 (14.5 ounce) can chicken broth
3 medium potatoes, peeled and cubed
1 1/2 teaspoons sugar
1/2 teaspoon salt
1/2 teaspoon dried rosemary, crushed
1/2 teaspoon dried thyme
1/8 teaspoon pepper
1/3 cup all-purpose flour
2 1/2 cups milk, divided
1 1/2 cups cubed fully cooked ham
1 cup frozen peas

Directions

In a saucepan, saute onion and celery in butter until tender. Add broth, potatoes, sugar, salt, rosemary, thyme and pepper; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender. Combine flour and 1/2 cup milk until smooth; gradually stir into soup. Bring to a boil; cook and stir for 2 minutes. Stir in ham, peas and remaining milk; heat through.

Lamb and Bulgur Soup (Shorba Freek)

Ingredients

1 tablespoon olive oil
3/4 pound lamb shoulder with bones, cut into pieces
1 small onion, diced
2 cloves garlic, chopped
2 cinnamon sticks
1 cup canned garbanzo beans, drained
1 (14.5 ounce) can whole peeled tomatoes with juice
1/4 cup bulgur (cracked wheat), uncooked
7 cups water
salt and pepper to taste
1/4 cup chopped fresh parsley
1/2 teaspoon dried mint

Directions

Heat oil in a stock pot over medium-high heat. Add the lamb, onion, garlic, and cinnamon. Season lightly with salt and pepper. Cook stirring frequently, until meat is browned and onions are almost tender. Pour in water and garbanzo beans, and bring to a boil.

Simmer over low heat for 45 minutes to an hour, skimming the scum from the top occasionally. Meanwhile, pour the tomatoes into a blender or food processor, and puree until smooth.

When the meat is tender, remove the pieces with a slotted spoon. Remove the fat and bones from the meat, and return it to the pot. Discard the fat and bones. Remove cinnamon sticks. Add the tomato puree and bulgur wheat. Simmer for about 10 minutes, or until the bulgur is puffed and tender.

Transfer to a soup tureen, and garnish with parsley and mint before serving.

Beef Goulash Soup

Ingredients

2 pounds boneless beef sirloin steak, cut into 1/2 inch cubes
1 large onion, chopped
1 large green pepper, chopped
2 tablespoons olive or vegetable oil
3 medium potatoes, peeled and cubed
3 medium carrots, chopped
4 cups beef broth
1 cup water
2 tablespoons paprika
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
2 bay leaves
1 (28 ounce) can crushed tomatoes
1 (6 ounce) can tomato paste
2 tablespoons caraway seeds
Sour cream

Directions

In a Dutch oven over medium-high heat, cook and stir the beef, onion and green pepper in oil until meat is browned on all sides; drain. Stir in the next 10 ingredients. bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until potatoes are tender.

Stir in the tomatoes, tomato paste and caraway seeds. Cover and simmer 25-30 minutes longer or until meat is tender. Discard bay leaves. Top each serving with a dollop of sour cream.

Turkey Garbanzo Bean and Kale Soup with Pasta

Ingredients

16 ounces whole-wheat pasta shells
1 tablespoon extra-virgin olive oil
1 pound ground turkey
1 cup chopped onion
3 cloves garlic, minced
2 tablespoons chopped fresh sage
2 tablespoons chopped fresh rosemary
3 (14 ounce) cans chicken broth
3/4 cup water
1 (15 ounce) can garbanzo beans, drained and rinsed
1/3 cup tomato paste
2 cups roughly chopped kale
salt and pepper to taste

Directions

Bring a large pot of salted water to a boil. Stir in the pasta, and return to a boil. Boil, stirring occasionally, until cooked through but still firm to the bite, about 12-15 minutes. Drain well.

Heat olive oil in a large soup pot; add turkey, onion, and garlic. Cook over medium heat until meat browns and onion is soft, about 5 minutes. Stir in sage and rosemary and cook for about 1 minute, do not allow herbs to brown. Pour the broth and water into the pot along with the garbanzo beans and tomato paste. Bring to a boil and add kale. Simmer until kale softens, about 5 minutes. Season soup with salt and pepper.

To serve, place a serving of cooked pasta in the bottom of a soup bowl and ladle hot soup over.

Albondigas Soup III

Ingredients

2 quarts water
1 pound ground beef
1/2 cup uncooked white rice
1 egg
2 tablespoons dried oregano
2 teaspoons garlic salt
2 teaspoons ground black pepper
1/4 teaspoon ground cumin
1/2 cup all-purpose flour
3 potatoes, peeled and cubed
salt and pepper to taste

Directions

Pour the water into a large pot over high heat and bring to a boil.

Meanwhile, in a large bowl, combine the ground beef, rice, egg, oregano, garlic salt, ground black pepper and cumin. Mix well and form into 1 inch meatballs.

Roll the meatballs in the flour, coating well, and carefully drop them in the boiling water. Reduce heat to low and simmer for 45 minutes, stirring frequently, and making sure soup does not get too thick.

Add more water, if necessary, and add the potatoes to the soup. Simmer for 1 more hour, or until potatoes are tender. Season with salt and pepper to taste.

Cajun Crab Soup

Ingredients

1/2 cup unsalted butter
1 onion, chopped
2 cloves garlic, minced
1/4 cup all-purpose flour
2 cups clam juice
2 cups chicken broth
1 (10 ounce) package frozen white corn
1 teaspoon salt
1/2 teaspoon ground white pepper
1/4 teaspoon dried thyme
1/4 teaspoon ground cayenne pepper
2 cups heavy cream
1 pound lump crabmeat, drained
4 green onions, chopped

Directions

Melt butter in a large saucepan over medium heat. Sauté onion and garlic until onion is tender. Whisk in flour, and cook 2 minutes. Stir in clam juice and chicken broth, and bring to a boil. Mix in corn, and season with salt, white pepper, thyme, and cayenne. Reduce heat, and simmer 15 minutes.

Stir in cream, crab meat, and green onions. Heat through, but do not boil once the cream has been added.

Mashed Potato Soup

Ingredients

1 tablespoon chopped onion
1 tablespoon butter or margarine
2 cups milk
1 1/2 cups mashed potatoes
(prepared with milk and butter)
1/2 teaspoon salt
1/8 teaspoon celery salt
1/8 teaspoon pepper
1 tablespoon minced fresh or
dried chives

Directions

In a saucepan, saute the onion in butter until tender. Add milk, potatoes, salt and celery salt if desired and pepper; heat through. Garnish with chives.

Cheesy Potato Knipla Soup

Ingredients

Soup:

6 baking potatoes, peeled and diced
2 cups carrots, peeled and thinly sliced
2 cups finely chopped celery
1 cup diced onion
2 teaspoons salt
3 quarts water

Knipla:

5 cups all-purpose flour
1 teaspoon salt
2 eggs, beaten
1 1/4 cups water

Cheese Sauce:

1 cup butter
1 cup all-purpose flour
2 teaspoons salt
1 quart milk
1 cup Cheddar cheese

Directions

Place the potatoes, carrots, celery, onion, 2 teaspoons of salt, and 3 quarts of water into a large pot. Bring to a boil over high heat while you proceed to make the knipla.

Combine 5 cups of flour and 1 teaspoon of salt in a large bowl; pour in the eggs and 1 1/4 cups water. Mix until the dough comes together, about two minutes. Knead on a lightly floured surface for 3 to 5 minutes until elastic. Using kitchen scissors, snip off pieces of the dough into the boiling soup. Boil until the knipla rise to the surface, then reduce heat to low, and simmer while you make the cheese sauce.

Melt the butter in a saucepan over medium heat, then whisk in 1 cup of flour and 2 teaspoons of salt. Pour in milk and add cheese; cook until the cheese melts and the mixture thickens, stirring constantly. Pour the cheese sauce into the soup and simmer for 20 minutes more, or until ready to serve.

Savory Vegetable Beef Soup

Ingredients

4 large potatoes, peeled and cubed
2 cups water
3 large carrots, sliced
1 large onion, chopped
salt and pepper to taste
4 cups fresh or frozen cut green beans
4 cups tomato juice
1 1/2 pounds ground beef, cooked and drained
2 cups fresh or frozen corn
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
2 bay leaves

Directions

In a large saucepan, combine the potatoes, water, carrots, onion, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until tender. Add the remaining ingredients. Cover and simmer 30 minutes longer or until heated through, stirring occasionally. Discard bay leaves before serving.

Sunday Lunch Soup

Ingredients

2 skinless, boneless chicken breast halves
5 cups water
2 onions, chopped
2 cloves garlic, crushed
1 green chile pepper, seeded and diced
4 potatoes, chopped
1 zucchini, chopped
8 mushrooms, sliced
1 (10.75 ounce) can tomato puree
1 (11 ounce) can sweet corn, drained
1/4 medium head cabbage, finely chopped
2 carrots, chopped
2 stalks celery, chopped
2 cubes chicken bouillon
2 tablespoons mixed spice
1 1/4 cups heavy cream
paprika, for garnish

Directions

In a large saucepan, boil the chicken in 5 cups water for approximately 30 minutes. Drain, retaining liquid, and chop the chicken.

In the saucepan over medium heat, place approximately 2 tablespoons reserved liquid, onions, garlic and green chile pepper. Slowly cook and stir 5 minutes, or until tender. One at a time, while gradually adding the remaining liquid, mix in the chopped chicken, potatoes, zucchini, mushrooms, tomato puree, sweet corn, cabbage, carrots and celery. Pour in any remaining liquid, and stir in the chicken bouillon and mixed spice. Bring to a boil. Reduce heat and simmer 1 to 2 hours, stirring occasionally.

Before serving, stir in the heavy cream, mixing thoroughly. Serve with a sprinkling of paprika.

Hamburger Soup IV

Ingredients

3 cups water
4 stalks celery, chopped
1 pound ground beef
2 (14.5 ounce) cans stewed tomatoes
2 cups cubed potatoes
3/4 cup uncooked white rice
2 cups elbow macaroni
1 teaspoon hot pepper sauce

Directions

In a large pot on medium high heat, combine the water and celery and bring to a low boil. Add the ground beef a little at a time. Reduce heat to medium low and let simmer for about 10 to 15 minutes. Pour in the stewed tomatoes with liquid. Add the potatoes and any other desired vegetables. Reduce heat to low. Cover and simmer.

While the soup is simmering, bring some water to a boil in another pot. Add the rice and macaroni and cook until they are almost done, leaving them slightly firm. Drain and add them to the soup. Continue to simmer the soup about 25 minutes or until the potatoes and other vegetables are tender. Serve steaming hot with hot sauce for individual tastes.

Creamy Pumpkin Soup

Ingredients

1 medium onion, chopped
2 tablespoons butter or margarine
2 (14.5 ounce) cans chicken broth
2 cups sliced peeled potatoes
2 cups canned cooked pumpkin
2 cups milk
1/2 teaspoon ground nutmeg
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup sour cream
1 tablespoon chopped fresh parsley
3 bacon strips, cooked and crumbled

Directions

In a large saucepan, saute onion in butter until tender. Add the broth, potatoes and pumpkin; cook until the potatoes are tender, about 15 minutes. Remove from the heat; cool. Puree half of the mixture at a time in a blender or food processor until smooth; return all to the pan. Add the milk, nutmeg, salt and pepper; heat through. Meanwhile, combine the sour cream and parsley. Spoon soup into bowls; top each with a dollop of sour cream and sprinkle with bacon.

Ukha (Russian Fish Soup)

Ingredients

4 cups water
2 potatoes, cubed
1 onion, chopped
1 bunch fresh parsley, chopped
4 ounces cod fillets, cubed
1 lemon, juiced
salt and pepper to taste

Directions

Put water in a large saucepan and bring to a boil over high heat. Add the potatoes, onion and parsley. Heat for 10 to 15 minutes and add the fish. Heat for 10 more minutes, then squeeze in lemon juice and season with salt and pepper to taste.

Best Cream of Potato Soup

Ingredients

1 onion, chopped
1/2 cup chopped celery
1/4 cup chopped carrots
2 cloves garlic, minced
2 tablespoons chopped fresh parsley
5 tablespoons margarine
4 tablespoons all-purpose flour
1 1/2 cups chicken broth
1 1/2 cups whole milk
3 potatoes, cut into 1/4-inch slices
2 teaspoons Worcestershire sauce
1 1/2 teaspoons mustard powder
1 pinch ground allspice
3/4 teaspoon celery seed
1/2 teaspoon dried thyme
1/2 teaspoon seasoning salt
2 tablespoons dry white wine
1/4 teaspoon ground cayenne pepper
1/4 teaspoon chicken bouillon powder

Directions

In a large stock pot, saute onion, celery, carrots, garlic and parsley in butter until soft but not browned. Sprinkle in flour and cook, stirring for 2 minutes. Add broth slowly, stirring as you add.

Add milk, potatoes, Worcestershire sauce, dry mustard, allspice, celery seed, thyme, seasoning salt, dry white wine, cayenne pepper and chicken granules. Allow to simmer and thicken, stirring frequently, until the potatoes are cooked through, approximately 25 minutes. During cooking, break up potatoes with the back of a spoon. Serve warm.

Sweet Potato, Carrot, Apple, and Red Lentil Soup

Ingredients

1/4 cup butter
2 large sweet potatoes, peeled and chopped
3 large carrots, peeled and chopped
1 apple, peeled, cored and chopped
1 onion, chopped
1/2 cup red lentils
1/2 teaspoon minced fresh ginger
1/2 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon paprika
4 cups vegetable broth
plain yogurt

Directions

Melt the butter in a large, heavy bottomed pot over medium-high heat. Place the chopped sweet potatoes, carrots, apple, and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes.

Stir the lentils, ginger, ground black pepper, salt, cumin, chili powder, paprika, and vegetable broth into the pot with the apple and vegetable mixture. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils and vegetables are soft, about 30 minutes.

Working in batches, 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.

Return the pureed soup to the cooking pot. Bring back to a simmer over medium-high heat, about 10 minutes. Add water as needed to thin the soup to your preferred consistency. Serve with yogurt for garnish.

Cajun Shrimp Soup

Ingredients

1/2 cup butter
1 small onion, chopped
1/2 bunch green onions, chopped
3 stalks celery, chopped
1 small orange bell pepper, chopped
1 (10.75 ounce) can reduced sodium cream of mushroom soup
1 (10.75 ounce) can reduced sodium cream of celery soup
10 3/4 fluid ounces water
1 (14.75 ounce) can creamed corn
1 (10 ounce) package frozen corn
2 pounds peeled and deveined medium shrimp
1 pint half-and-half cream
1/2 cup chopped fresh parsley
1/2 teaspoon liquid shrimp and crab boil seasoning
1/4 teaspoon Creole seasoning, or to taste
salt and black pepper to taste

Directions

Melt the butter in a large pot over medium heat. Mix in onion, green onions, celery, and bell pepper. Cook and stir until tender.

Pour cream of mushroom soup, cream of celery soup, 1 soup can of water, creamed corn, and frozen corn into pot. Cook 20 minutes, stirring occasionally, until heated through.

Mix in shrimp, and cook until opaque. Stir in half and half and parsley. Reduce heat to low; continue to cook and stir 15 minutes. Mix in liquid shrimp and crab boil seasoning and Creole seasoning; season to taste with salt and pepper.

Healing Cabbage Soup

Ingredients

3 tablespoons olive oil
1/2 onion, chopped
2 cloves garlic, chopped
2 quarts water
4 teaspoons chicken bouillon
1 teaspoon salt, or to taste
1/2 teaspoon black pepper, or to taste
1/2 head cabbage, cored and coarsely chopped
1 (14.5 ounce) can Italian-style stewed tomatoes, drained and diced

Directions

In a large stockpot, heat olive oil over medium heat. Stir in onion and garlic; cook until onion is transparent, about 5 minutes.

Stir in water, bouillon, salt, and pepper. Bring to a boil, then stir in cabbage. Simmer until cabbage wilts, about 10 minutes.

Stir in tomatoes. Return to a boil, then simmer 15 to 30 minutes, stirring often.

Beach Body Fruit Soup

Ingredients

1 fresh peach, pitted and chopped
6 fresh strawberries, hulled
1 apple, cored and chopped
1/2 cantaloupe - peeled, seeded, and cubed
1/2 honeydew melon - peeled, seeded, and cubed
1/4 cup cream of coconut
1 teaspoon fresh ground nutmeg
2 teaspoons honey
2 tablespoons fresh lime juice
1 pint fresh blueberries, rinsed

Directions

Combine the peach, strawberries, apple, cantaloupe, and honeydew in a blender; blend until only slightly chunky, 20 to 30 seconds. Pour in the cream of coconut, nutmeg, honey, and lime juice; blend until smooth.

Divide the mixture evenly between 8 bowls. Top each bowl with a few blueberries and serve cold.

Three Bean Soup

Ingredients

2 tablespoons vegetable oil
1 onion, chopped
1 green bell pepper, chopped
1 yellow bell pepper, chopped
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans black beans,
drained
1 (15 ounce) can pinto beans,
drained
2 (15 ounce) cans kidney beans,
drained

Directions

In a large saucepan over medium heat, cook onion, green and yellow bell peppers in oil until softened. Stir in chicken broth, tomatoes, black beans, pinto beans and kidney beans. Heat through.

Best Soup This Side Of The Mississippi

Ingredients

1 pound dry black-eyed peas
1 (5 ounce) can ham
1 carrot, chopped
1 small onion, chopped
salt and pepper to taste

Directions

In a large pot with enough water to cover, soak the black-eyed peas 6 to 8 hours, or overnight.

Stir ham, carrot, onion, salt, and pepper into the pot. Cover all ingredients with water, and bring to a boil. Reduce heat, and simmer 2 1/2 hours, or until black-eyed peas are tender. Stir occasionally and add water as necessary to keep ingredients covered.

Spanish Rice Soup

Ingredients

1 pound ground turkey
1 onion, chopped
1 clove crushed garlic
1 (6.8 ounce) package Spanish-style rice mix
1 (14.5 ounce) can Mexican-style stewed tomatoes
2 (8 ounce) cans tomato sauce
4 1/2 cups water

Directions

Brown turkey, onion, and garlic. Add rice, stewed tomatoes, tomato sauce, and water; bring to a boil. Reduce the heat to low and simmer for 20 minutes. Serve hot.

Solianka or Russian Beef Soup

Ingredients

2 ounces dried mushrooms
3/4 cup water
1/2 cup unsalted butter
3 onions, chopped
1 cup cooked diced veal
1 cup diced ham
1/4 pound kielbasa sausage, cut into 1 inch pieces
2 quarts beef stock
3 bay leaves
10 black peppercorns
2 dill pickles, diced
2 tablespoons capers
12 marinated mushrooms
1 (28 ounce) can Italian-style whole peeled tomatoes
2 tablespoons tomato paste
1 1/2 tablespoons all-purpose flour
12 kalamata olives
1/3 cup chopped fresh dill weed
1/4 teaspoon dried marjoram
3 cloves garlic, minced
1/4 cup dill pickle juice
1 teaspoon Hungarian sweet paprika
salt to taste
ground black pepper to taste

Directions

Soak mushrooms in 3/4 cup water until tender, 20 to 30 minutes. Set aside.

Melt half the butter and saute the onions, meats, and rehydrated mushrooms. Add the stock and liquid from the mushrooms and bring to a boil. Make a bouquet garni by tying the bay leaves and peppercorns tightly in cheesecloth. Lower the heat and add the bouquet garni, pickles, capers, and marinated mushrooms. Simmer 10-15 minutes.

Melt remaining butter in a skillet and cook the tomatoes and tomato paste for a few minutes, then add the flour and saute for another few minutes. Add a cup of the soup to the skillet and stir in well, then return pan ingredients to the soup pot.

Add the olives, dill, marjoram, garlic, pickle juice, and paprika. Adjust soup's seasoning with salt and pepper; simmer another 10-15 minutes.

Remove pot from heat and remove bouquet garni. Adjust seasonings and serve with sour cream and lemon.

Dilly Tomato Soup

Ingredients

1 small onion, thinly sliced
1/4 teaspoon minced garlic
1 tablespoon canola oil
1 teaspoon butter
2 medium tomatoes, sliced
1 teaspoon sugar
1/4 teaspoon salt
Dash pepper
1/3 cup tomato paste
2 tablespoons all-purpose flour
1 1/4 cups cold water, divided
1/3 cup fat-free half-and-half
1 teaspoon minced fresh dill

Directions

In a small saucepan, cook onion and garlic in oil and butter over low heat until tender. Add the tomatoes, sugar, salt and pepper; cook over medium-high heat for 3 minutes. Remove from the heat; stir in tomato paste. Combine flour and 1/4 cup of water until smooth; stir into tomato mixture. Gradually stir in remaining water until smooth. Bring to a boil; cook and stir for 2 minutes.

Place a sieve over a bowl; pour tomato mixture into sieve. Press with the back of a spoon to remove tomato seeds and skin. Return puree to pan. Add half-and-half and dill; cook over low heat just until heated through (do not boil).

Spicy Soup

Ingredients

1 teaspoon unsalted butter
1/4 cup chopped celery
2 cloves garlic, chopped
1 tablespoon all-purpose flour
3 1/2 cups chicken broth
4 tablespoons cream
2 tablespoons peanut butter
1 1/2 cups chopped broccoli
1 1/2 cups cauliflower, chopped
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes
2 green onions, chopped

Directions

In a good-size saucepan melt butter. Saute celery and garlic till you smell the garlic. Stir in flour to make a roux, cook for 1 minute. Add chicken broth, broccoli, cauliflower, peanut butter, salt, red pepper flakes, simmer for 15-20 minutes.

Add green onions. Add cream just before serving.

Creamy Cheddar Cheese Soup

Ingredients

1/4 cup butter
1 onion, chopped
1/4 cup all-purpose flour
3 cups chicken broth
3 cups milk
1 pound shredded Cheddar cheese

Directions

In a 3 quart saucepan over medium-high heat, melt butter or margarine. Add onion and cook until tender, about 5 minutes. Stir in flour and cook until flour has blended with onion mixture.

Add chicken broth and cook, stirring constantly, until mixture is slightly thickened. Add milk and heat just to boiling, stirring constantly.

In covered blender at medium speed, blend about 1/4 of soup mixture at a time until smooth. Return to saucepan and, over medium heat, heat just to boiling. Remove from heat.

With wire whisk or slotted spoon, stir in cheese until melted. If cheese does not melt completely, cook over very low heat about 1 minute, stirring constantly.

Cream of Cauliflower Soup I

Ingredients

5 tablespoons unsalted butter
1 leek, chopped
1 onion, chopped
1 carrot, chopped
1 teaspoon dried tarragon
1/2 teaspoon dried thyme
1/4 cup all-purpose flour
1 cup dry white wine
6 cups chicken stock
salt to taste
1/4 teaspoon freshly ground white pepper
1 head cauliflower, broken into small florets
1 cup milk
1 cup heavy whipping cream
2 1/2 cups shredded Swiss cheese (optional)

Directions

Steam cauliflower.

Melt the butter or margarine in a stockpot over medium high heat. Add leek, onion, and carrot; cook, stirring occasionally, for 10 minutes. Stir in the tarragon and thyme; cook 1 minute longer. Add flour; cook, stirring constantly, for 1 minute. Reduce the heat to medium, and gradually stir in the wine and chicken stock. Season the soup with salt and white pepper. Add the steamed cauliflower flowerets. Simmer the soup, uncovered, stirring occasionally for 30 minutes.

Puree the soup in batches in a blender, and return to the pot. Stir in the milk and cream. Gently heat just until heated through.

If you decide to use the Swiss cheese, stir it in and heat until melted.

Broccoli Cheese Soup III

Ingredients

4 cups fresh broccoli, cut into bite size pieces
1 1/2 quarts chicken broth
2 cups milk
2 (10.75 ounce) cans condensed cream of celery soup
4 tablespoons cornstarch
1/2 cup cold water
2 cups shredded Cheddar cheese

Directions

In a large soup pot, cook broccoli in broth until tender, about 10 minutes.

In a medium bowl, mix together milk and condensed celery soup. Blend cornstarch with cold water, then stir into soup mixture. Pour into the pot with the broccoli. Cook over medium heat, stirring steadily until thick and bubbly. Stir in cheese, and simmer, stirring until hot. Do not boil.

Colene's Easy Tomato Vegetable Soup

Ingredients

1 (32 fluid ounce) bottle tomato juice
1 (16 ounce) package frozen mixed vegetables
2 cups water
1 pinch dried oregano
salt and pepper to taste

Directions

In a large pot over medium heat combine the tomato juice, water, mixed vegetables, oregano or Italian spices and salt and pepper to taste. Allow to simmer for 30 minutes.

Sauerkraut Soup I

Ingredients

1/3 cup dried mushrooms
1 1/2 cups boiling water
1 (32 ounce) jar sauerkraut with juice
1 1/2 quarts water
1/2 cup barley
5 tablespoons butter
1 onion, finely diced
5 tablespoons all-purpose flour
salt and pepper to taste

Directions

Steep mushrooms in 1 1/2 cups of boiling water until they are soft and you can chop them (I use a food processor). Save the water to add to the soup. It gives it a nice rich color.

Put sauerkraut, sauerkraut juice, and 1 1/2 quarts water in soup pot (5-quart Dutch oven is fine). Bring to a boil, add chopped mushrooms and mushroom water. Turn down heat and simmer for one hour.

Add barley (make sure you rinse it first), cook until barley is done.

In the meantime, melt the butter and saute onions until they're soft. Add the flour to the onion mixture to thicken. Add some of the boiling liquid from your soup to the onion mixture and when smooth add to soup.

Add salt and pepper to taste. If soup is too thick for your taste, add a little more sauerkraut juice mixed with water. Enjoy.

Creamy Slow Cooker Potato Cheese Soup

Ingredients

1/4 cup butter
1/2 white onion, chopped
1/4 cup all-purpose flour
2 cups water
2 large carrots, diced
4 stalks celery, diced
1 tablespoon dried, minced garlic
salt and pepper to taste
1 cup milk
2 tablespoons chicken soup base
1 cup warm water
5 pounds russet potatoes, peeled and cubed
1 bay leaf
1 cup shredded Cheddar cheese
6 slices crisp cooked bacon, crumbled

Directions

Melt butter in a large saucepan over medium heat. Cook onion in butter until translucent. Stir in flour until smooth, then gradually stir in 2 cups water, carrots, celery, garlic, salt, and pepper. Heat through, then stir in milk. Dissolve chicken base in 1 cup warm water, and pour into vegetable mixture.

Place potatoes in slow cooker, and pour heated vegetable mixture into potatoes. Place bay leaf in pot.

Cover, and cook 5 hours on High, or 8 hours on Low.

Remove bay leaf. Puree about 4 cups of the soup in a blender or food processor, and then stir pureed soup into contents of slow cooker. Stir in cheese and bacon until cheese is melted.

Fresh Asparagus Soup

Ingredients

1 pound fresh asparagus
3/4 cup chopped onion
1/2 cup vegetable broth
1 tablespoon butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 1/4 cups vegetable broth
1 cup soy milk
1/2 cup yogurt
1 teaspoon lemon juice
1/4 cup grated Parmesan cheese

Directions

Place asparagus and onion in a saucepan with 1/2 cup vegetable broth. Bring the broth to a boil, reduce heat and let simmer until the vegetables are tender.

Reserve a few asparagus tips for garnish. Place remaining vegetable mixture in an electric blender and puree until smooth.

Melt butter in the pan that was used for simmering the asparagus and onions. Stir while sprinkling flour, salt, and pepper into the butter. Do not let the flour brown. Allow the mixture to cook only 2 minutes. Stir in remaining 1 1/4 cups vegetable broth and increase the heat. Continue stirring until the mixture comes to a boil.

Stir the vegetable puree and milk into the saucepan. Whisk yogurt into the mixture, followed by lemon juice. Stir until heated through, then ladle into bowls. Garnish with reserved asparagus tips. Sprinkle with Parmesan cheese if desired.

Acorn Squash Soup

Ingredients

1 small onion
1/4 cup chopped celery
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 teaspoon chicken bouillon granules
1/2 teaspoon dill weed
1/4 teaspoon curry powder
dash cayenne pepper
2 cups chicken broth
1 (12 ounce) can evaporated milk
3 cups mashed cooked acorn squash
salt and pepper to taste
5 bacon strips, cooked and crumbled

Directions

In a large saucepan, saute the onion and celery in butter. Stir in flour, bouillon, dill, curry and cayenne until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes. Add the squash, salt and pepper; heat through.

In a blender, process the soup in batches until smooth. Pour into bowls; garnish with bacon.

Dumpling Soup

Ingredients

1 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
1 tablespoon vegetable oil
1 egg
3/4 cup water, or as needed

6 medium potatoes - peeled and cubed
1 teaspoon salt
8 cups water
2 tablespoons butter or margarine
4 ounces sliced bacon, diced
1 large onion, chopped

Directions

In a medium bowl, mix together the flour, baking powder and salt. Crack the egg into a measuring cup, and add enough water to equal 1 cup. Whisk with a fork. Gradually stir the egg-water and oil into the flour mixture with the fork until a soft dough is formed. Use your hands to mix the dough until is smooth and no longer sticky, adding more flour or water as needed. Cover the bowl, and set aside until the potatoes are ready.

Place potatoes in a large pot with the salt and water, and bring to a boil. Cook for 10 to 15 minutes, until potatoes are tender.

Meanwhile, melt the butter in a skillet over medium heat. Add the bacon and onion; cook and stir until onions are golden and bacon is cooked. Set aside.

When the potatoes are cooked, pinch off small pieces of the dough, and drop them into the boiling potato water. Turning the dough in your hand will help keep it from sticking to your fingers. Once all of the dumplings have been added, you can stir in the bacon and onions. Ladle some of the water from the soup into the skillet, and swish it around to clean out all of the tasty bits and juices. Pour back into the soup. Turn off the soup, and let stand for a few minutes before serving.

Curried Cauliflower Soup

Ingredients

1 head cauliflower, cut into florets
1 onion, cut into chunks
3 cloves garlic, halved
5 cups vegetable stock
1 (14 ounce) can coconut milk
1 tablespoon curry paste

Directions

Preheat oven to 350 degrees F (175 degrees C). Place the cauliflower, onion, and garlic on a baking sheet, and bake in preheated oven until golden brown, about 30 minutes.

Bring vegetable stock, coconut milk, and curry paste to a boil in a large saucepan over high heat. Add the roasted vegetables, then reduce heat to medium-low, cover, and simmer for 15 minutes. Carefully puree the soup in a blender until it has reached your desired consistency, serve, and enjoy!

Cream of Chicken with Wild Rice Soup

Ingredients

1 1/3 cups wild rice
1 (3 pound) whole chicken, cut into pieces
7 cups water
1 cup chopped celery
1 cup chopped onion
2 tablespoons vegetable oil
1 cup fresh mushrooms, sliced
2 tablespoons chicken bouillon granules
3/4 teaspoon ground white pepper
1/2 teaspoon salt
1/2 cup margarine
3/4 cup all-purpose flour
4 cups milk
3/4 cup white wine

Directions

Cook the wild rice according to package directions, but remove from heat about 15 minutes before it's done. Drain the excess liquid, and set aside.

In a stock pot over high heat, combine the chicken and the water. Bring to a boil, and then reduce heat to low. Simmer for 40 minutes, or until chicken is cooked and tender. Remove chicken from the pot, and allow it to cool. Strain the broth from the pot, and reserve for later. When chicken is cool, remove the meat from the bones, cut into bite size pieces, and reserve. Discard the fat and the bones.

In the same stock pot over medium heat, saute the celery and onion in the oil for 5 minutes. Add the mushrooms, and cover. Cook for 5 to 10 minutes, stirring occasionally, until everything is tender. Return the broth to the stock pot, and add the partially cooked wild rice. Stir in the bouillon, white pepper and salt; simmer, uncovered, for 15 minutes.

Meanwhile, melt margarine in a medium saucepan over medium heat. Stir in the flour until smooth. Whisk in the milk, and continue cooking until mixture is bubbly and thick. Add some of the broth mixture to the milk mixture, continuing to stir, then stir all of the milk mixture into the broth mixture.

Mix in the reserved chicken meat and the white wine. Allow this to heat through for about 15 minutes.

Soothing Chicken Soup

Ingredients

2 cups sliced celery
3 quarts chicken broth
4 cups cubed cooked chicken
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup uncooked instant rice
1 envelope onion soup mix
1 teaspoon poultry seasoning
1/2 teaspoon seasoned salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper

Directions

In a Dutch oven or soup kettle, simmer celery in broth until tender. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until the rice is tender.

Bacon and Potato Soup

Ingredients

6 thick slices bacon
1 1/2 teaspoons olive oil
1/2 cup chopped onion
1/2 cup chopped carrots
1 stalk celery, chopped
4 cups low fat, low sodium chicken broth
4 cups cubed potatoes
1/8 teaspoon cayenne pepper
1/2 cup shredded Cheddar cheese
1/2 teaspoon kosher salt

Directions

Cook bacon until crisp in 3-quart saucepan, remove and drain well on paper towels. Discard bacon grease and wipe pan thoroughly with paper towel.

Meanwhile, prepare vegetables. Add olive oil to saucepan and add onion, carrot, and celery as they are cut up. Saute until onion is soft but not brown, about 3-4 minutes.

Stir in chicken broth, potatoes, and pepper; bring to a boil, reduce heat, and simmer, covered, until potatoes are tender, about 10-15 minutes.

Stir in cheese, heating just until melted--do not boil. Chop bacon and add to soup. Adjust seasoning to taste by adding salt, if desired. Serve at once.

Chili Cheese Soup

Ingredients

1 large onion, chopped
2 celery ribs, chopped
2 medium carrots, shredded
1/2 cup butter or margarine
1/2 cup all-purpose flour
2 teaspoons ground mustard
2 teaspoons paprika
3 teaspoons Worcestershire sauce
2 (14.5 ounce) cans chicken broth
3 cups milk
2 (4 ounce) cans chopped green chilies
1/2 teaspoon liquid smoke
(optional)
1 (16 ounce) jar process cheese sauce

Directions

In a Dutch oven, saute the onion, celery and carrots in butter until tender. Stir in the flour, mustard, paprika and Worcestershire sauce until blended. Gradually add broth and milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in chilies and Liquid Smoke if desired. Stir in cheese sauce until melted.

Tortellini Soup

Ingredients

5 1/4 cups vegetable broth
1 (14.5 ounce) can Italian-style
stewed tomatoes
1 clove garlic, minced
2 tablespoons grated Parmesan
cheese
1 (16 ounce) package prepared
cheese tortellini, thawed
10 ounces spinach, rinsed and
chopped

Directions

Bring a large pot of lightly salted water to a boil. Combine tortellini and spinach and bring to a boil; reduce heat slightly and boil for 7 minutes. Drain and add to the tomatoes and broth; simmer for 20 minutes. Serve.

Curly Noodle Chicken Soup

Ingredients

1 pound boneless, skinless chicken breasts, cut into 1/2 inch pieces
1 large onion, chopped
4 celery ribs, sliced
2 medium carrots, sliced
4 garlic cloves, minced
2 tablespoons butter or stick margarine
2 tablespoons olive or canola oil
1/4 cup all-purpose flour
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/8 teaspoon pepper
3 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can diced tomatoes, undrained
6 ounces uncooked tricolor spiral pasta

Directions

In a large saucepan or Dutch oven, saute the chicken, onion, celery, carrots and garlic in butter and oil for 5 minutes. Stir in the flour, basil, oregano and pepper until blended. Gradually add broth and tomatoes. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Return to a boil; stir in the pasta. Reduce heat; simmer, uncovered, for 12-15 minutes or until pasta is tender.

Spiced Cauliflower Soup

Ingredients

1 head cauliflower, cut into florets
2 tablespoons olive oil
1 clove garlic, minced
1/4 teaspoon ground nutmeg
1 teaspoon salt
1 1/2 cups chicken broth
3/4 cup heavy cream

1/3 cup sour cream
ground nutmeg, for garnish

Directions

Bring a saucepan of lightly salted water to a boil. Add the cauliflower florets, and cook uncovered for 4 to 6 minutes until just tender. Drain well and set aside.

Heat the olive oil in the saucepan over medium heat. Stir in the garlic, and cook until fragrant, about 1 minute. Add the drained cauliflower, 1/4 teaspoon nutmeg, and salt. Cook and stir 2 to 3 minutes, then pour in the chicken broth and bring to a boil over medium-high heat. Reduce heat to medium-low, cover, and simmer until the cauliflower is very tender, 15 or 20 minutes.

Pour the mixture 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 cauliflower 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 cauliflower right in the cooking pot. Stir in the cream, and cook over medium-low heat until hot. Serve with a dollop of sour cream and a sprinkle of nutmeg.

Gluten-Free Thai Chicken Soup

Ingredients

1 tablespoon grapeseed oil
3 shallots, chopped
2 tablespoons chopped cilantro
4 cups chicken stock
2 (14 ounce) cans coconut milk
1 tablespoon agave nectar
1 (8 ounce) package crimini mushrooms, sliced
1 head broccoli, cut into florets
1 pound thinly sliced chicken breast meat
2 teaspoons red curry paste
3 tablespoons lime juice
3 tablespoons fish sauce

1/2 cup chopped fresh cilantro
2 serrano chile peppers, thinly sliced
1/4 cup chopped green onions
8 lime wedges

Directions

Heat the grapeseed oil in a large saucepan over medium heat. Cook and stir the shallots and 2 tablespoons chopped cilantro in the hot pan until the shallot has softened and turned translucent, about 4 minutes. Pour in the chicken stock, coconut milk, and agave nectar; bring to a simmer over medium-high heat. Once the broth reaches a simmer, strain through a mesh strainer into a clean saucepan; discard the shallot and cilantro.

Return the broth to a simmer; stir in the mushrooms and broccoli and cook until the broccoli becomes tender, about 4 minutes. Add the chicken and cook until no longer pink, stirring constantly. Stir the curry paste, lime juice, and fish sauce in a small bowl to dissolve the curry paste; mix into the simmering soup.

Ladle the soup into bowls and sprinkle with 1/2 cup cilantro, serrano peppers, green onions, and lime wedges to serve.

Cucumber Soup I

Ingredients

2 cucumbers
2 tablespoons thinly sliced green onion
2 tablespoons margarine
1 tablespoon red wine vinegar
4 cups chicken broth
1 tablespoon farina
salt to taste
1/8 tablespoon dried tarragon
1/2 cup sour cream
3 tablespoons chopped fresh parsley

Directions

Peel, seed, and chop 2 cucumbers.

Cook the chopped scallions in the margarine until soft. Add the chopped cucumbers and the wine vinegar. Pour in the broth, and stir in the farina. Salt to taste, and add tarragon. Let the soup simmer for 20 minutes, or until the cucumbers are soft.

Put the soup into a blender, and puree it.

Pour the puree into a bowl, and whisk in the sour cream. Taste the soup for seasoning. Pour the soup into bowls, and garnish with cucumber slices and chopped parsley.

BLT Soup II

Ingredients

5 slices bacon, diced
2 tablespoons margarine
3 1/2 cups iceberg lettuce,
julienned
5/8 cup all-purpose flour
3 1/2 cups hot water
1 tablespoon chicken soup base
3/4 cup chopped tomatoes
1 pinch ground nutmeg
1 pinch cayenne pepper
1 cup hot half-and-half cream

Directions

In a heavy 3-quart saucepan cook bacon over medium heat until lightly browned, about 10 minutes. Do not drain fat.

Stir in the margarine and heat until melted. Add lettuce and saute for 2 minutes over medium heat. Whisk in the flour and heat stirring constantly until evenly cooked, about 3 minutes. Remove from heat and stir in the hot water, chicken soup base and tomato. Season with nutmeg and cayenne. Reheat the soup to boiling, stirring frequently. Reduce to a simmer and cook for about 6 minutes, stirring occasionally until thickened. Stir in the half and half and serve hot.

Best Wild Rice Soup Ever

Ingredients

3/4 cup butter
2 tablespoons minced onion
2 tablespoons minced garlic
1 cup all-purpose flour
6 cups chicken broth
2/3 cup diced cooked ham
1 cup finely shredded carrots
1/2 cup slivered almonds
1 teaspoon salt
1 1/2 tablespoons pepper
1 1/3 cups uncooked wild rice
2 cups half-and-half cream
1/4 cup sherry
2 tablespoons fresh parsley
2 tablespoons fresh chives

Directions

Melt the butter in a large pot, and saute the onion and garlic. Gradually blend in the flour. Cook and stir until onion is tender and flour is golden brown. Whisk in broth, bring to a boil, and simmer 5 minutes. Stir in ham, carrots, and almonds. Season with salt and pepper, cover, and simmer 45 minutes, stirring occasionally.

Mix rice, half-and-half, and sherry into the soup, and continue cooking 30 minutes. Stir in parsley and chives, and cook another 30 minutes, until rice is tender.

Cheesy Potato Soup I

Ingredients

2 cups chicken broth
4 large potatoes, diced
2 stalks celery, chopped
2 carrots, chopped
1/2 onion, chopped
4 cups milk
12 (1 ounce) slices processed cheese food
1/4 cup dry potato flakes
4 slices crisp cooked bacon, crumbled

Directions

In a large pot combine the chicken broth, potatoes, celery, carrots and onion. Mix together and bring to a boil over medium heat. Cook 15 to 20 minutes or until vegetables are tender.

Add milk; reduce heat to medium low and let simmer. Add cheese slices; when cheese is melted, slowly stir in dry potato flakes until mixture is slightly thickened. Sprinkle bacon on top and serve hot.

Alphabet Soup

Ingredients

1 pound ground round
3 cubes beef bouillon
3 cups hot water
1 (46 fluid ounce) bottle spicy vegetable juice cocktail
1 pound frozen mixed vegetables, thawed
8 ounces uncooked alphabet pasta
6 cups water
salt and pepper to taste

Directions

Place the meat in a large stock pot, and cook over medium-high heat until evenly brown. Drain the meat, except for about 2 tablespoons of the juices.

Dissolve the bouillon cubes in 3 cups of hot water, and add to the stock pot with the meat. Stir in spicy vegetable juice cocktail, mixed vegetables, alphabet pasta, and 6 cups of water. Simmer 20 minutes, or until pasta is tender. Season to taste with salt and pepper, and serve.

Potato Soup I

Ingredients

6 potatoes, peeled and cubed
1 onion, chopped
1 carrot, grated
4 slices crisp cooked bacon,
crumbled
salt to taste
ground black pepper to taste
1 tablespoon chopped fresh
parsley
1 tablespoon margarine
1 tablespoon rendered bacon fat
4 cups milk
3 tablespoons dry potato flakes

Directions

Place potatoes and chopped onion in a deep stock pan, and add water just to cover them. Bring to a boil, and cook until tender.

Add butter or margarine, bacon bits and fat, and carrots. Stir in milk, parsley, and instant potatoes; bring to a light boil. Salt and pepper to taste. Cover, and simmer on low until you are ready to eat.

Elegant Mushroom Soup

Ingredients

1 large onion, chopped
1/2 pound fresh mushrooms,
sliced
2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1/4 teaspoon pepper
1/8 teaspoon salt
1 cup milk
1 cup chicken broth
1 tablespoon minced fresh parsley
ground nutmeg
Sour cream

Directions

In a large saucepan, saute onion and mushrooms in butter for 3 minutes or until onion is tender. Stir in flour, pepper and salt; gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Add parsley and nutmeg if desired. Top individual servings with a dollop of sour cream.

Chunky Broccoli Cheese Soup

Ingredients

1 large onion, diced
1/2 cup butter
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of celery soup
2 (10 ounce) packages chopped frozen broccoli, thawed
2 (10 ounce) cans chunk chicken, drained
1 (2 pound) loaf processed cheese, cubed
1 (16 ounce) can sliced mushrooms, drained
4 cups milk

Directions

In a large soup pot over medium heat, cook onion in butter until onion is translucent. Stir in cream of chicken, cream of mushroom, cream of celery, broccoli, chicken, processed cheese, mushrooms and milk. Cook, stirring frequently, until cheese is melted and broccoli is tender, 10 to 20 minutes. Serve at once.

Dad's Spaghetti Soup

Ingredients

1 pound ground beef
1 cup chopped onion
1 clove garlic, minced
2 (14.5 ounce) cans peeled and diced tomatoes with juice
1 (15.25 ounce) can whole kernel corn
1/2 pound uncooked spaghetti
8 cups water

Directions

In a large pot over medium high heat, add the ground beef and saute for 5 to 10 minutes, or until well browned. Add the onion and garlic and saute for 2 more minutes.

Then add the tomatoes, corn and water. Bring to a boil and add the spaghetti. Reduce heat to medium low and simmer for 15 minutes, or until the spaghetti is tender.

Very Easy Mushroom Barley Soup

Ingredients

1/4 cup olive oil
1 cup chopped onion
3/4 cup diced carrots
1/2 cup chopped celery
1 teaspoon minced garlic
1 pound sliced fresh mushrooms
6 cups chicken broth
3/4 cup barley
salt and pepper to taste

Directions

Heat the oil in a large soup pot over medium heat. Add the onion, carrots, celery and garlic; cook and stir until onions are tender and transparent. Stir in mushrooms and continue to cook for a few minutes. Pour in the chicken broth and add barley. Bring to a boil, then reduce heat to low. Cover and simmer until barley is tender, about 50 minutes. Season with salt and pepper before serving.

Asian Mushroom Soup

Ingredients

4 cups fat-free, reduced-sodium chicken broth
3 tablespoons reduced-sodium soy sauce
2 teaspoons grated fresh ginger
3 garlic cloves, crushed
3 cups assorted mushrooms, sliced (I like white buttons, oyster, shiitake, portobello and crimini; if using shiitake, discard stems)
3 cups white cabbage, cut in wedges
1 cup thinly sliced carrots
2 cups chicken breast, shredded
2 cups fresh udon noodles (or substitute cooked linguine)
1 cup thinly sliced green onions, with some of the green tops
2 cups shredded raw spinach or whole baby spinach leaves
Freshly ground black pepper to taste
1 tablespoon mirin (sweetened rice wine) (optional)

Directions

In a large pot, combine broth, soy sauce, ginger, garlic, mushrooms, cabbage, carrots and chicken. Cover. Bring to a boil; simmer until mushrooms are soft, about 5 minutes. Stir in noodles, green onions and spinach; simmer until greens are wilted, about 2 minutes. Season.

Southwestern Style Fifteen Bean Soup

Ingredients

1 (8 ounce) package 15 bean soup mix
12 cups water
1 pound bacon
2 (4 ounce) cans canned green chile peppers, chopped
1 tablespoon chili powder
1 tablespoon crushed red pepper flakes
1 onion, chopped
2 cloves garlic, minced

Directions

Rinse and sort the beans in the mix. Place them in a slow cooker on low setting with the water. Cook overnight. The next morning, add the ham, chile peppers, chili powder, crushed red pepper, onion and garlic and continue to cook on low for 8 hours.

Polish Dill Pickle Soup

Ingredients

1 pound beef neck bones
1 cup mixed vegetables
2 cups diced dill pickles
2 quarts water
2 cups diced potatoes
3 tablespoons all-purpose flour
1 cup milk
salt to taste

Directions

In a large pot, place neck bones, vegetables, and pickles. Add water. Cook over medium heat for 45 minutes.

Add potatoes; cook until soft, about 20 minutes.

Remove neck bones. Increase heat to medium-high. Combine flour and milk in a small bowl, and gradually stir into soup. Continue stirring until mixture boils. Season to taste with salt.

Spicy Lentil Vegetable Soup

Ingredients

1 red bell pepper
1/2 green bell pepper

3 cups water
1 cup brown lentils

1 tablespoon olive oil
1 carrot, sliced
1 onion, chopped
1 broccoli floret, chopped
2 cups vegetable broth
1 tablespoon crushed red pepper flakes
1 tablespoon ground ginger
1 tablespoon ground black pepper
1 teaspoon dried thyme leaves
1 teaspoon dried rubbed sage

Directions

Preheat an oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.

Cut the peppers in half from top to bottom; remove the stem, seeds, and ribs, then place the peppers cut-side-down onto the prepared baking sheet.

Bake in the preheated oven until limp, 30 to 40 minutes. Turn the peppers over halfway through cooking. Once ready, place the peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and discard. Chop the peppers

Meanwhile, bring the water and lentils to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the lentils are tender, about 30 minutes. Drain, rinse, and set aside.

Heat the olive oil in a large saucepan over medium heat. Stir in the carrot, onion, and broccoli; cook and stir until the onion has softened, about 5 minutes. Pour in some of the vegetable broth, cover, and steam the vegetables until tender. Pour in the remaining vegetable broth and chopped peppers; season with the red pepper flakes, ginger, black pepper, thyme, and sage. Simmer until the flavors come together and the vegetables are very tender, about 20 to 30 minutes. Add water if needed to maintain your desired consistency. Stir in the cooked lentils until hot.

If desired, 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.

Green Velvet Soup

Ingredients

1 onion, chopped
2 stalks celery, sliced
2 potatoes, diced
3/4 cup dried split peas
2 bay leaves
6 cups vegetable broth
2 zucchini, diced
1 head broccoli, chopped
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
4 cups chopped fresh spinach
salt to taste

Directions

In a large pot over medium heat, combine onion, celery, potatoes, split peas, bay leaves and broth. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Remove the bay leaves and stir in the zucchini, broccoli, basil and black pepper. Simmer 20 minutes, until broccoli is tender.

Stir in spinach and remove from heat. Puree in a blender or food processor using an immersion blender. Salt to taste.

Caldo de Res (Mexican Beef Soup)

Ingredients

2 pounds beef shank, with bone
1 tablespoon vegetable oil
2 teaspoons salt
2 teaspoons ground black pepper
1 onion, chopped
1 (14.5 ounce) can diced tomatoes
3 cups beef broth
4 cups water
2 medium carrot, coarsely chopped
1/4 cup chopped fresh cilantro
1 potato, quartered (optional)
2 ears corn, husked and cut into thirds
2 chayotes, quartered (optional)
1 medium head cabbage, cored and cut into wedges

1/4 cup sliced pickled jalapenos
1/4 cup finely chopped onion
1 cup chopped fresh cilantro
2 limes, cut into wedges
4 radishes, quartered

Directions

Cut the meat from the beef bones into about 1/2 inch pieces, leaving some on the bones.

Heat a heavy soup pot over medium-high heat until very hot. Add the oil, tilting the pan to coat the bottom. Add the meat and bones, and season with salt and pepper. Cook and stir until thoroughly browned.

Add 1 onion, and cook until onion is also lightly browned. Stir in the tomatoes and broth. The liquid should cover the bones by 1/2 inch. If not, add enough water to compensate. Reduce heat to low, and simmer for 1 hour with the lid on loosely. If meat is not tender, continue cooking for another 10 minutes or so.

Pour in the water, and return to a simmer. Add the carrot and 1/4 cup cilantro, and cook for 10 minutes, then stir in the potato, corn and chayote. Simmer until vegetables are tender. Push the cabbage wedges into the soup, and cook for about 10 more minutes.

Ladle soup into large bowls, including meat vegetables and bones. Garnish with jalapenos, minced onion, and additional cilantro. Squeeze lime juice over all, and serve with radishes.

Winter White Soup

Ingredients

1 tablespoon butter
1 tablespoon olive oil
3 cloves garlic, chopped
2 shallots, chopped
1 (1 inch) piece fresh ginger, minced
3 green onions, chopped
1/3 small head cauliflower, chopped
1 small parsnip, chopped
10 small button mushrooms, chopped
1 pear - peeled, cored and diced
1/2 cup cannellini beans
1/2 teaspoon Dijon mustard
1 teaspoon chopped fresh dill
3/4 cup Chardonnay wine
6 sprigs fresh thyme
1 (14.5 ounce) can fat-free chicken broth
1/3 cup heavy cream
salt and pepper to taste
1/4 cup fat-free chicken broth (optional)

Directions

Heat the butter and olive oil in a large saucepan over low heat. Stir in the garlic, shallots, and ginger, and cook until fragrant but not brown, about 5 minutes. Stir in the green onions, cauliflower, parsnip, and mushrooms, and cook and stir an additional 5 minutes. Add the pear, beans, mustard, and dill, and stir just until heated, about 1 minute.

Stir in the wine and thyme, and turn up the heat to high. Boil, stirring constantly, until the wine is reduced by half and is syrupy, about 5 minutes. Pour in the chicken broth. Return the mixture to a boil, then reduce heat to low and simmer, partly covered, until vegetables are tender, about 20 minutes. Allow the soup to cool slightly.

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.

Stir in cream, and, if needed, thin with additional chicken broth; serve hot. You may wish to serve this soup the next day. It will improve in taste with time.

The Soup with the Little Meatballs

Ingredients

1 egg
2 pounds ground beef
1 cup grated Parmesan cheese
1 teaspoon Italian seasoning

2 quarts chicken broth
2 cups grated Parmesan cheese
1 pound acini di pepe pasta

Directions

In a large bowl, combine 1 cup cheese, Italian seasoning, egg and ground beef. Mix together well and form into small meatballs, no larger than 1 inch in diameter; set aside.

In a large pot over medium high heat, combine the chicken broth and 2 cups cheese. Bring this to a boil and reduce heat to medium. Slowly add the meatballs, stirring gently so that they do not clump together into one uber-meatball. Cook for about 30 minutes, until beef is no longer pink and broth is slightly thickened.

Add the pasta, again stirring gently so that they do not clump, and cook for about 30 more minutes, until pasta is tender and flavors are well blended. Season to taste and serve immediately.

Broccoli and Stilton Soup

Ingredients

1 onion, diced
1 tablespoon olive oil
2 heads broccoli, chopped
2 potatoes, peeled and cubed
4 cups chicken broth
4 ounces stilton cheese

Directions

In a large saucepan over medium heat, cook onions in olive oil until translucent. Stir in broccoli and potatoes and cook until vegetables begin to release their moisture. Pour in chicken broth, bring to a boil, then reduce heat and simmer until vegetables are tender, about 20 minutes. Remove from heat and let cool slightly. Stir in cheese until melted.

Puree soup in a blender or food processor or with an immersion blender.

Cream of Spinach Soup

Ingredients

1 1/2 cups water
3 cubes chicken bouillon
1 (10 ounce) package frozen
chopped spinach
3 tablespoons butter
1/4 cup all-purpose flour
3 cups milk
1 tablespoon dried minced onion
salt and pepper to taste

Directions

In a medium saucepan, combine water, bouillon, and spinach. Bring to a boil, and cook until spinach is tender.

Melt butter in a large saucepan over medium heat. Stir in flour, and cook for 2 minutes. Gradually whisk in milk. Season with minced onion, salt, and pepper. Cook, stirring constantly, until thickened. Stir in spinach mixture.

Vegetable Beef Chunky Soup

Ingredients

1 1/2 pounds lean ground beef
1 (46 fluid ounce) can tomato-
vegetable juice cocktail
1 onion, diced
4 potato, diced
1 (16 ounce) package frozen
mixed vegetables
salt and pepper to taste

Directions

In a large saucepan or stockpot, brown and drain ground beef. Add juice, onion, potatoes, and mixed vegetables. Bring to a boil and let simmer until potatoes are tender. Season with salt and pepper to taste.

Cordon Bleu Soup

Ingredients

1 pound ham sliced 1/2-inch thick, cubed
1 pound chicken thighs
1 1/2 cups frozen O'Brien potatoes
2 (10.75 ounce) cans cream of potato soup
2 cups Kikkoman PEARL Organic Unsweetened Soymilk
8 ounces shredded Swiss cheese
2 tablespoons Dijon mustard

Directions

Cut chicken into cubes. Heat oil in Dutch oven, adding chicken and ham. Saute meat, stirring to keep from sticking for about 5 minutes. Add frozen potatoes, soup and soymilk. Cook over low heat for 8 minutes, until potatoes are soft.

Add Swiss cheese and mustard, stirring gently to combine all ingredients. Heat until cheese is melted stir to blend well.

Sweet Italian Chicken Sausage and Tortellini Soup

Ingredients

1 (16 ounce) package al fresco® All Natural Sweet Italian Chicken Sausage
1 1/2 tablespoons extra virgin olive oil
5 cloves garlic
1/2 cup white wine
3 (14 ounce) cans low fat, low sodium chicken broth
18 ounces refrigerated cheese tortellini
1 1/4 cups fresh red tomatoes, chopped
6 ounces baby spinach leaves
1 tablespoon unsalted butter

Directions

Heat Dutch oven with 1/2 tsp of oil to coat and saute chicken sausage until browned and internal heat is 165 degrees. Remove from pan and slice into small pieces and set aside.

Meanwhile, finely mince the garlic cloves.

Heat remaining oil in pan, add garlic and saute for 30 seconds, stir in wine and broth and bring to a boil. Cook for about 2 minutes then add tortellini. Cook for another 5 minutes and then stir in spinach and tomato. Cook until the spinach wilts, 2 minutes.

Return sauteed sausage pieces to the soup, cook for an additional 5 minutes add the butter and serve when butter is melted.

Lentil Soup II

Ingredients

1 tablespoon olive oil
1 onion, chopped
4 cups beef broth
1 cup dry lentils, rinsed
1/4 cup tomato sauce
1 teaspoon Italian seasoning
salt and pepper to taste

Directions

In a large saucepan over medium heat, combine the oil and onions and saute for 5 minutes, or until onions are tender. Add the broth and bring mixture to a boil.

Add the lentils, sauce and seasoning. Reduce heat to low, cover and simmer for 45 minutes, or until lentils are tender. Salt and pepper to taste.

Hot-and-Sour Prawn Soup with Lemon Grass

Ingredients

1 pound tiger prawns with shell
4 cups chicken stock
3 stalks lemon grass
3 tablespoons fish sauce
1/4 cup lime juice
2 tablespoons chopped green onion
10 kaffir lime leaves, torn in half
1 cup straw mushrooms
1 tablespoon chopped fresh cilantro
4 red chile peppers, seeded and chopped
2 green onions, chopped

Directions

Shell and devein the prawns, reserving the shells. Rinse the shells and place them in a large saucepan with the chicken stock. Bruise the lemon grass stalks, and add them to the broth along with half of the lime leaves. Bring to a boil, then reduce heat to low, and simmer gently until the lemon grass changes color, and the stock becomes fragrant, about 5 minutes. Strain the stock and return to the saucepan. Discard the solids.

Return the stock to a simmer, and add the mushrooms and prawns. Cook until the prawns are pink. Stir in the fish sauce, lime juice, 2 tablespoons green onion, cilantro, red chilies, and remaining lime leaves. Taste, and adjust seasoning if necessary. The soup should be sour, salty, spicy and hot. Garnish with remaining green onions.

Spicy Bean with Bacon Soup

Ingredients

2 pounds dried pinto beans, washed
1 pound bacon, cut into small pieces
1 cup diced onion
6 jalapeno peppers, seeded and diced
3 carrots, minced
1 gallon chicken stock
1 (15 ounce) can tomato sauce
1 teaspoon garlic powder
1 bunch fresh cilantro, chopped
salt and ground black pepper to taste

Directions

Place the pinto beans into a large container and cover with several inches of cool water; let stand 4 hours. Drain and rinse.

Place the bacon in a large stock pot and cook and stir over medium-high heat until evenly browned, about 10 minutes. Add the onion, jalapeno peppers, and carrots; cook and stir until the carrots are soft. Pour in the chicken stock and bring to a boil. Stir in the drained beans, tomato sauce, garlic powder, cilantro, salt, and pepper; simmer until the beans are tender, 3 to 4 hours.

Crab and Sweet Corn Soup

Ingredients

1 tablespoon vegetable oil
1 cup sweet corn kernels
2 cups fish stock
salt and pepper to taste
1 egg, beaten
1 (6 ounce) can crabmeat, drained
and flaked

Directions

Heat the oil in a saucepan over medium-high heat. Add the corn, and fry for about 30 seconds. Pour in the fish stock, and season with salt and pepper. Simmer over medium-low heat for a few minutes. Drizzle in the egg while slowly stirring the soup to create a white swirl.

To serve, divide the crabmeat into 4 bowls, and ladle the hot soup over it.

Spicy Red Bell Pepper Soup

Ingredients

1 tablespoon extra virgin olive oil
6 red bell peppers, seeded and chopped
2 carrots, chopped
2 yellow onions, chopped
2 celery ribs, chopped
4 cloves garlic, chopped
2 quarts chicken broth
1/2 cup long grain rice
2 tablespoons chopped fresh thyme
1/4 teaspoon cayenne pepper
1/4 teaspoon crushed red pepper flakes
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Heat the olive oil in a large pot over medium-high heat. Stir in the bell peppers, carrots, onions, celery, and garlic. Cook and stir the vegetables until soft, about 10 minutes. Stir in the chicken broth, rice, thyme, cayenne pepper, red pepper flakes, salt and pepper, and bring the mixture to a boil. Reduce heat, cover, and simmer until the rice and vegetables are tender, about 25 minutes. Remove from heat. and cool 30 minutes.

Blend the cooled soup until smooth using an hand-held immersion blender directly in the pot. Or use a blender, and blend the soup in batches until smooth.

Beer Cheese Soup V

Ingredients

3/4 cup butter
1/2 cup diced celery
1/2 cup diced carrots
1/2 cup diced onion
3/4 cup all-purpose flour
1/2 teaspoon ground dry mustard
1 (14.5 ounce) can chicken broth
5 ounces shredded Cheddar cheese
5 ounces shredded Monterey Jack cheese
1/2 cup grated Parmesan cheese
1 (12 fluid ounce) can or bottle beer

Directions

In a large saucepan over medium high heat, melt butter. Cook celery, carrots and onion in butter until onion is translucent. Stir in flour and mustard to coat vegetables. Pour in chicken broth and simmer until slightly thickened. Puree mixture in a blender or food processor or using an immersion blender. Return to pot.

When pureed mixture is hot, begin to stir in Cheddar, Monterey Jack and Parmesan, a little at a time, alternately with the beer, until all is fully incorporated and melted. Serve at once.

Simple Kale Soup

Ingredients

8 cups chicken broth
1 bunch kale, rinsed and sliced
1 1/2 pounds potatoes, cut into chunks
1 pound diced fully cooked turkey ham
4 cloves garlic, chopped
freshly ground black pepper to taste

Directions

Measure the chicken broth into a large pot. Bring to a boil over medium heat. When it comes to a boil, add the kale, potatoes, ham and garlic. Season with ground black pepper. Simmer covered over low heat for 1 1/2 hours.

Easy Sausage-Pasta Soup

Ingredients

2 pounds sweet Italian sausage,
casings removed
1 cup chopped onion
2 (28 ounce) cans stewed
tomatoes, chopped
3 1/2 cups beef broth
2 cups water
1/4 pound salami, cut into strips
2 1/2 cups rotini pasta

Directions

In a heavy pot over medium heat cook crumbled sausage and onions and drain well.

Stir in tomatoes, broth, water, and salami, heat to a boil. Reduce heat, cover, and simmer 15 minutes.

Add rotini, and simmer 15 minutes more or until pasta is done.

Wild Rice Soup IV

Ingredients

2 pounds bacon
1 cup uncooked wild rice
2 cups water
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped green bell pepper
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
2 (14.5 ounce) cans chicken broth
3 1/2 cups water

Directions

In a small sauce pan, cook rice with two cups of water until tender; set aside. Fry the bacon until crisp. Drain, but reserve 5 tablespoons of the grease. Crumble bacon and set aside.

Fry the onions, celery and green peppers in the bacon grease until the onions are translucent. Transfer the vegetables, rice and crumbled bacon to a 5 quart pan. Stir in the mushroom and chicken soups, chicken broth and remaining 3 1/2 cups of water. Simmer over medium heat for one hour to blend all of the flavors.

Rich and Simple French Onion Soup

Ingredients

1/2 cup unsalted butter
2 tablespoons olive oil
4 cups sliced onions
4 (10.5 ounce) cans beef broth
2 tablespoons dry sherry (optional)
1 teaspoon dried thyme
salt and pepper to taste
4 slices French bread
4 slices provolone cheese
2 slices Swiss cheese, diced
1/4 cup grated Parmesan cheese

Directions

Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.

Add beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.

Heat the oven broiler.

Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer). Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.

Cream of Mango Soup

Ingredients

2 mango - peeled, seeded and cubed

1/4 cup white sugar

1 lemon, zested and juiced

1 1/2 cups half-and-half

Directions

Place the mango, sugar, lemon juice, lemon zest and half-and-half into a blender or food processor. Cover, and process until smooth and creamy. Serve chilled.

Taco Soup VIII

Ingredients

1 pound lean ground beef
1 small onion, chopped
1 (1 ounce) package taco seasoning mix
1 (15 ounce) can tomato sauce
1 (15 ounce) can whole kernel corn, drained
2 (15 ounce) cans kidney beans, drained
6 cups corn tortilla chips
1 cup shredded Cheddar cheese
1/2 cup chopped green onion

Directions

In a skillet over medium heat, cook beef and onion until beef is browned; drain. Place beef mixture in slow cooker with taco seasoning, tomato sauce, corn, and beans.

Cover, and cook on Low 2 hours. To serve, put a handful of corn chips in each bowl, and top with soup, cheese, and green onions.

Spicy Italian Sausage and Black Bean Soup

Ingredients

1 teaspoon vegetable oil
1 pound hot Italian sausage

5 cloves garlic, minced
1 large onion, diced
2 carrots, diced
1 russet potato, cubed
5 stalks celery, diced
1 (6 ounce) can tomato paste
1 cup red wine
1 (32 fluid ounce) container beef broth
1 (15 ounce) can black beans, rinsed and drained
1 (28 ounce) can diced tomatoes

1 cup uncooked rotini pasta
1 cup baby spinach leaves
1 1/2 teaspoons dried oregano
1 bunch fresh basil, chopped
salt and black pepper to taste

Directions

Heat the vegetable oil in a large pot over medium heat. Cook the Italian sausages in the hot oil, turning occasionally, until browned on the outside and no longer pink in the center, 10 to 15 minutes. Set aside to cool; remove all but 1 tablespoon of grease from the pot.

Stir the garlic, onion, carrot, potato, and celery into the hot fat. Cook until the vegetables are tender and the onion has turned translucent, about 7 minutes. Stir in the tomato paste until no lumps remain; pour in the red wine. Bring to a boil over high heat and cook until the liquid has reduced by half, stirring frequently to dissolve the brown bits from the bottom of the pan. Add the beef broth, black beans, and diced tomatoes. Reduce heat to medium-low, cover, and simmer 1 hour.

Cut the cooled sausage into 1/2-inch thick slices. Stir the sausage into the soup along with the rotini pasta, spinach, and dried oregano. Simmer until the pasta is tender, 7 to 10 minutes. Stir in the chopped basil and season to taste with salt and pepper before serving.

Oriental Shrimp Noodle Soup

Ingredients

2 teaspoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 tablespoon minced fresh ginger root
1 pinch crushed red pepper
2 quarts chicken broth
1 cup peeled, diagonally sliced carrots
1 cup diagonally sliced celery
2 cups snow peas
12 ounces fresh shrimp, peeled and deveined
4 ounces rice vermicelli
2 tablespoons soy sauce
1/4 teaspoon ground black pepper

Directions

In a large saucepan over medium heat cook onion, garlic, ginger and crushed red pepper in oil for 2 minutes. Pour in broth, carrots and celery and bring to a boil. Reduce heat, cover and simmer 5 minutes. Stir in snow peas and shrimp, cover and cook 3 minutes. Break noodles into 2 inch pieces and stir in to soup; cover and cook 3 minutes more, until vegetables are tender and shrimp is pink. Stir in soy sauce and pepper and serve.

Tarragon-Turkey Soup

Ingredients

1 tablespoon olive oil
1 pound ground turkey
1/2 cup diced onion
1/4 cup diced green bell pepper
1 (48 fluid ounce) can chicken broth
2 tablespoons dried tarragon
3 carrots, peeled and thinly sliced
5 small red potatoes, diced with peel
salt and pepper to taste
3/4 cup quick-cooking barley

Directions

Heat olive oil in a large pot over medium-high heat. Add ground turkey; cook and stir until the turkey has crumbled and begun to brown, 3 to 4 minutes. Stir in the onion and green pepper, and continue cooking until the onion softens and turns translucent, about 3 minutes.

Pour in the chicken broth, and add the tarragon, carrots, and red potatoes. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes soften, about 20 minutes, stirring occasionally. Season to taste with salt and pepper, then stir in barley. Continue simmering until the barley is tender, about 15 minutes.

Italian White Bean And Pancetta Soup

Ingredients

6 ounces pancetta bacon, finely diced
1/4 cup olive oil
1 cup red onion, chopped
1 cup chopped celery
1 tablespoon chopped fresh sage
1 teaspoon salt
1 teaspoon ground black pepper
6 cups chicken stock
4 (19 ounce) cans cannellini beans, drained and rinsed
2 cups seashell pasta
1 teaspoon salt
2 tablespoons chopped fresh parsley

Directions

In an 8 quart pot, saute pancetta in olive oil until soft. Add onion and celery; saute, stirring, for about 5 minutes. Stir in sage, 1 teaspoon salt, and black pepper. Add chicken stock, cover, and bring to a boil. Add beans to soup, cover, and simmer for 30 minutes.

Cook pasta in 4 quarts boiling water with 1 teaspoon salt until al dente. Drain, and add to soup.

Stir in minced parsley before serving, and sprinkle with grated cheese.

Albondigas Soup I

Ingredients

1 pound lean ground beef
1/4 pound pork sausage
1 onion, chopped
1 egg, beaten
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/4 cup milk
1/4 cup chopped fresh basil
1/2 cup cornmeal
6 (14 ounce) cans beef broth
1 (8 ounce) jar salsa
1 onion, chopped
2 (14.5 ounce) cans peeled and diced tomatoes
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon ground black pepper
1/2 cup white rice

Directions

Mix together beef broth, salsa, 1 onion, tomatoes, dried basil, oregano, and 1/4 teaspoon pepper. (If you use condensed beef broth (e.g., Campbell's), eliminate the salt in the meatballs and use 5 cans (10.5 ounces each) broth plus one quart water.) Bring to a boil and simmer 20 minutes.

Combine ground chuck, sausage, 1 onion, egg, salt, 1/4 teaspoon pepper, garlic powder, milk, fresh basil, and cornmeal, and mix well. Form into tiny, bite-size meatballs.

Add meatballs and rice to broth. Simmer, covered, very slowly for 1 to 1 1/2 hours.

Quick and Hearty Asparagus Soup

Ingredients

1 pound fresh asparagus, trimmed
1 tablespoon butter

1/2 cup butter
1 onion, chopped
2 cloves garlic, minced
3 tablespoons all-purpose flour
1 (10.75 ounce) can cream of chicken soup
6 cups milk
1/2 teaspoon hot pepper sauce
2 tablespoons salt
1 tablespoon ground black pepper
1/4 teaspoon liquid smoke flavoring

Directions

Cut the asparagus spears into bite-size pieces; set the tips aside. Divide the spear pieces into two separate microwave-safe containers. Place 1/2 tablespoon butter in each bowl. Loosely cover both containers and place in the microwave oven; cook on High until the asparagus is completely soft, 15 to 20 minutes.

While the asparagus steams, melt 1/2 cup butter in a large saucepan over medium-high heat; cook the onion and garlic in the butter until soft, about 5 minutes. Sprinkle in the flour and stir briskly for 1 minute. Add the chicken soup, milk, hot pepper sauce, salt, pepper, liquid smoke, and the steamed asparagus stalks; cook until heated through, 7 to 10 minutes.

Pour about 3/4 of the soup into a blender in batches, 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 until smooth and pour into a clean pot. Add the remaining 1/4 of the soup into the pureed soup; stir in the asparagus spears. Cook until thoroughly reheated, about 5 minutes.

Finnish Summer Soup

Ingredients

2 cups water
5 small potatoes, peeled and halved
1 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons butter
6 cups green onions, cut into 3 inch lengths
12 baby carrots
1 1/2 pounds fresh green beans, cut into 1-inch lengths
2 cups fresh shelled green peas
2 cups half-and-half
3 tablespoons all-purpose flour

Directions

Heat water to boiling in a medium pot; add potatoes. Reduce heat and simmer until potatoes are tender, approximately 15 to 20 minutes.

Add salt, pepper, butter, onions, carrots and green beans; simmer until tender then add peas.

In a small bowl, stir together half-and-half and flour until smooth; stir into the simmering vegetables. Cook, stirring constantly until the soup is slightly thickened. Serve immediately.

Minestrone Soup

Ingredients

4 cups vegetable stock
2 (14.5 ounce) cans stewed tomatoes
1 large potato, cubed
1 onion, chopped
2 stalks celery, chopped
2 carrots, chopped
1 large head cabbage, finely chopped
2 tablespoons Italian seasoning
1 (15 ounce) can kidney beans
3 cups fresh corn kernels
1 large zucchini, sliced
1 cup uncooked orzo pasta
salt and pepper to taste

Directions

In a large soup pot combine the vegetable stock, the undrained tomatoes, potato, onion, celery, carrot, cabbage and Italian seasoning. Bring to a boil and reduce heat. Simmer for about 15 minutes.

Stir in the beans, corn, zucchini and pasta; simmer for 10 to 15 more minutes until the vegetables are tender. Season with salt and pepper.

Easy Japanese Steakhouse Soup

Ingredients

3 cups chicken stock
1 cup water
1 tablespoon minced fresh ginger root
1 clove garlic, minced
2 tablespoons soy sauce
2 skinless, boneless chicken breast halves - cubed
1/4 pound fresh snow peas, trimmed and halved
1 carrot, chopped
3 fresh mushrooms, sliced
2 green onions, chopped

Directions

Bring the chicken stock, water, ginger, garlic, and soy sauce to a simmer in a large pot over medium-high heat. Stir in the chicken, and return to a simmer. Reduce heat to medium-low, and continue simmering until the chicken is tender and no longer pink on the inside, about 15 minutes.

Stir in the snow peas and carrot, and simmer 5 minutes. Add the mushrooms, and continue simmering until the vegetables are tender, about 3 minutes. Stir in the green onions, and serve.

Cool Raspberry Soup

Ingredients

20 ounces frozen raspberries,
thawed
1 1/4 cups water
1/4 cup white wine
1 cup cran-raspberry juice
1/2 cup sugar
1 1/2 teaspoons ground cinnamon
3 whole cloves
1 tablespoon lemon juice
1 (8 ounce) container low-fat
raspberry yogurt
1/2 cup sour cream

Directions

In a blender, puree raspberries, water and wine if desired. Transfer to a large saucepan; add the cran-raspberry juice, sugar, cinnamon and cloves. Bring just to a boil over medium heat.

Remove from the heat; strain and allow to cool. Whisk in lemon juice and yogurt. Refrigerate. To serve, pour into small bowls and top with a dollop of sour cream.

Hamburger Rice Soup

Ingredients

1 pound ground beef
2 (14.5 ounce) cans diced tomatoes
2 cups cubed potatoes
2 carrots, chopped
1 onion, chopped
4 teaspoons salt
1/4 cup uncooked white rice
1/8 teaspoon ground black pepper
6 cups water

Directions

In a large saucepan over medium heat, saute the ground beef for 5 minutes, or until browned. Drain the excess fat and add the tomatoes with liquid, potatoes, carrots, onion, salt, rice, black pepper and water. Bring to a boil and reduce heat to low. Simmer for 1 hour and serve.

Chickpea Soup I

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
2 cups peeled and chopped sweet potatoes
3 cups chicken broth
1 bay leaf
1 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon paprika
1 tomato, chopped
1 (10 ounce) package frozen mixed vegetables
1 (15 ounce) can garbanzo beans, drained
salt to taste
ground black pepper to taste

Directions

In a saucepan, warm oil over moderate heat. Add onion, garlic, and sweet potatoes; saute 5 minutes.

Stir in broth, bay leaf, basil, thyme, and paprika. Salt and pepper to taste. Bring to a boil, and then reduce heat to medium low. Cover. Simmer until vegetables are tender but not mushy, about 15 minutes.

Stir in tomato, green beans, and chickpeas. Simmer uncovered until tender, about 10 minutes more. Serve hot.

Oxtail Soup II

Ingredients

1 pound beef oxtail
1 pound cubed beef stew meat
6 potatoes, chopped
2 onions, chopped
2 Roma (plum) tomatoes,
quartered
6 stalks celery, chopped
2 carrots, chopped
1/2 medium head cabbage,
chopped
2 cucumbers, sliced
4 cubes beef bouillon
ground black pepper to taste

Directions

In a large stock pot add oxtail, beef, potatoes, onion, tomatoes, celery, carrots, cabbage and cucumbers. Fill stock pot with water until all ingredients are covered.

Stir in bouillon cubes and season with pepper. Cook over medium heat until vegetables are tender and beef is cooked through.

Turtle Soup

Ingredients

1 1/3 pounds turtle meat
4 1/2 cups water
2 medium onions
1 bay leaf
1/4 teaspoon cayenne pepper
1 1/4 teaspoons salt
5 tablespoons butter or margarine
1/3 cup all-purpose flour
3 tablespoons tomato puree
3 tablespoons Worcestershire sauce
1/3 cup chicken broth
2 hard-cooked eggs, chopped
1/4 cup lemon juice
Chopped fresh parsley

Directions

In a heavy 4-qt. saucepan, bring turtle meat and water to a boil. Skim off foam. Chop 1 onion and set aside. Quarter the other onion; add to saucepan along with bay leaf, cayenne pepper and salt. Cover and simmer for 2 hours or until the meat is tender. Remove meat with a slotted spoon and cut into 1/2-in. cubes; set aside. Strain broth and set aside. Rinse and dry saucepan; melt butter over medium-high heat. Cook chopped onion until tender. Add flour; cook and stir until bubbly and lightly browned. Whisk in reserved broth; cook and stir until thickened. Reduce heat; stir in tomato puree and Worcestershire sauce. Simmer,

uncovered, for 10 minutes. Add chicken broth, eggs, lemon juice and meat. Simmer for 5 minutes or until heated through. Garnish with parsley if desired.

Cream of Jerusalem Artichoke Soup

Ingredients

1/4 cup butter
2 onions, minced
1 pound Jerusalem artichokes,
roughly chopped
2 potatoes, peeled and cubed
1 tablespoon brandy
1 tablespoon all-purpose flour
3 cups chicken broth
3/4 cup heavy whipping cream
salt and pepper to taste
1/4 cup chopped fresh parsley, for
garnish

Directions

Melt the butter in a large pan over medium heat until foamy. Add the onions, artichokes and potatoes and cook, covered, over low heat for 10 minutes. Uncover and cook for an additional 8 minutes.

Stir in the brandy, and flour, and cook for 1 minute. Gradually stir in about 2 cups of the stock, stirring continuously, until the soup boils and thickens. Simmer for a further 5 minutes. Transfer to a food processor and puree until smooth, adding more stock if needed.

Return to the pan, add the cream and season well with salt and freshly ground black pepper, then reheat. Sprinkle with the chopped parsley, to serve.

Sweet and Chunky Tomato Soup

Ingredients

1/2 red bell pepper, diced
1/2 yellow bell pepper, diced
3/4 teaspoon butter, divided
8 tomatoes, peeled and sliced
1 medium onion, diced
2 cloves garlic, minced
2 cups chicken broth
2 teaspoons salt
1 teaspoon white sugar
1/4 teaspoon ground cloves
1 1/2 teaspoons dried oregano
1 1/2 teaspoons dried basil
1 cup milk
1 tablespoon cornstarch

Directions

Place the red bell pepper and yellow bell pepper in a large pot with 1/4 teaspoon butter, and cook, stirring constantly, until peppers are slightly charred. Mix in tomatoes, onion, garlic, and chicken broth. Season with salt, sugar, cloves, oregano, and basil. Bring to a boil, and cook 20 minutes, until tomatoes are soft.

Mix the milk and cornstarch in a small saucepan, and stir until smooth. Place saucepan over medium heat, and stir in remaining 1/2 teaspoon butter. Continue to cook and stir until thickened. Mix into the pot with vegetables.

Strain about 1/2 the vegetables from the soup and transfer to a blender. Blend until smooth, and return to the pot. Bring soup to a boil, reduce heat to low, and simmer 5 minutes. Remove from heat, and let sit about 5 minutes before serving.

Chicken Veggie Soup II

Ingredients

1 tablespoon olive oil
1/2 pound skinless, boneless
chicken breast meat - cut into
bite-size pieces
1 onion, chopped
2 cloves garlic, minced
1 cup sliced carrots
1 cup broccoli florets
1 cup chopped cauliflower
1 cup chopped celery
2 cups whole peeled tomatoes
with liquid, chopped
4 cups fat free chicken broth
1 cup chopped fresh spinach
6 drops hot pepper sauce
salt and pepper to taste

Directions

Heat the oil in a large saucepan over medium heat. add the chicken and saute for 5 to 10 minutes, or until browned; set aside.

To the same saucepan add the onion, garlic and carrots and saute for about 3 to 5 minutes. Then add the broccoli, cauliflower, celery, tomatoes, chicken broth and reserved chicken.

Stir together well, bring to a slow boil, reduce heat to low and simmer for 25 to 30 minutes. Stir in the spinach, hot pepper sauce and salt and pepper to taste.

Easy Tomato Crab Soup

Ingredients

2 tablespoons olive oil
2 cloves garlic, minced
1/4 cup chopped onion
1 (10.75 ounce) can condensed tomato soup
1 (14.5 ounce) can diced tomatoes
1 (6 ounce) can crabmeat
1 pint half-and-half cream

Directions

In a large saucepan over medium heat, cook garlic and onion in oil until softened. Stir in tomato soup, tomatoes and crabmeat and heat through. Stir in half-and-half and cook until bubbly.

Italian Wedding Soup II

Ingredients

2 medium heads escarole,
cleaned and chopped
8 cups chicken broth
1 pound ground beef
4 eggs, divided
1 cup dry bread crumbs
2 tablespoons dried basil
1 teaspoon dried parsley
1 1/2 cups grated Parmesan
cheese

Directions

In a large pot of boiling water, add the escarole and cook until it wilts (this removes the bitter taste from the greens). Remove from heat and strain the greens from the water. When cooled, squeeze out all excess liquid.

In a separate pot over medium heat, bring the broth to a boil. In a separate large bowl, combine the ground beef, 1 egg, breadcrumbs, basil, parsley and 1/2 cup Parmesan cheese. Mix well and form into bite-size balls. Drop the balls into the broth. When they rise to the top, they are cooked.

Add the escarole to the broth. In a separate bowl, combine the remaining 3 eggs with the remaining 1 cup of cheese. Pour this mixture into the soup, stirring continuously, until the egg is cooked.

Slow Cooker Taco Soup

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix
1 (14.5 ounce) can diced tomatoes and green chiles, undrained
1 (15.5 ounce) can corn, undrained
1 (15.5 ounce) can black beans, undrained
1 (15 ounce) can sliced black olives
1 onion, diced
1 green bell pepper, diced
1 cup tomato juice

Directions

Heat a large skillet over medium-high heat; cook and stir beef until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Transfer beef to a slow cooker and sprinkle with the taco seasoning mix and ranch dressing mix.

Add the diced tomatoes and green chiles, corn, and black beans, all with their liquid, to the slow cooker. Stir the black olives, onion, bell pepper, and tomato juice into the ground beef mixture. Cook on Low until the vegetables are completely tender, about 5 hours.

Nigerian Peanut Soup

Ingredients

4 cups chicken broth
1 jalapeno pepper, seeded and minced
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1/2 cup crunchy peanut butter

Directions

In 1-quart saucepan add broth and chili peppers and bring mixture to a boil. Stir in bell pepper and onion and return to a boil. Reduce heat to low, cover, and let simmer until vegetables are tender, about 10 minutes.

Reduce heat to lowest possible temperature; add peanut butter and cook, stirring constantly, until peanut butter is melted and mixture is well blended.

Pasta Cheeseburger Soup

Ingredients

1 pound ground beef
1/2 cup chopped onion
3 cups water
1 (10.75 ounce) can condensed cheddar cheese soup, diluted
1 (10.75 ounce) can condensed tomato soup, undiluted
3 tablespoons dill pickle relish
1 cup small pasta shells, uncooked
Ketchup and mustard

Directions

In a large saucepan, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the water, soups and relish. Bring to a boil. Reduce heat; add pasta. Cook, uncovered for 15-20 minutes or until pasta is tender stirring occasionally. Drizzle each serving with ketchup and mustard.

Cream of Mushroom Soup I

Ingredients

5 cups sliced fresh mushrooms
1 1/2 cups chicken broth
1/2 cup chopped onion
1/8 teaspoon dried thyme
3 tablespoons butter
3 tablespoons all-purpose flour
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup half-and-half
1 tablespoon sherry

Directions

In a large heavy saucepan, cook mushrooms in the broth with onion and thyme until tender, about 10 to 15 minutes.

In blender or food processor, puree the mixture , leaving some chunks of vegetable in it. Set aside.

In the saucepan, melt the butter, whisk in the flour until smooth. Add the salt, pepper, half and half and vegetable puree. Stirring constantly, bring soup to a boil and cook until thickened. Adjust seasonings to taste, and add sherry.

Chilled Potato Soup

Ingredients

1 1/3 cups milk
1 (10.75 ounce) can condensed
cream of potato soup, undiluted
3/4 teaspoon snipped fresh basil
or 1/4 teaspoon dried basil
1/4 teaspoon snipped fresh or
dried chives
1 cup sour cream
1/4 cup white wine or chicken
broth

Directions

Place all the ingredients in a blender or food processor; cover and process until smooth. Transfer to a bowl; cover and chill until serving.

Creamy Shrimp and Corn Soup

Ingredients

1 pound medium shrimp - peeled and deveined
1 onion, chopped
1/4 cup margarine
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can low-fat cream of celery soup
1 (16 ounce) package frozen corn kernels
1 (14.5 ounce) can chicken broth
1 cup skim milk
1 pinch dried rosemary
1 pinch dried thyme
1 pinch ground nutmeg
salt and pepper to taste

Directions

In a large pot over medium high heat, saute the shrimp and the onions in the butter or margarine for about 5 minutes or until onions are tender. Add the cream of chicken soup, cream of celery soup, corn, broth, milk, rosemary, thyme, nutmeg and salt and pepper to taste. Reduce heat to low and simmer for 20 minutes. Serve with French bread.

Stewed Vegetables and Ham Soup

Ingredients

1 (14.5 ounce) can Italian stewed tomatoes, cut up
3/4 cup chicken broth
1 tablespoon minced fresh basil
1/8 teaspoon pepper
1/2 cup frozen mixed vegetables
1/2 cup cubed fully cooked ham
1/2 cup frozen cut green beans
1/2 cup cooked spiral pasta

Directions

In a medium saucepan, combine the tomatoes, chicken broth, basil and pepper. Bring to a boil. Stir in the mixed vegetables, ham and beans. Return to a boil. Reduce heat; cover and simmer about 10 minutes or until vegetables are tender. Stir in pasta and heat through.

Carnation® Chicken And Wild Rice Soup

Ingredients

1 (6 ounce) package long-grain
and wild rice mix, prepared
according to package directions
1 tablespoon vegetable oil
2 boneless skinless chicken
breast halves, chopped
2 cups sliced fresh mushrooms
1 1/4 cups chopped onion
2 cloves garlic
2 (14.5 ounce) cans chicken broth
1/2 teaspoon dried tarragon
1/4 teaspoon dried thyme
1/4 teaspoon salt
1/8 teaspoon ground black
pepper
1 (12 fluid ounce) can NESTLE®
CARNATION® Evaporated Milk
2 tablespoons cornstarch
2 tablespoons dry white wine
sliced green onions and toasted
slivered almonds (optional)

Directions

HEAT vegetable oil in large saucepan over medium-high heat. Add chicken, mushrooms, onion and garlic; cook, stirring occasionally, for 5 to 8 minutes or until vegetables are tender and chicken is no longer pink.

ADD rice, broth, tarragon, thyme, salt and pepper; bring to a boil over medium-high heat. Combine small amount of evaporated milk and cornstarch in small bowl; stir until smooth. Add to saucepan with remaining evaporated milk and wine. Cook, stirring occasionally, for 3 to 5 minutes or until soup is thickened. Garnish with green onions and almonds.

Hobart's Chicken and Red Bean Soup

Ingredients

1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 1/2 quarts water
1/4 cup diced onion
1 pound boneless chicken breast halves, cooked and cubed
1 (16.5 ounce) can red beans, drained and rinsed
1 cup chopped broccoli
1 cup diced carrots
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon Cajun seasoning
1 pinch garlic powder

Directions

In a large saucepan over medium-high heat, combine diced tomatoes, tomato sauce, water and onion. Bring to a boil, then stir in cooked chicken, beans, broccoli, carrots, salt, pepper, Cajun seasoning and garlic powder. Let boil 5 minutes, then reduce heat and simmer 20 minutes more.

Hot and Sour Cabbage Soup

Ingredients

4 (15 ounce) cans chicken broth
1 pound crumbled ground pork
1 small head green cabbage,
cored and shredded
1 1/2 cups fresh bean sprouts
1 bunch green onions, chopped
1 (15.25 ounce) can whole kernel
corn
10 fresh mushrooms, sliced
1 teaspoon minced fresh ginger
root
1/2 teaspoon minced garlic
1/3 cup distilled white vinegar
1 1/2 teaspoons sesame oil
1/4 cup Szechwan sauce
1/4 cup soy sauce
1/3 teaspoon cayenne pepper

Directions

Pour chicken stock into a large pot. Stir the crumbled ground pork into the stock, and simmer over medium heat until the pork is cooked through and no longer pink, about 15 minutes. Stir in the cabbage, bean sprouts, green onions, corn, mushrooms, ginger, garlic, vinegar, sesame oil, Szechwan sauce, soy sauce, and cayenne pepper, and cook 5 minutes more. Adjust seasonings to taste.

Roasted Garlic Soup

Ingredients

4 bulbs garlic
1/4 cup olive oil
6 tablespoons unsalted butter
4 leeks, chopped
1 onion, chopped
6 tablespoons all-purpose flour
4 cups chicken broth
1/3 cup dry sherry
1 cup heavy whipping cream
1 tablespoon lemon juice, or to taste
salt to taste
1/4 teaspoon freshly ground white pepper
2 tablespoons chopped fresh chives

Directions

Cut off top 1/4 inch of each garlic head. Place in a small, shallow baking dish. Drizzle olive oil over. Bake at 350 degrees F (175 degrees C) until golden, about 1 hour. Cool slightly. Press individual garlic cloves between thumb and finger to release. Chop garlic.

Melt butter or margarine in heavy large saucepan over medium heat. Add garlic, leeks, and onion; saute until onion is translucent, about 8 minutes. Add flour and cook 10 minutes, stirring occasionally. Stir in hot broth and sherry. Simmer 20 minutes, stirring occasionally. Cool slightly.

Puree soup in batches in a blender or food processor.

Return soup to saucepan, and add cream. Simmer until thickened, about 10 minutes. Add lemon juice to taste. Season with salt and white pepper. Ladle into bowls. Garnish with chives.

Egg Drop Soup I

Ingredients

4 cups water
4 cubes chicken bouillon
2 eggs
1 teaspoon dried parsley
1 tablespoon dried minced onion
1 tablespoon cornstarch

Directions

In a medium saucepan, combine water, bouillon, and parsley and onion flakes. Bring to a boil.

Lightly beat eggs together. Gradually stir into soup.

Remove about half a cup of the soup. Stir in cornstarch until there are no lumps, and return to the soup. Boil until soup thickens.

Spice It Up Soup

Ingredients

1 pound uncooked hot Italian turkey sausage links, sliced
1/2 pound lean ground beef
1 large onion, chopped
1 medium green pepper, chopped
3 garlic cloves, minced
2 (14.5 ounce) cans beef broth
2 cups water
2 cups fresh or frozen corn
1 (14.5 ounce) can diced tomatoes with green chilies, undrained
1 cup diced carrots
1/3 cup minced fresh cilantro or parsley
2 jalapeno peppers, seeded and chopped*
1/2 teaspoon salt
1/2 teaspoon ground cumin

Directions

In a large saucepan, cook sausage, beef, onion, green pepper and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until heated through.

Coconut-Tamari Mushroom Soup

Ingredients

2 cubes vegetable bouillon
6 cups boiling water
4 cups sliced fresh mushrooms
3 tablespoons dried wakame
(brown) seaweed
3 tablespoons olive oil
3 cloves garlic, minced
2 (14 ounce) cans coconut milk
1/4 cup chopped fresh cilantro
1 lime, juiced
1 teaspoon tamari, or to taste

Directions

Dissolve the vegetable bouillon cubes in the boiling water, then stir in the sliced mushrooms; set aside for 20 minutes. Place the seaweed in a small bowl, and cover with warm water; set aside.

Heat the olive oil in a large saucepan over medium-low heat. Stir in the garlic and cook until softened, about 5 minutes. Strain the mushrooms from the vegetable broth and squeeze dry; reserve the broth. Stir the mushrooms into the pot; cook and stir until the mushrooms have browned and are tender, about 15 minutes. Pour in the coconut milk and reserved vegetable broth. Drain the wakame and squeeze out excess water. Add the wakame to the pot along with the cilantro, lime juice, and tamari. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer to let the flavors mingle, about 20 minutes.

Greek Lemon Chicken Soup

Ingredients

8 cups chicken broth
1/2 cup fresh lemon juice
1/2 cup shredded carrots
1/2 cup chopped onion
1/2 cup chopped celery
6 tablespoons chicken soup base
1/4 teaspoon ground white pepper
1/4 cup margarine
1/4 cup all-purpose flour
1 cup cooked white rice
1 cup diced, cooked chicken meat
16 slices lemon
8 egg yolks

Directions

In a large pot, combine the chicken broth, lemon juice, carrots, onions, celery, soup base, and white pepper. Bring to a boil on high, then simmer for 20 minutes.

Blend the butter and the flour together. Then gradually add it to the soup mixture. Simmer for 10 minutes more, stirring frequently.

Meanwhile, beat the egg yolks until light in color. Gradually add some of the hot soup to the egg yolks, stirring constantly. Return the egg mixture to the soup pot and heat through. Add the rice and chicken. Ladle hot soup into bowls and garnish with lemon slices.

ViVi's Bacon and Tomato Soup

Ingredients

1 cup elbow macaroni
8 slices thick-cut bacon, cut into quarters
1 small yellow onion, finely chopped
2 (15 ounce) cans tomato sauce
1 (14.5 ounce) can diced tomatoes
5 cubes beef bouillon
3 cups water
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the macaroni, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 8 minutes. Drain well in a colander set in the sink.

Place the bacon pieces and onion into a large saucepan or soup pot over medium heat, and cook and stir until the onion is beginning to brown and the bacon is crisp, about 10 minutes. Stir in tomato sauce, diced tomatoes, beef bouillon cubes, water, garlic powder, onion powder, and cooked macaroni, and bring to a boil. Cover the pot, reduce heat, and simmer for 10 minutes.

Potato Soup VI

Ingredients

10 pounds peeled and cubed
potatoes
4 cups non-dairy creamer
salt and pepper to taste

Directions

Place potatoes in a large pot, and cover with water. The water level should stand about 2 inches above potatoes. Bring to a boil, reduce heat, and simmer until very tender.

Remove soup from heat, and slowly stir in nondairy creamer. Continue stirring until soup is creamy.

Mash slightly with a potato masher. Season with salt and pepper. Serve hot or cold.

Soupy Joes

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (10.5 ounce) can condensed vegetable soup, undiluted
1 tablespoon ketchup
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 teaspoon pepper
6 hamburger buns, split and toasted

Directions

In a saucepan over medium heat, cook beef and onion until beef is no longer pink; drain. Add soup, ketchup, mustard, salt and pepper; mix well. Simmer, uncovered, for 5-10 minutes. Serve on buns.

Oma's Fabulous Matzo Ball Soup

Ingredients

2 (10 ounce) packages matzo crackers
1/2 cup butter
6 eggs
salt and pepper to taste
3 tablespoons minced fresh parsley
2 onions, minced
5 ounces matzo meal
96 ounces chicken broth

Directions

Bring a large pot of lightly salted water to a boil.

Break matzo crackers into small pieces, and place in a large bowl. Add water to cover; allow to soak for a few minutes, until soft. Drain off excess water.

Melt butter in a large skillet over medium heat and stir in drained matzos; stir until mixture is dry and slightly brown. Remove from heat, and mix in eggs, salt and pepper to taste, parsley, and onions.

Mix in just enough matzo meal to make mixture hold together. Roll one golf ball-size matzo ball. Place matzo ball in the boiling water to test the mixture. The ball must rise to the top of the water and not break apart. If it does not rise, then too much matzo meal was added. In this case, add another beaten egg to the mixture and try again. When desired consistency is reached, roll all of mixture into golf ball size spheres.

In a large saucepan, bring chicken broth to a slow boil over medium heat; add balls to broth. Serve soup as the balls rise to the top of the broth.

Chicken Enchilada Soup II

Ingredients

1 tablespoon vegetable oil
1 pound boneless, skinless
chicken breast halves
1/2 cup diced onion
1 clove garlic, minced
4 cups chicken broth
1 cup masa harina
3 cups water, divided
1 cup enchilada sauce
1 pound processed cheese,
cubed
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon ground cumin

Directions

Heat oil in a large pot over medium heat. Brown chicken breasts for 4 to 5 minutes on each side. Shred and set aside.

To the pot add onions and garlic; saute for 2 minutes, or until onions are translucent. Pour in chicken broth.

In a medium bowl combine masa harina with 2 cups of water and whisk until well blended.

To the onions and garlic add the masa harina mixture, remaining water, enchilada sauce, cheese, salt, chili powder and cumin. Bring to a boil; add shredded chicken. Reduce heat to low and simmer 30 to 40 minutes, or until thickened.

COLLEGE INN® Creamy Turkey and Wild Rice

Ingredients

4 cups COLLEGE INN® Turkey
Broth
2 cups water
3 cups shredded cooked turkey
1 (4.5 ounce) package quick
cooking long grain and wild rice
with seasoning packet
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
3/4 cup all-purpose flour
1/2 cup butter
2 cups heavy cream
1 cup Del Monte® canned peas

Directions

In a large pot over medium heat, combine broth, water and turkey. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice; add peas. Cook over medium heat until heated through, 10 to 15 minutes.

Cauliflower-Cheese Soup

Ingredients

3/4 cup water
1 cup cauliflower, chopped
1 cup cubed potatoes
1/2 cup finely chopped celery
1/2 cup diced carrots
1/4 cup chopped onion
1/4 cup butter
1/4 cup all-purpose flour
3 cups milk
salt and pepper to taste
4 ounces shredded Cheddar cheese

Directions

In a large saucepan, combine water, cauliflower, potatoes, celery, carrots, and onion. Boil for 5 to 10 minutes, or until tender. Set aside.

Melt butter in separate saucepan over medium heat. Stir in flour, and cook for 2 minutes. Remove from heat, and gradually stir in milk. Return to heat, and cook until thickened. Stir in vegetables with cooking liquid, and season with salt and pepper. Stir in cheese until melted, and remove from heat.

Cheeseburger Vegetable Soup

Ingredients

1 pound lean ground beef
1/2 cup shredded carrots
1/2 cup chopped celery
1/2 cup chopped onion
3 cups chicken broth
2 cups cooked white rice
1 (15 ounce) can mixed vegetables, drained
1 pound processed cheese food (eg. Velveeta), cubed
1 (11 ounce) can condensed cream of Cheddar cheese soup
2 1/2 cups milk
8 ounces sour cream

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Simmer carrots, celery, onion, and broth for about 10 minutes or until soft.

Add rice, mixed vegetables, beef, Velveeta, cheese soup, and milk, and cook until cheese is melted. Do not boil. Add sour cream and chives just before serving.

Kazakh Beef Soup

Ingredients

3 beef soup bones
2 tablespoons olive oil, divided
1 (16 ounce) jar sauerkraut -
rinsed and drained
1 onion, chopped
2 large baking potatoes, peeled
and cubed
1 tablespoon hot chile sauce, or to
taste
salt to taste
1/4 cup sour cream (optional)

Directions

Place soup bones in a stock pot with enough water to cover them by 2 inches. Bring to a boil, and cook uncovered for about 1 hour to make a beef stock. Remove bones, and cool.

Heat one tablespoon of oil in a large skillet. Saute sauerkraut for a few minutes, then add just enough water to cover the sauerkraut, cover the pan, and let simmer over low heat for about 30 minutes, until the sour taste is gone. Drain, and set aside. Heat remaining olive oil in a small skillet over medium-high heat. Saute onion in the hot oil until tender.

When the bones are out of the stock, add potatoes, and boil for about 15 minutes, until potatoes are tender. Stir in the sauerkraut, onions, and any meat that can be picked from the bones. Season with chili sauce and salt to taste. Simmer over low heat for about 15 minutes. Ladle into bowls, and serve with a dollop of sour cream.

Hearty Split Pea Soup

Ingredients

16 ounces dried split peas
2 cups diced fully cooked lean ham
1 cup diced carrots
1 medium onion, chopped
2 garlic cloves, minced
2 bay leaves
1/2 teaspoon salt
1/2 teaspoon pepper
5 cups boiling water
1 cup hot milk

Directions

In a slow cooker, layer the first nine ingredients in order listed (do not stir). Cover and cook on high for 4-5 hours or until vegetables are tender. Stir in milk. Discard bay leaves before serving.

Cindy's Thai Hot and Sour Soup

Ingredients

1 cup uncooked long grain white rice
12 cups water, divided
3 bone-in chicken breast halves
4 kaffir lime leaves
1 stalk lemon grass, chopped (optional)
5 green onions, chopped
1 tablespoon chopped fresh garlic
2 cups chopped tomatoes
2 tablespoons fish sauce
6 fresh mushrooms, chopped
1/3 cup chopped cilantro
1 tablespoon chopped fresh red chile peppers
1 (1.41 ounce) package tamarind soup base

Directions

Place the rice and 2 cups water in a pot, and bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Pour the remaining 10 cups water into a large pot, and bring to a boil. Place chicken in the pot. Stir in kaffir lime leaves, lemon grass, green onions, garlic, tomatoes, fish sauce, mushrooms, cilantro, red chile peppers, and tamarind soup base. Cook chicken 30 minutes, or until juices run clear. Remove chicken from pot, debone, and chop. Return meat to the soup, and discard bones. Serve over cooked rice.

Sarah's Tofu Noodle Soup

Ingredients

- 2 tablespoons butter
- 2 cups sliced carrots
- 1 1/2 cups chopped onion
- 1 1/2 cups chopped celery
- 1 1/2 teaspoons minced garlic
- 12 cups vegetarian chicken-flavored broth
- 2 cups egg noodles
- 1 (14 ounce) container extra-firm tofu, drained and cubed
- 1/4 cup raisins
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon poultry seasoning
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon black pepper
- 1/4 cup cornstarch
- 3 tablespoons cold water

Directions

Melt the butter in a stockpot over medium heat. Stir in the carrots, onion, celery, and garlic and cook until just tender, about 10 minutes.

Pour in the broth and bring to a boil over high heat. Once boiling, add the noodles, tofu, raisins, basil, oregano, poultry seasoning, thyme, rosemary, marjoram, and pepper. Dissolve the cornstarch and water in a small bowl. Stir the cornstarch mixture into the soup. Return soup to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Italian Meatball and Cheese Tortellini Soup

Ingredients

2 tablespoons butter
1 onion, diced
1 tablespoon minced fresh garlic
2 quarts beef stock
1 (12 ounce) can diced tomatoes
1/2 cup green beans
1/2 cup diced carrot
1/2 cup chopped kale
1 tablespoon Italian seasoning
1 bay leaf
1 pound frozen, cooked Italian-style meatballs - thawed
1 pound fresh cheese tortellini
2 tablespoons grated Parmesan cheese

Directions

Melt the butter in a large pot over medium-high heat; cook the onion and garlic in the melted butter until tender, 5 to 7 minutes. Pour the beef stock into the pot; add the tomatoes, green beans, carrot, kale, Italian seasoning, and bay leaf. Bring the mixture to a boil. Stir in the meatballs and tortellini; return to a boil and cook another 5 minutes. Ladle into bowls and top each with about 1 teaspoon Parmesan cheese to serve.

Potato and Onion Soup

Ingredients

1/4 cup margarine
1 onion, thinly sliced
2 leeks
2 red potatoes, peeled and sliced
2 quarts water
1 tablespoon salt
1/4 cup margarine
1/2 cup heavy whipping cream
3 tablespoons chopped fresh
chives

Directions

In a heavy 4 quart pan, melt 1/4 cup butter and onion until wilted. Add cleaned and sliced leeks, potatoes, water and salt. Bring to a boil and simmer, partially covered, for 45 minutes or until potatoes are very tender.

Remove from heat and cool if you want. Blend the cooked mixture until smooth. Return to the saucepan; add 1/4 cup butter, cream and chives. Check for seasonings. Heat, but do not boil or the cream will curdle.

Chunky Tomato Potato Soup

Ingredients

2 tablespoons butter
2 onions, chopped
4 cups peeled, cubed potatoes
1 1/2 cups chopped celery
1 1/2 cups chopped carrots
2 cloves garlic, minced
1 tablespoon Italian seasoning
2 cups milk
1 tablespoon cornstarch
1 (14.5 ounce) can tomatoes
1 1/4 cups chicken broth
2 tablespoons tomato paste
salt and pepper to taste

Directions

Melt the butter in a large saucepan over medium heat, and cook the onions until tender. Mix in the potatoes, celery, carrots, and garlic. Season with Italian seasoning. Pour in milk, gradually stir in cornstarch, and bring to a boil. Mix in tomatoes, broth, and tomato paste. Return to boil, reduce heat to low, and simmer 20 minutes. Season with salt and pepper.

Sola's New Year's Soup

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen bell pepper strips
- black pepper to taste
- 1 cup sweet white corn
- 1 (16 ounce) jar medium-hot salsa
- 1 teaspoon chili powder
- 2 (15 ounce) cans no-salt-added black beans, drained
- 1 (15 ounce) can black-eyed peas, rinsed and drained
- 1 (10.5 ounce) can chicken stock
- 1 cube chicken bouillon
- 3 cups water
- 1/2 cup uncooked long grain rice

Directions

Heat the olive oil in a deep pot over medium-high heat. Stir in the onion, garlic, and bell peppers; cook until onions are transparent and peppers are soft, about 10 minutes. Season to taste with black pepper. Stir in the corn, salsa, chili powder, black beans, black-eyed peas, chicken stock, chicken bouillon cube, water, and rice. Bring to a boil, then reduce heat to medium and simmer at least 30 minutes until the rice is tender.

Garlic Soup

Ingredients

1/2 cup crushed garlic
2 tablespoons butter
6 cups water
1 tablespoon chicken bouillon granules
1/4 cup chopped fresh tomato
3 eggs, beaten
salt and pepper to taste

Directions

In a large pot over medium heat, cook garlic in butter until brown. Pour in water and bring to a boil. Stir in bouillon granules, reduce heat and simmer a minimum of 20 minutes. Stir in tomatoes, whisk in eggs and season with salt and pepper just before serving.

Chinese Tomato Soup: Dutch-Style

Ingredients

1 quart beef broth
2 cups tomato juice
1 tablespoon soy sauce
2 tablespoons brown sugar
1/2 cup applesauce
2 stalks celery, thinly sliced
1 teaspoon ground ginger
1/4 teaspoon chili powder

1 green onion, thinly sliced
1 cup shrimp chips (prawn crackers)

Directions

Pour beef broth, tomato juice, and soy sauce into a large saucepan. Stir in brown sugar, applesauce, and celery; season with ginger and chili powder. Bring to a boil, then reduce heat to medium-low and simmer 20 minutes. Ladle into serving bowls and garnish with green onions and shrimp chips.

Sweet Russian Cabbage Soup

Ingredients

1 1/2 pounds ground lean beef
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
4 cubes beef bouillon
2 medium carrots, shredded
1 onion, chopped
2 tablespoons white vinegar
1/2 cup white sugar
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
2 quarts water, divided
3 cloves garlic, finely chopped
1 head cabbage, cored and cut into wedges

Directions

Crumble the ground beef into a large pot. Add the diced tomatoes, tomato sauce, beef bouillon cubes, carrots, onion, vinegar, sugar, salt and pepper. Pour in 1 quart of water, and bring to a boil. Stir to break up the beef while heating. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat.

Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender. Ladle into soup bowls to serve.

Potato Chowder Soup II

Ingredients

4 slices bacon, chopped
1/2 large onion, diced
1/2 teaspoon celery salt
4 large potatoes, cubed
1/2 large carrot, diced
5 cups vegetable broth
3 cups milk
1/2 teaspoon seasoning salt
3 pinches dried dill weed
1 tablespoon ground black pepper

Directions

In a large saucepan over medium heat, cook bacon until crisp. Remove bacon from pan, leaving drippings. Cook onion in drippings until tender. Stir in celery salt, potatoes, carrot and broth. Bring to a boil, then reduce heat and simmer until vegetables are tender, 20 minutes. Stir in milk, seasoning salt, dill and pepper. Heat through and serve.

Creamy Roasted Parsnip Soup

Ingredients

2 pounds parsnips, peeled and cut into 1/2 inch pieces
3 carrots, peeled and cut into 1/2-inch pieces
1 tablespoon olive oil
sea salt and ground black pepper to taste
1 tablespoon olive oil
1 large onion, diced
3 stalks celery, diced
1 tablespoon butter
3 cloves garlic, minced
1 tablespoon brown sugar
1 teaspoon ground ginger
1/2 teaspoon ground cardamom
1/2 teaspoon ground allspice
1/2 teaspoon ground nutmeg
1/4 teaspoon cayenne pepper
4 cups chicken stock
1 cup whole milk
1/2 cup heavy cream

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Place the parsnips and carrots into a mixing bowl, and sprinkle with 1 tablespoon olive oil. Toss to coat the vegetables with oil, then season to taste with salt and pepper. Spread the vegetables evenly over a baking sheet.

Roast in the preheated oven until the parsnips are tender and golden brown, about 30 minutes.

Heat the remaining 1 tablespoon of olive oil in a large saucepan over medium heat. Stir in the onion and celery. Cook and stir until the vegetables have softened and the onion is beginning to turn golden brown, about 7 minutes. Reduce the heat to low, and stir in the butter, garlic, brown sugar, and the roasted parsnips and carrots. Continue to cook and stir until all of the vegetables are very tender and beginning to brown, about 10 minutes.

Season with the ginger, cardamom, allspice, nutmeg, and cayenne pepper; stir for 1 minute. Pour in the chicken stock, and bring to a boil over medium-high heat. Reduce heat to medium-low, partially cover, and simmer gently until all of the vegetables are very tender, about 15 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.

Stir in the milk and cream. Return to a simmer over medium-low heat. Season to taste with salt and pepper before serving.

Tangy, Creamy String Bean Soup

Ingredients

3 tablespoons flour
2 1/2 cups milk
1 cup sour cream
1 pound fresh green beans,
trimmed
salt to taste
1/4 cup white wine vinegar

Directions

Stir the flour and 1/4 cup of the milk together in a saucepan until no lumps remain. Stir in the remaining milk and sour cream. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and simmer for 15 minutes. Add the green beans, and cook until tender, about 5 minutes. Stir in the vinegar, and season to taste with salt before serving.

Carrot Soup

Ingredients

3 pounds carrots, chopped
6 cups chicken stock
3 cloves garlic, chopped
2 tablespoons dried dill weed
1/4 pound butter
1 1/2 teaspoons salt

Directions

In a medium sized stock pot, over high heat, combine the chicken stock, carrots, garlic, dill weed, salt and butter. Bring to a boil, reduce heat and simmer for 30 minutes or until carrots are soft.

In a blender, puree the soup, return to stock pot and simmer for an additional 30 to 45 minutes. Season with additional dill or garlic if needed.

Azteca Soup

Ingredients

10 (6 inch) corn tortillas, cut into
1/2 inch strips
1 1/2 cups vegetable oil for frying
4 cups chicken broth
1 cup fresh cilantro leaves
2 large tomatoes
1 large onion
1 tablespoon chipotle peppers in
adobo sauce
1 tablespoon salt
2 avocados - peeled, pitted and
diced

Directions

Heat oil in large sauce pan and carefully drop in cut up tortillas. Fry until golden brown and crunchy. Cover a plate with a paper towel, place done tortillas on towel and pat dry, absorbing excess oil. Sprinkle salt on top of tortillas, trying to coat both sides.

Using a blender or food processor, blend tomatoes, onion and cilantro until completely pureed.

In a saucepan heat chicken broth, chipotle chili and pureed vegetables. Bring to a boil and then serve. Prior to serving, add tortillas and avocado cubes to soup or place tortillas and avocado cubes into individual serving bowls. Buen provecho!

Easy Vegetable Beef Soup

Ingredients

2 pounds lean ground beef
4 (15 ounce) cans mixed vegetables
4 (16 ounce) cans diced tomatoes
1 onion, chopped
ground black pepper to taste
salt to taste

Directions

In a large soup pot, cook ground meat over medium heat until browned. Drain grease from the pot.

Add chopped onion, mixed vegetables, and tomatoes. Give it a stir. Reduce heat, and simmer for about 3 to 4 hours. Season to taste with salt and pepper.

Potato Penne Soup

Ingredients

1/2 cup margarine
1 onion, chopped
10 cups water
2 large carrots, chopped
5 potatoes, peeled and cubed
1/2 cup pearl barley
2 (14.5 ounce) cans fat-free chicken broth
1 cup penne pasta
3 stalks celery, chopped, with leaves
4 tablespoons chicken bouillon powder
1 red bell pepper, diced
1 green bell pepper, chopped
1/2 teaspoon ground white pepper
1 1/2 cups cauliflower florets, broken into bite size pieces
3/8 cup chopped fresh parsley
3/4 teaspoon dried thyme
3 tablespoons all-purpose flour
2 cups whole milk
2 tablespoons soy sauce

Directions

In a large saute pan, melt margarine, add onions and cook over medium heat until translucent. Reduce heat to low.

In a large stock pot, add water and bring to a boil. Add carrots, potatoes, pearl barley, and cook for 10 minutes. Add chicken broth, penne, celery (including leaves), chicken soup base, red bell pepper and green bell pepper and bring back to a boil. Reduce heat and cook for 15 minutes.

Add white pepper, cauliflower florets, parsley, thyme and cook for an additional 5 minutes.

In a food processor or blender, puree 3 cups of all-ready cooked soup and return to stock pot.

In a small mixing bowl, mix together flour and 3/4 cup whole milk; blend well. Add flour mixture to the cooked onions and mix well. Gradually add remainder of milk, stirring constantly until soup is heated through.

Add onion mixture to soup and stir. Add soy sauce and bring to a boil. Adjust seasonings to taste and serve soup hot.

Cream of Broccoli Soup II

Ingredients

8 cups chicken broth
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup chopped onion
3/4 cup chopped celery
1 tablespoon salt
1 pinch ground white pepper
2 cups milk
1/3 cup cornstarch
1/4 cup water
3 cups fresh broccoli florets, cooked
1 1/2 cups shredded American cheese
1 1/2 cups shredded Cheddar cheese

Directions

In large saucepan, combine broth, cream of mushroom soup, onion, celery and salt and pepper. Bring to a boil, reduce heat, cover and simmer for 20 minutes.

Add milk and bring to a boil.

In a small bowl, mix cornstarch and water until cornstarch is completely dissolved. Gradually add mixture to soup, stirring constantly. Simmer for 5 minutes and then add broccoli and cheeses, mixing until melted.

Charlotte's Tortellini Soup

Ingredients

1 pound sausage
1 cup chopped onion
2 cups sliced carrots
1 cup sliced celery
6 cups beef broth
1/2 cup red wine
1 (16 ounce) can whole peeled tomatoes, with liquid
1 cup ketchup
1 teaspoon Italian seasoning
2 cloves garlic, minced
1 cup zucchini, sliced
1 pound fresh tortellini pasta
1 red bell pepper, diced
1/4 cup chopped parsley
salt and pepper to taste
2 tablespoons grated Parmesan cheese

Directions

Brown sausage in pot; drain off fat. Add onions and saute until tender. Add carrots, celery, beef broth, red wine, tomatoes, ketchup, Italian seasoning, and garlic. Bring to a boil and simmer for 30 minutes. Skim away the fat from the soup.

Stir in the zucchini, tortellini, red bell pepper, and parsley. (If you use fresh tortellini, cook them according to package directions.) Simmer, covered, for about 25-30 minutes or till the tortellini are tender. Season with salt and pepper. Sprinkle with cheese right before serving.

Chicken Noodle Soup

Ingredients

4 cups chopped, cooked chicken meat
1 cup chopped celery
1/4 cup chopped carrots
1/4 cup chopped onion
1/4 cup butter
8 ounces egg noodles
12 cups water
9 cubes chicken bouillon
1/2 teaspoon dried marjoram
1/2 teaspoon ground black pepper
1 bay leaf
1 tablespoon dried parsley

Directions

In a large stock pot, saute celery and onion in butter or margarine.

Add chicken, carrots, water, bouillon cubes, marjoram, black pepper, bay leaf, and parsley. Simmer for 30 minutes.

Add noodles, and simmer for 10 more minutes.

Ham Bone Soup

Ingredients

1 ham bone with some meat
1 onion, diced
1 (14.5 ounce) can peeled and
diced tomatoes with juice
1 (15.25 ounce) can kidney beans
3 potatoes, cubed
1 green bell pepper, seeded and
cubed
4 cups water
6 cubes chicken bouillon

Directions

Place the ham bone, onion, tomatoes, kidney beans, potatoes, and green pepper into a 3 quart or larger slow cooker. Dissolve the bouillon cubes in water, and pour into the slow cooker.

Cover, and cook on High until warm. Reduce heat to Low, and continue to cook for 5 to 6 hours.

Spiced Butternut Squash Soup

Ingredients

3 pounds butternut squash,
halved and seeded
2 tablespoons butter
1 medium onion, sliced
1 leek, sliced
2 cloves garlic, sliced
2 (49.5 fluid ounce) cans chicken
broth
2 large russet potatoes, peeled
and quartered
1/8 teaspoon cayenne pepper
1/8 teaspoon ground allspice
1/8 teaspoon ground nutmeg
1/8 teaspoon ground ginger
salt and pepper to taste
1/2 cup sherry wine
1 cup half-and-half cream
1/2 cup sour cream (optional)

Directions

Preheat the oven to 375 degrees F (190 degrees C). Pour a thin layer of water in a baking dish, or a cookie sheet with sides. Place the squash halves cut side down on the dish. Bake for about 40 minutes, or until a fork can easily pierce the flesh. Cool slightly, then remove the peel. Set aside.

Melt the butter in a large pot over medium heat. Add the onion, leek and garlic, and saute for a few minutes, until tender. Pour the chicken broth into the pot. Add the potatoes, and bring to a boil. Cook for about 20 minutes, or until soft. Add the squash, and mash with the potatoes until chunks are small. Use an immersible hand blender to puree the soup, or transfer to a blender or food processor in batches, and puree until smooth. Return to the pot.

Season the soup with cayenne pepper, allspice, nutmeg, ginger, salt and pepper, then stir in the sherry and half-and-half cream. Heat through, but do not boil. Ladle into bowls, and top with a dollop of sour cream.

Curried Butternut Squash Soup with Almonds

Ingredients

2 butternut squash
1 cup slivered California Almonds, divided
4 tablespoons extra-virgin olive oil, divided
1 cup diced onion
3 cloves garlic, minced
1 1/2 teaspoons mild curry powder
5 cups chicken or vegetable broth
salt to taste
6 tablespoons plain lowfat yogurt

Directions

Preheat oven to 375 degrees F. Roast squash for 15 minutes; remove from oven and cut in half, scooping out seeds. Place cut side down on oiled baking sheet and return to oven for 30-35 minutes, until very soft. Remove from oven and let cool.

Meanwhile, turn heat down to 350 degrees F. Place almonds on the baking sheet and roast until golden brown, about 10 minutes. Heat 2 tablespoons oil in a large pot. Add onion and garlic; saute on medium heat until onion is translucent. Add curry powder and stir for 2-3 minutes, until fragrant.

Cut away peel from squash, and cut into bite-sized pieces. Place curried onion and garlic mixture in a blender or food processor; add enough squash and broth to fill. Add 3/4 cup almonds, reserving the remaining 1/4 for garnish, and process until smooth. Transfer to pot. Puree remaining squash and broth, and transfer to pot.

Stir mixture and bring to a boil; reduce heat and simmer for 10 minutes. Season with salt. Ladle soup into bowls, swirl 1/4 teaspoon of olive oil on each bowl and top with a dollop of yogurt. Sprinkle remaining almonds on top of yogurt.

Hot and Sour Soup with Tofu

Ingredients

- 1 tablespoon vegetable oil
- 1 red bell pepper, chopped
- 3 green onions, chopped
- 2 cups water
- 2 cups chicken broth
- 1 tablespoon soy sauce
- 1 tablespoon red wine vinegar
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon ground black pepper
- 1 tablespoon cornstarch
- 3 tablespoons water
- 1 tablespoon sesame oil
- 6 ounces frozen snow peas
- 1 (8 ounce) package firm tofu, cubed
- 1 (8 ounce) can sliced water chestnuts, drained

Directions

Heat oil in a large saucepan over medium heat. Add the red bell pepper and green onions and saute for 5 minutes. Then, add the 2 cups water, broth and soy sauce, reduce heat to medium low and simmer for 5 minutes.

In a separate medium bowl, combine the vinegar, red pepper flakes, ground black pepper, cornstarch, 3 tablespoons water and sesame oil. Add this to the soup and continue to simmer for 5 more minutes, or until soup becomes thick and bubbly.

Finally, mix in the tofu, snow peas and water chestnuts, and continue cooking 10 minutes, or until heated through.

Lump Soup

Ingredients

1 egg
1/2 teaspoon salt
1/2 teaspoon water
1/4 cup all-purpose flour
2 cups milk
3 tablespoons butter
salt to taste
ground black pepper to taste

Directions

Beat the egg, 1/2 teaspoon salt, and water well. Gradually add flour until thick.

Spoon into boiling water by 1/4-1/2 teaspoonfuls by dipping spoon in boiling water first then spooning dough into water (they come off easier that way). Cook 5-10 minutes.

Drain off all water.

Heat milk, put noodles back in, add butter or margarine, salt, and pepper.

Saskatchewan City Steak Soup

Ingredients

6 tablespoons butter
1/3 cup all-purpose flour
5 cups beef stock
2 beef bouillon cubes
1 cup vegetable juice (such as V8®)
3 dashes Worcestershire sauce
1/2 cup diced celery
1/2 cup peeled, diced carrots
1/2 cup chopped onion
1 head cabbage, shredded
1 (14.5 ounce) can green beans, drained
1 (14.5 ounce) can diced tomatoes
1 pound lean ground beef
1 teaspoon monosodium glutamate (such as Ac'cent®)
1 1/2 teaspoons ground black pepper
1 1/2 teaspoons browning sauce (such as Kitchen Bouquet®)
salt, to taste

Directions

Melt the butter in a large saucepan over medium-low heat. Whisk in the flour, and stir until the mixture becomes paste-like and light golden brown, about 5 minutes. Gradually whisk the beef stock into the flour mixture and bring to a simmer over medium heat. Cook and stir until the mixture is thick and smooth, 10 to 15 minutes. Stir in the bouillon cubes, vegetable juice, and Worcestershire sauce. Bring to a boil over medium-high heat, then add celery, carrots, onion, shredded cabbage, green beans, and tomatoes. Allow soup to return to a boil, then reduce heat to medium-low. Cover and simmer until vegetables are tender, about 30 minutes.

Meanwhile, cook and stir ground beef in a skillet over medium-high heat until browned, about 10 minutes. Drain and set aside. When the vegetables in the soup are tender, stir in the ground beef and simmer for 15 minutes. Stir in monosodium glutamate, pepper, browning sauce, and salt to serve.

V-Eight Vegetable Beef Soup

Ingredients

1 pound lean ground beef
48 ounces tomato-vegetable juice
cocktail
2 (16 ounce) packages frozen
mixed vegetables

Directions

Place ground beef in a Dutch oven or slow cooker. Cook over medium-high heat until evenly brown. Drain excess fat, and crumble. Add juice cocktail and mixed vegetables.

In a Dutch oven, simmer for 30 minutes.

In a slow cooker, cook 1 hour on High. Then reduce heat to Low and simmer 6 to 8 hours.

Beefy Tomato Soup

Ingredients

1 pound ground beef
1 quart tomato juice
3 cups water
3/4 cup uncooked elbow
macaroni
1 envelope onion soup mix
1/4 teaspoon chili powder

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until macaroni is tender.

Cream Of Ginger Carrot Soup

Ingredients

2 cups thinly sliced carrots
1/2 cup chopped onion
1/2 cup ginger liqueur
1/2 cup water
3 cubes chicken bouillon
4 tablespoons margarine
2 cups skim milk
2 tablespoons all-purpose flour
2 tablespoons white sugar
1/4 teaspoon ground ginger
3 tablespoons chopped fresh parsley
salt to taste
ground black pepper to taste

Directions

Simmer carrots, onions, 1/4 cup liqueur, water, chicken bouillon cubes, and butter or margarine until carrots are tender. Cool slightly.

Puree carrot mixture in a blender or food processor. Add milk, flour, sugar, and ground ginger.

Return carrot puree to pot. Simmer until thickened, stirring occasionally. Stir in remaining 1/4 cup liqueur. Add additional milk for consistency you like. Season with salt and pepper to taste. Serve in warmed soup bowls, and garnish with fresh chopped parsley.

Easy Lasagna Soup

Ingredients

1 pound ground beef
5 cups water
1 (14.5 ounce) can diced tomatoes, drained
1 1/2 cups quartered fresh mushrooms
3/4 cup chopped green bell pepper
1/2 cup diced onion
1 clove garlic, crushed
1 teaspoon basil
salt and pepper to taste
3/4 cup crumbled feta cheese

Directions

In a large pot over medium heat, cook and stir the ground beef until evenly brown; drain.

Mix the water, tomatoes, mushrooms, green bell pepper, onion, and garlic into the pot with the beef. Season with basil, salt, and pepper. Bring to a boil, reduce heat, and simmer 45 minutes.

Mix the feta cheese into the soup, and continue cooking about 15 minutes before serving.

Cheese Soup IV

Ingredients

8 cups water
4 potatoes, peeled and cubed
2 cubes chicken bouillon
2 stalks celery, chopped
1 onion, chopped
2 (10.75 ounce) cans condensed
cream of chicken soup
1 pound processed cheese food
(eg. Velveeta), sliced

Directions

In a large pot over high heat, combine the water, potatoes, bouillon, celery and onion. Bring to a boil and cook until soft. Reduce heat to low and use a masher to mash down the potato mixture in the pot to desired consistency.

Add the soup and lightly whisk, until smooth. Add the cheese a little at a time, stirring often, until melted.

Kansas City Steak Soup

Ingredients

1 pound round steak, chopped
1 cup margarine
1 cup all-purpose flour
1/2 gallon water
1/4 tablespoon ground black pepper
1 large carrot, diced
1 onion, chopped
1 stalk celery, diced
1 (16 ounce) package frozen mixed vegetables
16 ounces stewed tomatoes
12 cubes beef bouillon
2 tablespoons margarine

Directions

Make a roux by melting the butter or margarine, then stirring in the flour. Brown gently.

Gradually add 2 cups of the water to the roux and stir until smooth. Add the remaining water, the carrot, onion, celery, frozen vegetables, canned tomatoes, and beef base granules.

In a skillet saute the steak in 2 tablespoons butter or margarine until browned. Drain off all the grease. Add the browned steak to the soup and simmer, stirring occasionally, for 1 1/2 hours or until the vegetables are tender. Season to taste with freshly ground black pepper. Once cooked this soup may be frozen for later use.

Minestrone Soup II

Ingredients

4 slices bacon
1 cup chopped onion
4 cloves garlic, minced
1/3 pound ground beef
1 cup minced celery
1 cup cubed carrots
2 cups tomato puree
2 (14.5 ounce) cans stewed tomatoes
1 (14 ounce) can beef broth
1 (10.5 ounce) can condensed French onion soup
5 cups water
1/4 cup red wine
1 teaspoon dried oregano
1 teaspoon dried basil
salt and pepper to taste
1 cup chopped zucchini
2 cups spinach, rinsed and sliced
1 cup uncooked spinach pasta
1 (15 ounce) can garbanzo beans, drained
1/4 cup chopped parsley

Directions

In a large stock pot, cook bacon and drain off fat. Add onion, garlic, and beef. When onions are translucent, add celery, carrot, pureed tomatoes, whole tomatoes, broth, condensed soup, water, wine, oregano, basil, salt and pepper. Cook for 15 minutes.

Stir in zucchini, spinach, pasta, garbanzo beans and parsley. Cook for 15 minutes and serve with fresh Parmesan cheese.

Simple Sweet Potato Soup

Ingredients

6 medium sweet potatoes, peeled and chopped
1 tablespoon minced fresh ginger
2 cups chicken or vegetable stock
1 cup water, or as needed
1 lime, juiced
2 cups milk or cream, or as needed

Directions

Place potatoes and ginger in large saucepan. Pour in chicken stock and water, and bring to a boil over high heat. Reduce heat to medium low, cover, and simmer until the potatoes have softened, about 30 minutes.

Puree potatoes and lime juice in a food processor, or with a hand blender until smooth. Return soup to saucepan and stir in milk or cream as desired; heat until warmed through.

Cream of Sweet Potato Soup

Ingredients

3 large sweet potatoes
3 (14 ounce) cans low-sodium chicken broth
1/4 cup brown sugar, or more to taste
1/2 teaspoon salt (to taste)
1/4 teaspoon ground nutmeg
Black pepper to taste
Cayenne pepper to taste
1/3 cup heavy cream

Directions

Preheat oven to 350 degrees F (175 degrees C).

Bake sweet potatoes in preheated oven until soft, about 1 1/2 hours (you can also use a microwave). Remove and let cool slightly.

Peel sweet potatoes, and puree with chicken broth in batches, using enough chicken broth so that it purees smoothly. Bring puree to a simmer in a large saucepan over medium-high heat, then reduce heat to medium-low. Stir in the sugar, salt, nutmeg, black pepper, and cayenne pepper; cover, and let simmer for 10 minutes. Remove from heat, and stir in cream.

Soupy Joes

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (10.5 ounce) can condensed vegetable soup, undiluted
1 tablespoon ketchup
1 teaspoon prepared mustard
1/2 teaspoon salt
1/4 teaspoon pepper
6 hamburger buns, split and toasted

Directions

In a saucepan over medium heat, cook beef and onion until beef is no longer pink; drain. Add soup, ketchup, mustard, salt and pepper; mix well. Simmer, uncovered, for 5-10 minutes. Serve on buns.

French Onion Soup With Browned Garlic

Ingredients

1 cup dry sherry
4 onions, thinly sliced
9 cloves garlic, minced
1 tablespoon whole wheat flour
4 cups vegetable broth
1/2 teaspoon ground black pepper
salt to taste
6 slices French bread, toasted

Directions

In a large, heavy stockpot over medium heat, cook sherry until bubbling. Add the onions, and reduce heat to medium. Cook onions slowly, stirring frequently, for at least 20 minutes, until they begin to form a paste.

Stir in the garlic and continue to cook for 5 to 10 minutes, until garlic begins to look brown.

Stir in flour and cook for 2 minutes. Pour in broth and bring to a boil. Reduce heat and simmer for 20 minutes. Season with pepper and salt. Ladle soup into bowls, and float a slice of toasted bread on top of each serving.

Jade Garden Soup

Ingredients

6 cups chicken stock
1 onion, chopped
1 carrot, sliced
2 stalks celery, sliced
1/3 cup uncooked white rice
1 1/3 cups fresh spinach, washed and chopped
1 1/3 cups butter lettuce - rinsed, and torn into small pieces
1 1/3 cups chopped fresh parsley
salt to taste
ground black pepper to taste
1 pinch cayenne pepper

Directions

in a sauce pan cook the stock, onion, carrot, celery and rice for 35 minutes covered or until rice is soft.

Place spinach, lettuce and parsley in saucepan. Cover with water and bring to a quick boil. Drain immediately, and add to soup. Season with parsley, salt, black pepper and cayenne pepper. Mix in blender until smooth. May be thinned with more broth. Refrigerate overnight.

Rainbow Roasted Pepper Soup

Ingredients

1 green bell pepper
1 large red bell pepper
1 large orange bell pepper
1 yellow bell pepper
8 cloves garlic
1/2 lemon
3 cups vegetable broth
1/4 teaspoon garlic salt
ground black pepper to taste
1 teaspoon fennel seed
1/4 teaspoon dried thyme

Directions

Preheat oven to 375 degrees F (190 degrees C) , halve all peppers (remove seeds) and peel garlic.

Place halved peppers, cut side up in shallow baking dish. Place one garlic clove in each half and squeeze lemon juice generously over peppers. Roast for 1 hour.

Meanwhile pour vegetable broth into a 2 quart sauce pan and add fennel seeds. Bring to boil, cover and simmer.

When peppers are done, remove from oven and set aside to cool. When cool enough to touch peel skin from peppers.

Strain fennel seeds from broth and return to a boil. Add thyme and simmer 15 minutes, reducing amount of broth.

Slice a 1 inch section from each color of pepper and cut into pieces. Set aside for later garnishing.

In a blender, place remaining peppers, garlic and a 1/2 cup broth on blend just long enough to shred the peppers, but not puree them. You want to see the different colors. Pour the blended peppers into the broth and stir well. Add garlic salt and black pepper to taste, then add garnishing pepper pieces and enjoy. Do not boil or cook any longer as the colors will fade.

Quick and Simple Korean Doenjang Chigae (Bean

Ingredients

3 cups vegetable stock
3 cups water
2 cloves garlic, coarsely chopped
2 tablespoons Korean soy bean paste (doenjang)
4 green onions, chopped
1 zucchini, halved and cut into 1/2-inch slices
1/2 (16 ounce) package firm tofu, drained and cubed
1 jalapeno pepper, sliced

Directions

Bring vegetable stock and water to a boil in a saucepan over high heat. Stir in garlic and soy bean paste, stirring until the paste dissolves. Stir in the green onion, zucchini, tofu, and jalapeno. Allow soup to return to a boil, then reduce heat to low and simmer for 15 minutes.

Asparagus Soup in Seconds

Ingredients

1 (15 ounce) can asparagus
1 (14.5 ounce) can chicken broth
1/2 cup milk (optional)
1 tablespoon butter (optional)
salt and pepper to taste

Directions

Blend the asparagus, with liquid, in a blender or food processor until completely smooth.

Heat asparagus and chicken broth together in a medium saucepan over medium heat. Stir in milk, if using, and bring to a low simmer. Stir in butter to finish, if using, and season to taste with salt and pepper.

Hot Bean Soup

Ingredients

1 cup pinto beans, drained
2 cups garbanzo beans, drained
2 cups water
1 teaspoon chicken bouillon powder
1/4 teaspoon hot pepper sauce

Directions

Place pinto beans and garbanzo beans in a medium sized stock pot with water. Cook for 5 minutes over medium-high heat and then add chicken bouillon granules. Mix well and add hot pepper sauce.

Once heated through mash the beans and serve.

Excellent Venison Soup

Ingredients

2 pounds ground venison
1 onion, chopped
1 parsnip, sliced
3 potatoes, cubed
3 carrots, sliced
1/2 rutabagas, peeled and cubed
1 (16 ounce) can whole peeled tomatoes, with liquid
3 cubes beef bouillon cube
3 cups water
1/2 medium head cabbage, coarsely chopped
1 bay leaf
1/2 teaspoon dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Brown venison and onions in a large pot over medium heat. Mix in onion, parsnip, potatoes, carrots, rutabagas, tomatoes, bouillon, water, cabbage, bay leaf, oregano, salt and pepper. Bring to a boil, reduce heat to low and simmer 1 to 2 hours.

Thai Cucumber Soup

Ingredients

2 tablespoons butter
2 tablespoons sliced green onion
3 cucumbers, peeled and chopped
1/3 cup red wine vinegar
1 quart chicken broth
2 cups water
3 hot chile peppers, seeded and minced
3 tablespoons chopped fresh parsley
1 tablespoon chopped fresh cilantro
1 tablespoon lemon grass, chopped
1 tablespoon fresh garlic, minced
1 tablespoon fish sauce
1 teaspoon soy sauce
1 teaspoon ground ginger
salt and ground black pepper to taste
1/2 cup sour cream

Directions

Melt the butter in a deep pan over medium heat. Add the green onions, and cook until soft. Stir in the cucumbers, vinegar, chicken broth, water, chile peppers, parsley, cilantro, lemon grass, garlic, fish sauce, soy sauce, and ginger. Season to taste with salt and pepper. Simmer over medium heat until the cucumbers are soft, about 20 minutes. Stir in the sour cream until evenly blended, and simmer 10 minutes more.

Big Ed's Cajun Shrimp Soup

Ingredients

1 tablespoon butter
1/2 cup chopped green bell pepper
1/4 cup sliced green onions
1 clove garlic, minced
3 cups tomato-vegetable juice cocktail
1 (8 ounce) bottle clam juice
1/2 cup water
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1/4 teaspoon red pepper flakes
1 bay leaf
1/2 teaspoon salt
1/2 cup uncooked long-grain white rice
3/4 pound fresh shrimp, peeled and deveined
hot pepper sauce to taste

Directions

Melt butter in a large pot over medium heat. Saute green bell pepper, onions, and garlic until tender. Stir in vegetable juice, clam juice, and water. Season with thyme, basil, red pepper, bay leaf, and salt. Bring to a boil, and stir in rice. Reduce heat, and cover. Simmer 15 minutes, until rice is tender.

Stir in shrimp, and cook 5 minutes, or until shrimp are opaque. Remove the bay leaf, and season with hot sauce.

Chicken, Spinach, and Potato Soup

Ingredients

1 pound skinless, boneless chicken thighs
2 cups chicken stock
4 cups water
3 tablespoons olive oil
1 large onion, thinly sliced
6 cloves garlic, chopped
2 large potatoes, cubed
1 (16 ounce) can garbanzo beans, drained
1 (10 ounce) bag fresh spinach
1/2 cup diced roasted red peppers (optional)
salt and pepper to taste
1/4 cup grated Parmesan cheese

Directions

Bring chicken thighs, chicken stock, and water to a simmer in a large saucepan over medium-high heat. Reduce heat to medium-low, and continue simmer until the chicken is no longer pink in the center, about 20 minutes. Remove the chicken thighs, and set aside to cool. Reserve the broth.

While the thighs are cooling, heat olive oil in a large pot over medium heat. Stir in onion and garlic. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the potatoes, then strain the reserved cooking liquid into the pot. Bring to a boil over high heat, then reduce heat to medium-low, and simmer until the potatoes are tender, about 25 minutes.

Cut the cooked chicken into cubes and add to the simmering potatoes. Cook for 5 minutes, then stir in the garbanzo beans, spinach, and roasted pepper; simmer 10 more minutes. Season to taste with salt and pepper, and sprinkle with grated Parmesan cheese before serving.

Irish Potato Soup

Ingredients

1 (1 pound) package bacon
1 onion, chopped
1 cup celery, chopped
6 potatoes, scrubbed and cubed
salt and pepper to taste
2 (12 fluid ounce) cans evaporated milk

Directions

Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate, crumble, and set aside.

Cook and stir onion and celery in the remaining bacon grease over medium heat until the onion is translucent and tender. Drain excess grease, then stir in potatoes. Add water to cover all but 1 inch of the potatoes. Bring to a boil over medium-high heat, then reduce to medium-low, and simmer until potatoes are tender, about 15 minutes, stirring often. Stir in the evaporated milk, and continue cooking until warmed through. Season with salt and pepper. Stir in bacon just before serving.

Tex Mex Potato Soup

Ingredients

2 potatoes, peeled and cubed
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
2 tablespoons margarine
4 ounces chopped ham
1 tablespoon chopped green chile peppers
1/4 teaspoon ground white pepper
1/8 teaspoon cayenne pepper
14 (14.5 ounce) cans chicken broth
1 egg yolk, beaten
1/4 cup heavy whipping cream
1/2 cup shredded Cheddar cheese

Directions

Cook potatoes in boiling water until tender, about 15 minutes. Drain and reserve.

In a skillet, saute onion, green and red pepper in butter for 10 minutes, or until softened. Stir in the ham, green chilies, white pepper and cayenne. Cook for 1 minute longer. Reserve.

In a blender, combine the potatoes and chicken broth and blend until smooth. Add to the sauteed vegetable mixture.

Heat soup just to boiling. Beat the egg yolk with the heavy cream in a small bowl. Stir in 1/2 cup hot soup, stir yolk mixture back into sauce pan. Gently heat soup, but do not boil. Garnish with shredded cheddar cheese.

Taco Soup VII

Ingredients

1 1/2 pounds ground beef
1 (1 ounce) package dry onion
soup mix
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
with juice
1 (15 ounce) can whole kernel
corn, drained
1 (15 ounce) can kidney beans
with liquid

Directions

In a large pot over medium high heat, saute the ground beef for 5 to 10 minutes, or until browned. Drain the grease, and add the taco seasoning, tomato sauce, diced tomatoes, corn and kidney beans. Mix well, reduce heat to low and let simmer for 1 to 2 hours to allow the flavors to mesh.

Garden Fresh Tomato Soup

Ingredients

4 cups chopped fresh tomatoes
1 slice onion
4 whole cloves
2 cups chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
2 teaspoons white sugar, or to taste

Directions

In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.

In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

Cheesy Veggie Soup

Ingredients

3/4 cup butter
1 onion, chopped
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped green pepper
1 tomato, chopped
2 cups vegetable broth
6 tablespoons all-purpose flour
4 cups half-and-half
12 ounces American cheese,
sliced into strips

Directions

In one pan, melt 1/4 cup butter over medium heat. Saute the onion, carrot, celery, pepper, and tomato in the melted butter until soft. Using a blender or food processor, puree vegetables with vegetable broth; set aside.

In a separate pot, melt the remaining 1/2 cup butter. Slowly whisk in flour, and then stir in half and half. When warm, slowly stir in cheese until melted. Mix in veggie puree, and serve.

Chicken Soup III

Ingredients

1 (3 pound) whole chicken, cut into pieces
2 quarts water
1 large onion, chopped
2 stalks celery with leaves, chopped
1/2 cup chopped fresh parsley
5 black peppercorns
6 cubes chicken bouillon, crumbled
1 bay leaf
1/4 teaspoon celery seed
1 pinch dried thyme
1 teaspoon salt

1 cup sliced carrots
1/2 cup sliced celery
1/4 cup minced onion
1 tablespoon dried parsley
1 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup uncooked white rice

Directions

In a large pot combine chicken, water, large onion, celery with leaves, fresh parsley, peppercorns, bouillon, bay leaf, celery seed, thyme and 1 teaspoon salt. Bring to a boil, then reduce heat, cover and simmer 4 hours.

Strain stock, reserving chicken, and refrigerate for 30 minutes.

Skim fat from top of stock. Remove skin and bones from chicken and cut meat into bite-size pieces. Return stock and chicken to pot and stir in carrots, 1/2 cup sliced celery, 1/4 cup minced onion, dried parsley, 1 teaspoon salt, pepper and rice. Bring to a boil, then reduce heat and simmer 30 minutes.

Cheeseburger Soup III

Ingredients

1 1/2 cups water
2 cups peeled and cubed potatoes
2 carrots, grated
1 small onion, chopped
1/4 cup chopped green bell pepper
1 jalapeno pepper, seeded and minced
1 clove garlic, minced
1/2 teaspoon salt
2 cubes beef bouillon, crumbled
1 pound ground beef
2 1/2 cups milk, divided
3 tablespoons all-purpose flour
1/2 pound processed American cheese, cubed
1/4 teaspoon cayenne pepper

Directions

In a large saucepan over medium heat, combine water, potatoes, carrots, onion, bell pepper, jalapeno and garlic. Sprinkle salt and bouillon over the mixture. Bring to a boil, then reduce heat, cover and simmer 15 to 20 minutes, until potatoes are tender.

Meanwhile, in a large skillet over medium heat, cook beef until brown; drain.

Stir cooked beef and 2 cups milk into the soup and heat through. Combine remaining 1/2 cup milk with flour, stirring until smooth; stir into soup. Bring to a low boil and cook, stirring, until thickened, 3 minutes.

Reduce heat to low and stir in cheese until melted. Season with cayenne.

Restaurant Style Egg Drop Soup

Ingredients

4 cups chicken broth, divided
1/8 teaspoon ground ginger
2 tablespoons chopped fresh chives
1/4 teaspoon salt
1 1/2 tablespoons cornstarch
2 eggs
1 egg yolk

Directions

Reserve 3/4 cup of chicken broth, and pour the rest into a large saucepan. Stir the salt, ginger and chives into the saucepan, and bring to a rolling boil. In a cup or small bowl, stir together the remaining broth and cornstarch until smooth. Set aside.

In a small bowl, whisk the eggs and egg yolk together using a fork. Drizzle egg a little at a time from the fork into the boiling broth mixture. Egg should cook immediately. Once the eggs have been dropped, stir in the cornstarch mixture gradually until the soup is the desired consistency.

Tuscan Soup

Ingredients

6 cups chicken broth
1 onion, chopped
3 (3.5 ounce) links spicy Italian sausage
3 large potatoes, cubed
1 bunch fresh spinach, washed and chopped
1/4 cup evaporated milk
salt to taste
ground black pepper to taste

Directions

Remove skin from sausage and crumble into frying pan. Add chopped onion, and cook over medium heat until meat is no longer pink. If you are trying to cut fat, remove meat from pan, place in a colander, and rinse under cold water.

Place meat in a large pot; add stock and potatoes. Boil until potato is cooked.

Add spinach. Continue boiling until spinach is lightly cooked.

Remove soup from heat, stir in evaporated milk, and season to taste. Do not add any salt if using canned stock.

Cheese Soup with Broccoli

Ingredients

1 onion, chopped
6 tablespoons margarine
1/3 cup all-purpose flour
salt and pepper to taste
4 cups milk
3 cups chicken broth
1 carrot, shredded
1 cup broccoli florets
1/2 cup chopped celery
1 pound processed cheese food
(eg. Velveeta), cubed

Directions

In a large saucepan on medium high heat, saute the onions in the butter or margarine until tender. Add the flour and salt and pepper to taste. Mix until smooth. Add the milk slowly, until mixture is thick and bubbling.

In a smaller saucepan, bring the chicken broth to a boil. Add the carrot, celery, and broccoli. Cook about 5 minutes, or until tender. Combine the broth mixture with the milk mixture and stir until fully blended.

Add the cheese. Allow soup to heat over medium heat until cheese is melted. Important: DO NOT let the soup boil because the cheese will separate and curdle the soup. Serve hot and enjoy!

Tomato Florentine Soup II

Ingredients

2 cups chicken stock
1 (8 ounce) can tomato sauce
1 cup tomato juice
1 (6 ounce) can tomato paste
1 tablespoon white sugar
2 stalks celery, chopped
1/2 cup chopped carrots
1/2 cup chopped spinach
1/2 cup diced zucchini
1/4 pound cooked pasta
1 pinch ground nutmeg
salt and pepper to taste

Directions

In a large saucepan over medium heat, combine the stock, tomato sauce, tomato juice, tomato paste and sugar. Whisk these ingredients together, then add the celery, carrots, spinach, zucchini and pasta.

Simmer over medium low heat for 30 minutes, or until all vegetables are to desired tenderness. Season with nutmeg, salt and pepper to taste.

Cream Of Herb Soup

Ingredients

3 tablespoons margarine
1 cup chopped green onions
1 cup chopped spinach
1/2 cup chopped fresh basil
1/2 cup chopped parsley
5 cups chicken broth
1 teaspoon white sugar
1 cup heavy whipping cream
salt to taste
ground black pepper to taste
2 tablespoons margarine,
softened
2 tablespoons all-purpose flour

Directions

Melt 3 tablespoons butter or margarine in a large saucepan. Sauté onions until tender, about 10 minutes. Add spinach, basil or watercress, and parsley. Cover, and simmer 10 minutes.

Stir in broth and sugar. Simmer, covered, for 30 minutes.

Turn heat to low. Slowly stir in cream.

In a separate pan, blend together 2 tablespoons butter or margarine and flour. Whisk in a little of the hot soup, beating until smooth. Pour mixture slowly into soup, stirring constantly. Bring just to a boil, and remove from heat. Season with salt and pepper.

Spinach and Buttermilk Soup

Ingredients

1 (13.5 ounce) can spinach,
drained
3 cups buttermilk
1 teaspoon cornstarch
2 tablespoons warm water
1 teaspoon white sugar
3 tablespoons peanuts
salt to taste
2 tablespoons olive oil
1 teaspoon cumin seeds
3 serrano peppers

Directions

In the container of a food processor or blender, combine half of the spinach with the buttermilk. Puree until smooth. Transfer to a saucepan, and stir in the rest of the spinach. Stir together the cornstarch and water; mix into the saucepan along with the sugar, peanuts and salt. Set aside.

Heat olive oil in a small skillet over medium heat. Add cumin seed, and when they begin to sizzle, put in the serrano peppers. (You can slice the peppers in two for added flavor and spiciness.) When the peppers begin to soften slightly, scrape the contents of the pepper pan into the buttermilk mixture.

Bring the buttermilk mixture to a boil, stirring constantly. Remove from heat immediately, and serve hot.

Baked Pumpkin, Sweet Potato, and Coconut Milk

Ingredients

1 acorn squash
2 large sweet potatoes
1 medium pumpkin
2 large sweet potatoes
2 (14 ounce) cans coconut milk
2 (14.5 ounce) cans chicken broth
salt to taste
ground black pepper to taste
1 lime, juiced
1 pinch ground ginger, or to taste

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Puncture acorn squash and pumpkin in several places using a knife. Wrap the sweet potato in aluminum foil. Place squash, pumpkin, and sweet potato on a baking sheet.

Bake in the preheated oven until the pumpkin begins to cave in and the skin browns, about 2 hours.

Remove the skin, then chop the sweet potatoes. Skin, seed, and chop the pumpkin and acorn squash. Place the sweet potatoes, pumpkin, and acorn squash in a large pot and mash until smooth. Stir in the coconut milk until incorporated, reserving 1/2 cup for garnish, then stir in the chicken broth. Season with salt, pepper, lime juice, and ground ginger.

Cook over medium heat until heated through. Serve with a lime wedge and a drizzle of coconut milk.

Albondigas Soup II

Ingredients

1 pound lean ground beef
2 cubes beef bouillon cube
4 cups water
2 cloves garlic, minced
1 onion, minced
1 slice bread, crumbled
1 egg
2 tablespoons water
1 teaspoon chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1 teaspoon cumin seed
3 carrots, sliced
1 green bell pepper, chopped
2 stalks celery, chopped
1 (14.5 ounce) can stewed tomatoes
1/2 medium head cabbage
1/2 teaspoon crushed red pepper flakes
salt and pepper to taste

Directions

Mix the ground beef, garlic, onion, bread crumbs, egg and 2 teaspoons water. Shape into tiny balls.

Heat the water and dissolve the bouillon cubes. Bring to a boil and drop the meatballs in and cook for 5 minutes.

Add the chili powder, cumin powder, cumin seed, dried oregano, carrots, green pepper celery and tomatoes with juice. Cut the half head of cabbage into two wedges and add them into the broth. Simmer for 30 to 45 minutes. Season to taste with salt and pepper. Serve warm with corn tortillas and salsa.

Potato Cheese Soup

Ingredients

6 potatoes - peeled and cubed
1 carrot, chopped
water to cover
3 stalks celery, chopped
1 onion, chopped
1/2 cup margarine
4 cups milk
salt and pepper to taste
2 tablespoons chicken soup base
8 ounces processed cheese food,
cubed
1 tablespoon cornstarch
1/2 cup milk

Directions

In a large pot over high heat, combine the potatoes and carrot with water to cover and boil for 10 to 15 minutes, or until tender.

In a separate large skillet over medium heat, saute the celery and onion in the margarine for about 10 minutes.

Drain all but about 2 cups of the water from the potatoes and carrots and replace with milk. Reduce heat to low and season with salt and pepper to taste.

Transfer the onion and celery mixture to the pot and stir in the chicken soup base. Heat slowly, then add the cheese. Allow the cheese to melt, stirring all together well.

In a small bowl, dissolve the cornstarch in the 1/2 cup milk and pour into the soup. Mix well until thickened.

Best Beer Cheese Soup

Ingredients

5 slices bacon
2 tablespoons butter or margarine
1 onion, diced
1 carrot, diced
1 celery rib, diced
1 teaspoon dried basil
1 teaspoon dried oregano
1 bunch green onions, chopped
2 tablespoons flour
2 cups chicken broth
2 (12 fluid ounce) cans or bottles domestic beer
1 pound processed cheese food, cubed
1/2 pound sharp Cheddar cheese, grated
2 teaspoons garlic powder

Directions

Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown; drain on plate lined with paper towels; crumble.

Melt the butter in a skillet over medium heat. Cook the onion, carrot, and celery in the butter until soft, 7 to 10 minutes. Add the bacon, basil, oregano, and green onions; cook and stir 2 minutes. Stir the flour into the mixture until completely dissolved. Pour in the chicken broth and beer; cook until heated through. Melt the processed cheese food and Cheddar cheese in the mixture in small batches. Season with garlic powder and stir.

Chinese Egg Soup

Ingredients

4 cups seasoned chicken broth
1/2 cup frozen green peas
1 egg, beaten

Directions

Bring chicken broth and peas to a boil in a large saucepan.

Slowly add egg to the boiling broth, stirring constantly. Serve hot, garnished with chopped green onions.

Winter Lentil Vegetable Soup

Ingredients

1/2 cup red or green lentils
1 cup chopped onion
1 stalk celery, chopped
2 cups shredded cabbage
1 (28 ounce) can whole peeled tomatoes, chopped
2 cups chicken broth
3 carrots, chopped
1 clove garlic, crushed
1 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon white sugar
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/4 teaspoon curry powder

Directions

Place the lentils into a stockpot or a Dutch oven and add water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for about 15 minutes. Drain and rinse lentils; return them to the pot.

Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season with salt, pepper, sugar, basil, thyme and curry. Cook, simmering for 1 1/2 to 2 hours or until desired tenderness is achieved.

Hamburger Soup V

Ingredients

3 pounds ground beef
1/2 small head cabbage, diced
1 stalk celery, chopped
1 (29 ounce) can diced tomatoes
1 (15.25 ounce) can whole kernel corn (optional)
2 (4.5 ounce) cans sliced mushrooms (optional)
3 quarts water
1/2 cup barley
2 teaspoons dried parsley
salt and pepper to taste
4 carrots, chopped
3 potatoes, diced

Directions

In a large skillet over medium high heat, saute the ground beef for about 5 minutes, or until brown and crumbly. In a large soup pot over high heat, combine the ground beef, cabbage, celery, tomatoes, corn, mushrooms, water, barley, parsley and salt and pepper to taste.

Bring to a boil and reduce heat to medium low. Simmer for about 1 1/2 hours, stirring occasionally. Add the carrots and potatoes and continue to simmer for about 30 minutes, or until the vegetables are done to your liking. Serve with a warm loaf of bread and enjoy!

Parsnip and Mushroom Soup

Ingredients

1/3 cup extra-virgin olive oil
2 large carrots, peeled and chopped
2 celery ribs, chopped
1 white onion, peeled and chopped
3 large portobello mushroom caps, cleaned and chopped
5 (13.75 ounce) cans chicken broth
8 parsnips, peeled and chopped
2 cups fresh shiitake mushrooms, sliced

1/3 cup extra-virgin olive oil
5 cloves garlic, minced
1 bunch fresh tarragon
3 sprigs fresh thyme
kosher salt to taste (optional)

Directions

Pour 1/3 cup olive oil into a deep pot, and heat over medium heat. Stir in the carrots, celery, and onion; cook until vegetables can be pierced with a fork, about 5 minutes. Stir in the portobello mushrooms, and cook 5 minutes more. Pour in the chicken broth, and add the parsnips and shiitake mushrooms. Bring the mixture to a boil, then reduce heat to medium, and simmer until the parsnips are soft, about 10 minutes. Remove from the heat.

Place 1/3 cup olive oil in a blender or bowl of a food processor. Add the garlic, tarragon, and thyme, and pulse until well blended. Stir the mixture into the soup. Season to taste with kosher salt.

Ruth's Red Lentil and Potato Soup

Ingredients

2 tablespoons unsalted butter
1 large sweet onion, chopped
4 stalks celery, chopped
4 medium red potatoes, chopped
1 carrot, chopped
3 cloves garlic
1/4 teaspoon ground allspice
1/4 teaspoon cumin seeds
1/4 teaspoon cayenne pepper
1/8 teaspoon ground cloves
1 dash pepper
1 quart vegetable broth
1 1/2 cups dry red lentils
2 cups water
1 cup roughly chopped kale
1/4 cup chopped fresh cilantro
1 teaspoon file powder

Directions

Melt the butter in a large saucepan over medium heat. Stir in the onion and celery. Cook until tender. Mix in the potatoes, carrot, and garlic. Continue to cook and stir about 5 minutes, until the potatoes are well coated with butter. Season the mixture with allspice, cumin, cayenne pepper, cloves, and pepper.

Pour in the vegetable broth, and mix in the lentils. Add water, increasing the amount as necessary to cover all ingredients. Bring to a boil, reduce heat, and stir in the kale. Cook, stirring occasionally, 35 to 45 minutes, until the lentils are tender. Mix in the cilantro and file powder. Continue cooking about 5 minutes, or to desired thickness.

Broccoli Cheese Soup IV

Ingredients

1/4 cup chopped red onion
1 tablespoon margarine
2 1/2 cups milk
1 (8 ounce) package cream cheese, softened
1 pound processed cheese, cubed
1 (10 ounce) package frozen chopped broccoli

Directions

Melt butter or margarine over medium heat in a 2 quart saucepan. Cook and stir onions in butter or margarine until tender.

Add milk and cream cheese; stirring until cream cheese melts. Stir in cheese food and broccoli. Stir until cheese food melts, and soup is heated through.

Venison Vegetable Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 pound venison, cut into cubes
- 1 cup diced onion
- 1 (16 ounce) package frozen mixed vegetables
- 2 (14.5 ounce) cans peeled and diced tomatoes with juice
- 3 cups potatoes, peeled and cubed
- 4 cups water
- 1 tablespoon white sugar
- 2 teaspoons beef bouillon granules
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon hot pepper sauce

Directions

Heat oil in a stock pot or Dutch oven over medium high heat. Brown the venison in the hot oil. Add onion, cover pot and simmer over medium heat for 10 minutes, or until onions are translucent.

Stir the mixed vegetables, tomatoes and potatoes. Combine the water, sugar and bouillon, stir into the soup. Season with salt, pepper, garlic powder and hot pepper sauce. Cover and simmer for at least one hour, or until the meat is tender.

Creole Fish Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
1 (15 ounce) can tomato sauce
1/2 cup chopped onion
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/4 teaspoon dried thyme
1/8 teaspoon cayenne pepper
2 bay leaves
1 (16 ounce) package frozen mixed vegetables
1 pound fresh or frozen cod, cut into 3/4-inch pieces

Directions

In a soup kettle, combine the first eight ingredients; cover and simmer for 10 minutes. Add vegetables; cover and simmer for 10 minutes. Add fish; cover and simmer for 8-10 minutes or until the fish flakes easily with a fork. Discard the bay leaves.

Potato Soup Mix

Ingredients

1 3/4 cups instant mashed potato flakes
1 1/2 cups dry milk powder
2 tablespoons chicken bouillon granules
2 teaspoons dried minced onion
1 teaspoon dried parsley
1/4 teaspoon ground white pepper
1/4 teaspoon dried thyme
1/8 teaspoon ground turmeric
1 1/2 teaspoons seasoning salt

Directions

Combine potato flakes, dry milk, bouillon granules, onion, parsley, pepper, thyme, turmeric and seasoning salt in a bowl and stir to mix. Pour into a 1 quart jar.

Attach the following instructions: To serve, place 1/2 cup soup mix in bowl. Stir in 1 cup boiling water until smooth.

Tomato Spinach and Basil Soup

Ingredients

2 tablespoons butter
1 large yellow onion, chopped
1 teaspoon minced garlic
1 1/2 cups milk
1 (28 ounce) can tomato puree
1 tablespoon white sugar
2 cups fresh spinach, torn
1/4 cup chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon grated Parmesan cheese

Directions

Melt butter in a large saucepan over medium heat. Saute onion and garlic for 3 minutes. Stir in milk and cook for 2 minutes, stirring occasionally. Stir in tomato puree and sugar. Mix well, cover and bring to a boil over high heat. Reduce heat to low and simmer, covered, for 5 minutes. Add spinach, basil, salt and pepper and simmer, uncovered, for 2 minutes, stirring occasionally. Sprinkle with parmesan cheese, if desired.

Homemade Vegetable Soup

Ingredients

2 cups chopped baby carrots
2 baking potatoes, cut into cubes
1 small sweet onion, chopped
2 stalks celery, chopped
1 (14 ounce) can great Northern beans, rinsed and drained
1/2 small head cabbage, chopped
1 (14 ounce) can diced tomatoes
2 cups cut fresh green beans (1/2 inch pieces)
1 (32 ounce) carton chicken broth
2 (14 ounce) cans vegetable stock
2 cups water
1 1/2 teaspoons dried basil
1 pinch rubbed sage
1 pinch dried thyme leaves
salt to taste

Directions

Combine the baby carrots, potatoes, onion, celery, beans, cabbage, tomatoes, green beans, chicken broth, vegetable stock, water, basil, sage, thyme, and salt in a large pot; bring to a boil. Reduce heat to low; cover. Simmer until vegetables are tender, about 90 minutes.

Granny's Spicy Soup

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
2 quarts water
4 celery ribs with leaves, diced
2 medium carrots, diced
1 large onion, diced
1 teaspoon pickling spice
1 1/2 teaspoons salt
4 chicken bouillon cubes
1/4 teaspoon pepper
1 cup uncooked noodles

Directions

Place chicken and water in a large soup kettle. Cover and bring to a boil; skim fat. Reduce heat; cover and simmer for 2 hours or until chicken falls off bone. Strain broth; return to kettle. Allow chicken to cool; debone and cut into chunks. Skim fat from broth. Return chicken to broth along with celery, carrots and onion. Place pickling spices in a tea ball or cheesecloth bag; add to soup. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Remove spices; add salt if desired, bouillon, pepper and noodles. Cook for 10-15 minutes or until noodles are tender.

Roasted Tomato Curry Soup

Ingredients

1 (14 ounce) can diced tomatoes, drained and juice reserved
1/4 cup extra virgin olive oil
salt and black pepper to taste
2 tablespoons butter
2 large pinches saffron
1 stalk celery, diced
1 small carrot, diced
1 yellow onion, diced
2 cloves garlic, minced
1 cup chicken broth
1/2 teaspoon curry powder
1 teaspoon lime juice
2 tablespoons chopped cilantro (optional)

Directions

Preheat an oven to 450 degrees F (230 degrees C).

Spread the drained tomatoes on a rimmed baking sheet. Drizzle with olive oil; season with salt and pepper. Roast in preheated oven until the tomatoes start to brown and shrink slightly, about 20 minutes.

Heat butter over medium-low heat in a large saucepan. Stir in the saffron, celery, carrot, onion, and garlic; cook until softened, about 10 minutes. Mix in the roasted tomatoes, reserved tomato juices, and chicken broth. Simmer until vegetables are very tender, 15 to 20 minutes. Stir in the curry powder, lime juice, and cilantro.

Use an immersion blender to puree soup until smooth.

Cream of Broccoli Cheese Soup I

Ingredients

2/3 cup chopped onion
1 tablespoon margarine
5 cups chicken broth
1 (8 ounce) package wide egg noodles
1 (10 ounce) package frozen chopped broccoli
1 clove garlic, minced
6 cups milk
12 ounces shredded American cheese

Directions

In a large saucepan, saute onion and garlic in butter or margarine over medium heat till tender.

Add broth, and bring to a boil. Reduce heat, and add noodles. Cook for 3 to 4 minutes. Stir in broccoli. Cover, and cook for 5 minutes.

Stir in milk and cheese. Heat slowly, stirring, till cheese melts. DO NOT BOIL. Serve immediately.

Cajun Style Red Bean and Rice Soup

Ingredients

1 tablespoon olive oil
8 ounces bacon, cooked and cubed
1 1/2 cups chopped onion
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
4 bay leaves
6 ounces sliced andouille sausage
1 small smoked ham hock
2 cups dry kidney beans, soaked overnight
1 teaspoon Cajun seasoning
1 teaspoon Worcestershire sauce
8 cups chicken broth
1 teaspoon salt
1 1/2 cups cooked rice
6 tablespoons thinly sliced green onion

Directions

In a large pot over high heat, heat the oil. Add the bacon and saute for 2 minutes. Add the onions, bell pepper, garlic, bay leaves, sausage and ham hock and saute for 2 more minutes.

Add the beans and saute for 2 more minutes. Stir in the Cajun-style seasoning, Worcestershire sauce and stock. Bring to a boil, reduce heat to low and simmer for 1 hour, stirring occasionally.

Add the salt, cover the pot and simmer for an additional 15 minutes. Turn off the heat and allow the pot to sit, covered, for about 20 minutes. Discard the ham hock.

Ladle soup into individual bowls. Top each serving with 1/4 cup rice and 1 tablespoon green onion.

Lentil Soup with Lemon

Ingredients

3 tablespoons olive oil
1 large onion, chopped
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon ground cumin
1/4 teaspoon kosher salt, or to taste
1/4 teaspoon freshly ground black pepper
1/8 teaspoon chili powder, or to taste

1 (32 ounce) carton chicken broth
1 cup red lentils
1 large carrot, diced

2 tablespoons lemon juice, or to taste
3 tablespoons chopped fresh cilantro
4 teaspoons extra-virgin olive oil for drizzling
1 pinch chili powder

Directions

Heat 3 tablespoons of olive oil in a large pot over medium-high heat. Stir in the onion and garlic, and cook until the onion has turned golden brown, about 5 minutes. Stir in the tomato paste, cumin, kosher salt, black pepper, and 1/8 teaspoon of chili powder. Cook and stir 2 minutes more until the spices are fragrant.

Stir in the chicken broth, lentils, and carrot. Bring to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the lentils are soft, about 30 minutes.

Pour half of 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. Do not puree all of the soup, leave it a little chunky.

Stir in the lemon juice and cilantro, then season to taste with salt. Drizzle with olive oil and a sprinkle of chili powder to serve.

Vegetable Beef Soup

Ingredients

2 (14.5 ounce) cans beef broth
1 tablespoon Worcestershire sauce
1 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
3 medium potatoes, peeled and cubed
6 medium carrots, cut into 1/2-inch slices
3 cups cooked cubed beef
2 cups frozen cut green beans, thawed
2 cups sliced fresh mushrooms
1 cup frozen peas, thawed
1 (15 ounce) can tomato sauce
2 tablespoons minced fresh parsley

Directions

In a Dutch oven or soup kettle, combine the broth, Worcestershire sauce, mustard, salt and pepper. Stir in potatoes and carrots. Bring to a boil. Reduce heat; cover and simmer for 12 minutes or until carrots are crisp-tender.

Stir in the remaining ingredients. Return to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until the vegetables are tender.

Cheesy Vegetable Soup I

Ingredients

1/2 cup margarine
1/4 cup chopped onion
2 1/2 cups water
3 teaspoons chicken bouillon powder
1/4 cup all-purpose flour
1 cup chopped broccoli
1 cup cauliflower, chopped
1 cup chopped carrots
2 cups half-and-half
2 cups shredded Cheddar cheese
ground black pepper to taste

Directions

In a large stock pot melt butter and saute onions until tender.

Add water and chicken granules, and bring to a boil.

Measure out flour into a separate bowl and add some broth from stock pot to whisk together with flour.

Slowly add flour mixture back into soup and add broccoli, cauliflower and carrots. Simmer until vegetables are tender.

Add half and half cream, cheese and season with pepper. Heat through until cheese has melted being sure not to bring to a boil. Top with garlic croutons and serve.

Broccoli Potato Soup

Ingredients

2 cups broccoli florets
1 small onion, thinly sliced
1 tablespoon butter or margarine
1 (10.75 ounce) can condensed cream of potato soup, undiluted
1 cup milk
1/2 cup water
3/4 teaspoon minced fresh basil
1/4 teaspoon pepper
1/3 cup shredded Cheddar cheese

Directions

In a large saucepan, saute broccoli and onion in butter until tender. Stir in soup, milk, water, basil and pepper; heat through. Add cheese; stir until melted.

Vegetable Beef Soup II

Ingredients

1 1/2 pounds ground sirloin
1 cup chopped onion
2 (14.5 ounce) cans stewed tomatoes
5 cups water
1 tablespoon salt
2 cubes beef bouillon cube
2 carrots, chopped
2 stalks celery, chopped
1 russet potato, chopped
1/4 teaspoon dried thyme
1 bay leaf
1/4 teaspoon dried basil

Directions

In a large stock pot brown sirloin and onion. Drain grease and add tomatoes, water, salt, beef bouillon, carrots, celery, potatoes, thyme, bay leaf and basil. Cover and cook until vegetables are tender, approximately 45 minutes.

Cream of Carrot Soup

Ingredients

4 cups chicken broth
4 large carrots, cut into chunks
1/2 cup whipping cream
1 teaspoon sugar

Directions

In a large saucepan, bring broth and carrots to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until carrots are tender. Cool for 10 minutes.

In a blender, cover and process soup in small batches until smooth; return to the pan. Stir in cream and sugar; heat through.

Cream of Celery Soup

Ingredients

3 quarts chicken stock
3 pounds celery, coarsely
chopped
1/2 pound carrots, julienned
1/2 pound onions, chopped
1 cup all-purpose flour
1 tablespoon salt
1 teaspoon ground white pepper
3 quarts hot milk
1 cup margarine

Directions

Pour the chicken stock into a large pot, and bring to a boil. Add the celery, carrots and onion to the pot. Whisk together the flour, salt, pepper, and milk; add to the pot along with the margarine. Boil for 10 minutes, then strain out the vegetables by pouring through a sieve, or if the vegetables are large enough, a colander may be used.

Easy Chinese Corn Soup

Ingredients

1 (15 ounce) can cream style corn
1 (14.5 ounce) can low-sodium
chicken broth
1 egg, beaten
1 tablespoon cornstarch
2 tablespoons water

Directions

In a saucepan, combine the cream style corn and chicken broth. Bring to a boil over medium-high heat. In a small bowl or cup, mix together the cornstarch and water; pour into the boiling corn soup, and continue cooking for about 2 minutes, or until thickened. Gradually add the beaten egg while stirring the soup. Remove from heat and serve.

Fiesta Beef Soup

Ingredients

1/2 pound lean ground beef or turkey
1/2 onion, finely chopped
1 clove garlic, minced
1 teaspoon ground cumin
1 (15 ounce) can black or pinto beans, undrained
1 (14.5 ounce) can DEL MONTE® Petite Cut Diced Tomatoes with Jalapenos, undrained
3 cups COLLEGE INN® Beef Broth
1 (8 3/4 ounce) can DEL MONTE® Whole Kernel Golden Sweet Corn, undrained
1/4 cup chopped cilantro (optional)

Directions

Brown meat with onion, garlic and cumin in 4-quart saucepan; drain. Season to taste with salt and pepper.

Stir in remaining ingredients. Cook over medium heat, 10 minutes. Serve with hot sauce and garnish with broken tortilla chips and shredded Cheddar cheese, if desired.

Polish Bouja Soup

Ingredients

1 (2 to 3 pound) whole chicken -- skin removed, deboned, and diced
2 pounds boneless pork loin, cubed
3 pounds cubed beef stew meat
4 tablespoons vegetable oil
1 pound chopped onions
1 green bell pepper, diced
1 bunch celery, diced
1 large rutabaga, diced
3 pounds carrots, diced
2 pounds diced cabbage
2 pounds chopped fresh green beans
5 pounds potatoes - peeled and cubed
1 pound frozen green peas
2 (15.25 ounce) cans whole kernel corn
2 (14.5 ounce) cans peeled and diced tomatoes
salt to taste
ground black pepper to taste

Directions

In a large stock pot over medium heat, cook chicken, pork, and beef in oil, until brown. Drain well.

Stir in onion, bell pepper, celery, rutabaga, carrots, cabbage, green beans, potatoes, corn, tomatoes, salt and pepper and simmer over medium-low heat all day long, adding water as needed, until thickened.

Winter Root Vegetable Soup

Ingredients

3 parsnips, peeled and cut into 1/2-inch pieces
3 carrots, peeled and cut into 1/2-inch pieces
1 celery root, peeled and cut into 1/2-inch pieces
2 turnips, quartered
1 sweet potato, peeled and cut into 1/2-inch pieces
1 (2 pound) butternut squash, peeled and cut into 1/2-inch pieces
1/4 cup olive oil
1 teaspoon kosher salt
1/2 teaspoon ground black pepper
3 tablespoons butter
1 stalk celery, diced
1/2 sweet onion, diced
1 quart vegetable broth
1/2 cup half-and-half cream
salt and ground black pepper to taste

Directions

Preheat an oven to 425 degrees F (220 degrees C).

Combine parsnips, carrots, celery root, turnips, sweet potato, and butternut squash in a large roasting pan. Drizzle with olive oil, and season with 1 teaspoon of kosher salt and 1/2 teaspoon of pepper. Toss vegetables to evenly distribute seasonings.

Roast in the preheated oven until the vegetables are easily pierced with a fork, 30 to 45 minutes, stirring every 15 minutes.

Meanwhile, melt the butter in a large pot or Dutch oven over medium heat. Stir in the celery and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the vegetable broth and bring to a simmer, uncovered. Stir in the roasted vegetables and continue simmering for 10 minutes. Puree the soup using an immersion blender. Stir in the half and half, and season with salt and pepper, if necessary. If the soup becomes too thick, add more vegetable broth.

Creamy Quinoa and Vegetable Soup

Ingredients

2 cups beef broth
1/2 cup water
1/2 cup quinoa
3 green onions, chopped
1 (8 ounce) can sliced mushrooms, drained
1 cup fresh green beans, trimmed and cut into 1 inch pieces
1 tablespoon chopped fresh tarragon
1 (5 ounce) can evaporated milk
1 pinch salt and pepper to taste

Directions

Bring the beef broth, water, and quinoa to a boil in a saucepan. Reduce heat to medium, cover, and cook 5 minutes. Stir in the green onions, mushrooms, green beans, and tarragon; continue cooking until the green beans are tender, about 5 minutes. Stir in the evaporated milk, and season to taste with salt and pepper. Simmer 2 more minutes until heated through.

Brown Jug Soup

Ingredients

4 cubes chicken bouillon
6 cups water
1 cup chopped celery
1 cup chopped onion
3 cups peeled and cubed potatoes
1 (10 ounce) package frozen mixed vegetables
1 (10 ounce) package frozen chopped broccoli
2 (10.75 ounce) cans condensed cream of chicken soup
1 pound processed cheese, cubed

Directions

In a large soup pot, dissolve chicken bouillon cubes in 6 cups of water.

Add all the vegetables, fresh and frozen, to the pot. Simmer for 30 minutes.

Stir in cream of chicken soup. Add cheese, and mix until melted. Serve.

Carrot Dill Soup

Ingredients

1 pound carrots, sliced
2 teaspoons vegetable oil
2 teaspoons minced garlic
1 cup chopped onion
3 1/2 cups chicken stock
3/4 cup 2% milk
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh chives

Directions

Bring a large saucepan of water to a boil. Add carrots, and cook just until tender. Drain, and return the carrots to the pan. Set aside.

Heat oil in a skillet over medium heat. Saute onion and garlic until soft, about 5 minutes. Transfer the onion and garlic to the saucepan with the carrots, and pour in chicken stock. Turn heat to medium-low, cover and simmer for 25 minutes to blend flavors.

Puree the carrot mixture in a food processor or blender, in small batches if necessary. Return to the saucepan, and stir in the milk, dill and chives. Cook just until heated through, and serve.

Best Darn Minestrone Soup Around

Ingredients

8 tablespoons butter
1 1/2 cups chopped onions
4 (14 ounce) cans chicken broth
4 (15 ounce) cans mixed vegetables, with liquid
2 (16 ounce) cans kidney beans, with liquid
2 (14.5 ounce) cans whole peeled tomatoes, with liquid
1 (16 ounce) package frozen chopped spinach
2 tablespoons tomato paste
4 1/4 teaspoons garlic powder
4 teaspoons dried parsley
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon dried basil
1 cup uncooked elbow macaroni
1/2 cup grated Parmesan cheese
1 cup canned garbanzo beans, drained
4 cups heavy cream
1/2 cup grated Parmesan cheese for topping

Directions

In a large stock pot over medium heat, stir and cook onions in butter until soft. Add broth, mixed vegetables, kidney beans, tomatoes, spinach, and tomato paste; simmer gently for 1 1/2 hours.

Using a slotted spoon, remove about half of the vegetables to a blender or food processor, reserving liquid in stock pot. Puree the vegetables until smooth and return them to stock pot.

Stir in garlic powder, parsley, salt, pepper, basil, macaroni, 1/2 cup of Parmesan cheese, garbanzo beans, and heavy cream; cook for 1/2 hour, stirring frequently. Pour into bowls and sprinkle with additional Parmesan cheese.

Beef and Barley Soup II

Ingredients

2 quarts beef stock
1 cup diced cooked beef
1 (12 ounce) package barley
ground black pepper to taste

Directions

In a large stock pot bring beef stock to a gentle boil. Add beef and barley, reduce to simmer, cover and cook at least 1 hour.

Check the barley, as to how soft it is. You may need to add more beef stock if too much evaporates.

Add ground pepper to taste. Cook until soup reaches desired thickness.

Creamy Red Pepper Soup

Ingredients

2 large onions, chopped
4 garlic cloves, minced
1/4 cup butter or margarine
2 large potatoes, peeled and diced
2 (7 ounce) jars roasted red peppers, drained, patted dry and chopped
5 cups chicken broth
2 (15 ounce) cans pears in juice
1/8 teaspoon cayenne pepper
1/8 teaspoon black pepper

Directions

In a Dutch oven, saute onions and garlic in butter until tender. Add potatoes, red peppers and broth. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender. Remove from the heat. Add pears; let cool.

In a blender, cover and puree in batches. Return to the pan. Stir in cayenne and black pepper. Cook until heated through.

Chicken Chili Soup

Ingredients

1 3/4 pounds diced chicken breast meat
2 green bell peppers, diced
2 red bell peppers, diced
1 onion, diced
1/2 cup frozen corn kernels
4 (15 ounce) cans kidney beans with liquid
2 (14.5 ounce) cans diced tomatoes
1 (15 ounce) can tomato sauce
2 cups water
2 teaspoons chili powder
1 tablespoon dried parsley
1 teaspoon garlic powder
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin

Directions

Coat a large pot with cooking spray and place over medium-high heat. Cook and stir chicken, bell peppers and onion until chicken is brown and peppers are just tender. Stir in corn, beans, tomatoes, tomato sauce and water. Season with chili powder, parsley, garlic powder, cayenne and cumin. Reduce heat, cover and simmer 30 minutes.

Zesty Cheese Soup

Ingredients

1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can chicken broth
1 (10 ounce) can diced tomatoes and green chilies, undrained
1 (10 ounce) can premium chunk white chicken, drained
1 (4.5 ounce) can chopped green chilies
1 pound process American cheese, cubed
crushed tortilla chips

Directions

In a 3-qt. saucepan, combine the first seven ingredients. Cook and stir until cheese is melted. Garnish with tortilla chips if desired.

Beefy Mushroom Barley Soup

Ingredients

- 1 pound cubed beef stew meat
- 1 tablespoon vegetable oil
- 2 cups water
- 2 tablespoons margarine
- 2 large carrots, diced
- 3 cloves garlic, minced
- 1 onion, chopped
- 2 stalks celery, chopped
- 1 pound fresh mushrooms, sliced
- 6 cups water
- 3 cubes beef bouillon cube
- 1/4 cup pearl barley
- 1/4 cup sour cream

Directions

Brown small cubes of stew meat in vegetable oil over medium heat until juices become a rich brown color. Add 2 cups water, and simmer meat while preparing the vegetables.

In a large soup pot, melt butter or margarine over medium heat. Saute carrots, onion, garlic, celery, and mushrooms.

Add meat, 6 cups water, bouillon cubes, and barley to vegetable mixture. Cook until barley is soft. Adjust liquid and seasoning as desired. Remove from heat, and stir in sour cream. Serve immediately.

Thai Curry Soup

Ingredients

2 ounces rice noodles (pad thai noodles)
1 tablespoon olive oil
1 clove garlic, minced
1 1/2 tablespoons minced lemon grass
1 teaspoon ground ginger
2 teaspoons red curry paste
1 (32 ounce) carton chicken broth
2 tablespoons soy sauce
1 tablespoon white sugar
1 (13.5 ounce) can reduced-fat coconut milk
1/2 cup peeled and deveined medium shrimp
1/2 cup sliced mushrooms
1 (10 ounce) bag baby spinach leaves
2 tablespoons fresh lime juice
1/4 cup chopped cilantro
2 green onions, thinly sliced

Directions

Bring a large pot of lightly salted water to a boil. Add rice noodles and cook until al dente, about 3 minutes. Drain and rinse well with cold water to stop the cooking; set aside.

Heat oil in a large saucepan over medium heat. Stir in garlic, lemon grass, and ginger; cook and stir until aromatic, 30 to 60 seconds. Add the curry paste, and cook 30 seconds more. Pour in about 1/2 cup of the chicken broth, and stir until the curry paste has dissolved, then pour in the remaining chicken stock along with the soy sauce and sugar. Bring to a boil, then reduce heat to medium-low, partially cover, and simmer 20 minutes.

Stir in coconut milk, shrimp, mushrooms, spinach, lime juice, and cilantro. Increase heat to medium-high, and simmer until the shrimp turn pink and are no longer translucent, about 5 minutes.

To serve, place some rice noodles into each serving bowl and ladle soup on top of them. Garnish each bowl with a sprinkle of sliced green onion.

Friday Night Veggie Soup

Ingredients

1 (16 ounce) package frozen mixed vegetables
3 pounds potatoes - peeled, boiled and diced
1 onion, finely diced
1 celery, sliced
2 (14.5 ounce) cans peeled and diced tomatoes
1 (29 ounce) can tomato sauce
9 3/4 cups water
2 (1 ounce) packages dry onion soup mix
1 (5 ounce) can evaporated milk

Directions

Combine frozen vegetables, potatoes, onion, celery, tomatoes, tomato sauce, water, and onion soup mix, mix well. Cover and cook over medium low heat, stirring occasionally, for 2-3 hours.

Serve hot with cold evaporated milk, if desired.

Chilled Cucumber Yogurt Soup

Ingredients

4 small seedless cucumbers -
peeled and grated
1 tablespoon fresh lemon juice
1 bunch fresh mint leaves,
chopped
1 bunch fresh dill, chopped
2 cloves garlic, crushed
2 cups plain yogurt
1 tablespoon olive oil
1 teaspoon salt (optional)
1/4 cup raisins (optional)

Directions

Combine the grated cucumber, lemon juice, mint, dill, garlic, yogurt, olive oil, and salt in a large mixing bowl; stir with a large spoon. Pour the mixture into a blender; blend on high speed until smooth. Serve immediately or chill in refrigerator until ready to serve. Divide the soup between four bowls; top each serving with about 1 tablespoon raisins.

Santa Fe Wild Rice Soup

Ingredients

2 cups frozen corn kernels
1/3 cup diced onion
1/3 cup diced carrots
3 (14.5 ounce) cans chicken broth
2 cups wild rice, cooked
1/2 cup chopped green chile peppers
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/8 teaspoon ground cayenne pepper
1 tablespoon chopped fresh cilantro

Directions

In a large saucepan over medium heat, combine corn, onion, carrot and 1 can chicken broth and bring to a boil. Reduce heat and simmer 10 to 15 minutes or until onion is tender.

Stir in remaining chicken broth, wild rice, green chile peppers, chili powder, cumin, oregano and cayenne pepper. Simmer, uncovered, about 5 minutes or until heated through.

Top each bowl with fresh tomato salsa, sprinkle with cilantro and serve.

Jamaican Spinach Soup

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 stalks celery, chopped
4 cloves garlic, minced
2 tablespoons fresh ginger root, minced
1 tablespoon turbinado sugar
2 teaspoons sea salt
1/4 teaspoon ground turmeric
1/4 teaspoon ground allspice
1/4 teaspoon ground nutmeg
2 potatoes, peeled and diced
4 cups chopped zucchini
6 cups vegetable stock
1 pinch cayenne pepper
1 cup chopped fresh spinach
1/2 red bell pepper, minced

Directions

Heat the oil in a large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg. Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender.

Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a hand blender, blend soup until smooth. Garnish with red bell pepper to serve.

Okanagan Peach Soup

Ingredients

4 cloves garlic
1 tablespoon olive oil
2 1/4 cups fresh peaches -
peeled, pitted and chopped
1/2 cup diced onion
1 tablespoon curry powder
1/8 teaspoon ground turmeric
1/4 cup packed brown sugar
1/4 cup Chardonnay wine
1 cup vegetable broth or stock
1/2 cup coconut milk
salt and ground black pepper to
taste

Directions

Preheat oven to 275 degrees F. (135 degrees C). Roast garlic cloves on a baking sheet for about 30 minutes, or until golden but not burnt.

Heat the oil in a medium saucepan over medium heat, sweat the onions and peaches until softened. Season with curry powder, turmeric, roasted garlic, and sugar. Cook over medium to low heat until caramelized, about 30 minutes. Deglaze the pan with Chardonnay wine, then stir in the vegetable stock.

Remove from heat, and puree the soup in a blender or food processor, and strain through a fine sieve. Stir in the coconut milk, and season with salt and pepper. Reheat if desired, before serving.

Quick Creamy Potato Soup

Ingredients

8 slices bacon
1 cup chopped onion
4 cups cubed potatoes
2 (10.75 ounce) cans condensed
cream of chicken soup
2 1/2 cups milk
salt to taste
ground black pepper to taste
1 teaspoon dried dill weed

Directions

In a large saucepan, cook bacon until crisp. Remove bacon, and set aside. Drain all but 3 tablespoons bacon fat from the pan.

Brown onions in bacon fat over medium heat.

Add potatoes, and enough water to cover. Cover and cook until potatoes are tender, 15 to 20 minutes.

Stir together soup and milk until smooth; add to potato mixture. Heat, but do not boil. Add salt and pepper to taste, and stir in dill weed. Crumble bacon; stir in just before serving soup, or sprinkle on top to garnish.

Quick Turkey-Bean Soup

Ingredients

1 pound ground turkey
2 garlic cloves, minced
1 medium onion, chopped
1 tablespoon cooking oil
1 1/2 cups chopped celery
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
2 (14.5 ounce) cans beef broth
1 (28 ounce) can stewed tomatoes
3 tablespoons tomato paste
1/2 teaspoon cayenne pepper
1/4 teaspoon dried basil
1/4 teaspoon dried oregano
2 (15 ounce) cans kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained

Directions

In a soup kettle or Dutch oven over medium heat, brown turkey, garlic and onion in oil; drain. Add celery and peppers; cook and stir for 2 minutes. Add broth, tomatoes, tomato paste, cayenne, basil and oregano; mix well. Bring to a boil. Add beans and corn. Reduce heat; cover and simmer for 15 minutes.

Lentil Tomato Soup

Ingredients

4 tablespoons unsalted butter
1 onion, chopped
1 (28 ounce) can whole peeled tomatoes, with liquid
2 (14.5 ounce) cans chicken broth
2 cups dry brown lentils
1/2 cup red wine
4 cloves garlic, minced
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cloves

Directions

Melt the butter in a large pot over medium high heat. Place the onions in the pot and saute for 10 minutes, or until onions are tender.

Place the tomatoes in a food processor or blender and puree until smooth. Pour this into the pot with the onion along with the chicken broth and the lentils

Bring to a boil, reduce heat to low and let simmer for 20 minutes. Then, stir in the wine, garlic, nutmeg and cloves. Simmer for at least 25 more minutes.

Chicken Tortellini Soup

Ingredients

7 3/4 cups boiling chicken broth
1 (14.5 ounce) can stewed tomatoes, cut up
1 (10 ounce) package frozen chopped spinach, thawed
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon pepper
1 (9 ounce) package refrigerated cheese tortellini
2 1/2 cups cubed cooked chicken

Directions

In a Dutch oven or soup kettle, combine the broth, tomatoes, spinach, Parmesan cheese, salt and pepper. Cook for 10 minutes; add the tortellini and chicken. Cook for 5 minutes or until tortellini is heated through.

Happy Soup

Ingredients

5 (14 ounce) cans chicken broth
1 pinch crushed red pepper flakes
1/4 tablespoon dried basil
16 ounces fresh cheese-filled tortellini
2 (15 ounce) cans kidney beans, drained and rinsed
2 teaspoons grated Romano cheese
1 (15.25 ounce) can whole kernel corn

Directions

In a large pot over medium high heat, bring the broth to a boil. Add the red pepper flakes and basil to taste, then add the tortellini and cook per package instructions, or until tender.

Add the beans and cheese and reduce heat to medium. Simmer for 5 to 8 minutes, or until beans are tender. Add the corn and allow to heat through, about 1 to 2 minutes.

Vegetable Beef Soup I

Ingredients

2 quarts tomato juice
1 (16 ounce) package frozen mixed vegetables
3 potatoes, cubed
2 pounds cubed beef stew meat
1 teaspoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt to taste
ground black pepper to taste

Directions

Pour tomato juice into stock pot. Add vegetables and potatoes. Simmer.

Meanwhile, brown beef in skillet; then, add to simmering juice and vegetables. Add parsley, oregano, basil, and salt and pepper to taste; stir. Cover and simmer for 2-3 hours. Stir occasionally.

SwansonB® Sensational Chicken Noodle Soup

Ingredients

4 cups SwansonB® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
Generous dash ground black pepper
1 medium carrot, sliced
1 stalk celery, sliced
1/2 cup uncooked extra-wide egg noodles
1 cup shredded cooked chicken or turkey

Directions

Heat broth, black pepper, carrot and celery in 2-quart saucepan over medium-high heat to a boil.

Stir noodles and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until noodles are tender, stirring often.

Sausage Potato Soup

Ingredients

1 pound Bob Evans® Italian Sausage Roll
2 tablespoons olive oil
1 medium onion, chopped
1/4 teaspoon black pepper
1/4 teaspoon red pepper flakes
1 (48 ounce) can sodium-free chicken broth
1 (6 ounce) package precooked chicken strips, cut into pieces
1 (20 ounce) package Bob Evans® Home Fries Diced Potatoes
1 tablespoon parsley, chopped
1 bunch fresh kale, washed, chopped into pieces

Directions

In soup pot, crumble and brown sausage with olive oil over medium heat. Add onions and saute for 3-4 minutes longer. Add salt, peppers, broth, chicken pieces, potatoes and parsley. Bring to boil and immediately turn down to simmer. Simmer for 10 minutes add kale. Cover and simmer for an additional 10 minutes. Refrigerate leftovers.

Steve's Chicken Noodle Soup

Ingredients

3 tablespoons vegetable oil
2 onions, diced
6 stalks celery, diced
6 carrot, diced
3/4 tablespoon chopped fresh rosemary
3/4 tablespoon chopped fresh tarragon
3/4 tablespoon chopped fresh thyme
3/4 tablespoon chopped Italian flat leaf parsley
4 quarts low-fat, low sodium chicken broth
3 1/2 cups cubed skinless, boneless chicken breast meat
1 (16 ounce) package egg noodles
salt and pepper to taste

Directions

In a large skillet over medium heat, cook onions in oil until translucent. Stir in celery, carrot, rosemary, tarragon, thyme and parsley and cook, covered, until vegetables are soft, 5 to 10 minutes.

Transfer vegetable mixture to a large pot and pour in chicken broth. Simmer over low heat, covered, for 30 minutes.

Stir in chicken breast pieces and egg noodles and simmer, covered, 30 minutes more. Season with salt and pepper.

Corn and Chicken Soup

Ingredients

1 (2 to 3 pound) whole chicken,
skin removed and cut into pieces
1 onion, chopped
1 carrot, peeled and sliced
1 stalk celery, chopped
6 black peppercorns
1 bay leaf
salt and pepper to taste
1 quart water, or as needed
1 (8 ounce) can creamed corn

Directions

In a large saucepan or wok over medium heat, combine chicken, onion, carrot, celery, peppercorns, bay leaf, salt, pepper and water. Bring to a boil, then reduce heat and simmer 30 minutes. Strain stock and reserve chicken.

Return strained stock to pot and stir in creamed corn. Bring to a boil, then reduce heat and simmer 5 minutes. Shred cooked chicken meat and stir into pot. Heat through.

Pistou Soup

Ingredients

3 quarts vegetable broth
2 cups water
2 cups fresh green beans - rinsed, trimmed, and snapped into bite-size pieces
4 zucchini, cut into small cubes
3 carrots, cut into bite size pieces
4 potatoes, cut into bite sized pieces

1 bunch basil, leaves picked from stems
10 cloves garlic, minced
3 tomatoes, chopped
1/2 cup olive oil
1 teaspoon salt

1 (15 ounce) can kidney beans, drained and rinsed
1 (15.5 ounce) can white beans, drained and rinsed
1 (14.5 ounce) can diced tomatoes
1 (8 ounce) package spaghetti, broken into 2-inch pieces

1/2 cup shredded Gruyere cheese
1/2 cup grated Parmesan cheese

Directions

Bring the vegetable broth and water to a boil in a large pot. Stir in the green beans, zucchini, carrots, and potatoes. Return to a boil, reduce heat to medium-low, and simmer 45 minutes.

Meanwhile, prepare the pistou by processing the basil leaves, garlic, tomatoes, olive oil, and salt together in a food processor until finely chopped; set aside.

Stir the kidney beans, white beans, canned diced tomatoes, and spaghetti into the soup and return to a simmer. Cook until the spaghetti is tender, about 10 minutes. Remove the soup from the heat and stir in the pistou. Sprinkle with Gruyere cheese and Parmesan cheese to serve.

Miso Soup I

Ingredients

2 1/4 cups water
2 ounces firm tofu, cut into 1/4 inch cubes
1 tablespoon light miso paste
2 teaspoons barley miso paste
1/2 cup fresh spinach, washed and chopped
1 green onion, thinly sliced

Directions

In a medium saucepan, bring the water to a boil. Ladle out about 1/2 cup of the boiling water, and reserve. Add tofu. Reduce the heat to medium, cover, and cook for 1 to 2 minutes. Add spinach or bok choy; simmer about 1 to 2 minutes, or until the greens are tender. Remove soup from heat.

Blend white miso and barley miso into reserved hot water. Stir into soup. Ladle into bowls, and garnish with scallion. Serve immediately.

Homemade Albondigas Soup

Ingredients

1 pound ground beef
1 bunch cilantro, finely chopped
1 small onion, chopped
4 cloves garlic, minced
1 pinch garlic salt
1 pinch onion powder
salt and ground black pepper to taste

4 (14.5 ounce) cans chicken broth
4 large carrots, cut into 1/2 inch pieces
3 stalks celery, cut into 1 inch pieces
3 potatoes, cubed

Directions

Place the ground beef, 1/2 of the cilantro, 1/2 of the chopped onion, the garlic, garlic salt, and onion powder in a bowl. Sprinkle with salt and black pepper, and mix gently until combined. Form the meat mixture into golf ball-sized meatballs.

Spray a large skillet with nonstick spray, and brown the meatballs carefully over medium-high heat; remove the meatballs and set aside (the meatballs do not need to be fully cooked; they will finish cooking in the soup). Cook and stir the remaining onion in the same skillet over medium-low heat until translucent, about 10 minutes.

Pour the chicken broth into a large pot, and stir in the onion; add the carrots, celery, and potatoes. Bring to a boil over high heat; reduce heat and simmer until potatoes are nearly tender, about 15 minutes. Add the meatballs and the remaining cilantro; simmer for 30 minutes. Season to taste with salt and black pepper.

Broccoli Cheese Soup VI

Ingredients

4 cups chicken broth
1 cup water
1 cup half-and-half
4 ounces shredded Cheddar cheese
1/2 cup all-purpose flour
1/2 teaspoon dried onion flakes
1/4 teaspoon ground black pepper
4 cups broccoli florets

Directions

In a large pot over medium high heat, combine the broth, water, half-and-half, cheese, flour, onion flakes and ground black pepper. Whisk all together to break up any lumps.

Bring to a boil and reduce heat to low. Stir in the broccoli and simmer for 15 to 20 minutes, or until broccoli is tender.

Asparagus Cheese Soup

Ingredients

2 cups water, divided
1 teaspoon chicken bouillon granules
1/4 teaspoon seasoned salt
1/4 teaspoon lemon-pepper seasoning
1/4 teaspoon white pepper
3/4 pound fresh asparagus spears, trimmed
4 slices process American cheese, diced
1 bacon strip, cooked and crumbled

Directions

In a small skillet, combine 1 cup water, bouillon, seasoned salt, lemon-pepper and white pepper. Add asparagus. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until asparagus is tender. Remove asparagus; cool slightly.

Cut off several asparagus tips and set aside. Cut remaining asparagus into larger pieces. Place asparagus pieces and cooking liquid in a blender or food processor; cover and process until smooth. In a saucepan, combine asparagus mixture and remaining water; heat through. Reduce heat; stir in cheese just until melted. Garnish with bacon bits and reserved asparagus tips.

Butternut and Apple Harvest Soup

Ingredients

2 tablespoons butter
2 large leeks (white and pale green parts only), chopped
1 large onion, chopped
1 large potato, peeled and cubed
2 cups cubed butternut squash
1 cup diced carrots
1 Granny Smith apple, peeled, cored, and sliced 1/4-inch thick
1 quart chicken stock
1/4 cup dry white wine (optional)
1/2 cup light cream
1/4 teaspoon ground nutmeg
salt and pepper to taste
2 tablespoons chopped chives

Directions

Melt butter in a large pot over medium heat. Stir in leeks and onions, and cook until the onion softens and turns translucent, about 5 minutes. Add potato, squash, carrots, apple, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the vegetables are soft, about 20 minutes.

Carefully puree the soup in batches in a blender, or use a stick blender to puree the soup right in the pot. Once the soup has been pureed, return it to the pot and stir in wine and cream. Season with nutmeg, salt, and pepper; simmer gently for 5 minutes. Ladle into bowls and garnish with chopped chives.

Cream of Cauliflower Soup II

Ingredients

2 tablespoons butter
1 large onion, chopped
4 cloves garlic, minced
2 large potatoes, peeled and cubed
2 carrots, chopped
2 (14.5 ounce) cans chicken broth
1 head cauliflower, chopped
1 cup milk
1 teaspoon salt
1/2 teaspoon ground black pepper
1/8 teaspoon ground nutmeg
1 tablespoon dry sherry
1 tablespoon chopped fresh parsley

Directions

In a large pot over medium heat, melt butter. Stir in onion and garlic and cook until onion is translucent, about 5 minutes. Stir in potatoes and carrots and cook 5 minutes more. Pour in chicken broth and bring to a boil. Stir in cauliflower, cover, reduce heat and simmer until vegetables are tender, 10 to 20 minutes. Remove from heat.

Puree in batches in a blender or food processor, or in the pot using an immersion blender. Return to low heat and stir in milk, salt, pepper, nutmeg and sherry. Heat through. Serve garnished with parsley.

Mac 'n' Cheese Soup

Ingredients

1 (14 ounce) package deluxe
macaroni and cheese dinner mix
9 cups water, divided
1 cup fresh broccoli florets
2 tablespoons finely chopped
onion
1 (10.75 ounce) can condensed
cheddar cheese soup, undiluted
2 1/2 cups milk
1 cup chopped fully cooked ham

Directions

Set aside cheese sauce packet from macaroni and cheese mix. In a large saucepan, bring 8 cups water to a boil. Add macaroni; cook for 8-10 minutes or until tender.

Meanwhile, in another large saucepan, bring remaining water to a boil. Add broccoli and onion; cook for 3 minutes. Stir in soup, milk, ham and contents of cheese sauce packet; heat through. Drain macaroni; stir into soup.

Cabbage Borscht Mennonite Soup

Ingredients

2 pounds beef soup bones
2 quarts water, or more as needed
12 carrots, chopped
6 potatoes, cubed
1 head cabbage, finely chopped
3 onions, minced
1 1/2 tablespoons chopped fresh parsley
10 whole allspice berries
1 bay leaf
1/2 star anise
1 teaspoon salt
1 pinch ground black pepper
1 1/2 cups chopped tomato
1/2 cup heavy cream

Directions

Bring beef soup bones and water to a boil in a large pot over medium-high heat. Reduce heat and simmer for 1 1/2 hours, adding more water, as necessary, to maintain the 2 quart level. Remove and discard the soup bones, then strain the broth into a fresh pot, and return to the stove.

Stir in the carrots, potatoes, cabbage, onions, parsley, allspice berries, bay leaf, star anise, salt, and pepper. Cook until the potatoes are easily pierced with a fork, about 20 minutes. Stir in tomatoes and return soup to a boil. Serve individual bowls of soup topped with heavy cream.

Awesome Crab Soup

Ingredients

1/2 cup butter
1/3 cup all-purpose flour
1 teaspoon Old Bay Seasoning
TM
1 tablespoon Worcestershire
sauce
1 (14.5 ounce) can chicken broth
1 cup dry white wine
1 cup half-and-half cream
1 (2.5 ounce) package country
style gravy mix
8 ounces crabmeat
4 drops hot sauce
1/2 teaspoon salt
1/2 teaspoon ground black
pepper

Directions

Melt butter in a large saucepan over low heat. Stir in flour all at once, and cook until bubbly. Stir in Old Bay seasoning and Worcestershire sauce. Gradually stir in chicken broth, wine, and half-and-half.

Prepare gravy according to package directions, and stir into soup. Thin with more half-and-half if necessary. Simmer 10 minutes, stirring occasionally.

Stir in crabmeat, and season with hot sauce, salt, and pepper. Simmer 2 minutes, or until heated through.

Mushroom and Gorgonzola Soup

Ingredients

2 tablespoons butter
1/2 onion, diced
2 cloves garlic, minced
1 pound sliced mushrooms
2 tablespoons butter
2 tablespoons all-purpose flour
2 (13.75 ounce) cans chicken broth
1 cup half-and-half cream
1/2 teaspoon salt
1/2 teaspoon dried rosemary leaves, crumbled
1/2 cup crumbled Gorgonzola or blue cheese
1 tablespoon sherry
salt and pepper to taste
1/4 cup chopped fresh parsley (optional)

Directions

Place 2 tablespoons butter in a skillet and melt over medium-high heat. Stir in the onions, garlic, and mushrooms. Cook and stir until onions are soft and mushrooms reduce, about 5 minutes. Remove from heat.

Meanwhile, place the remaining 2 tablespoons butter in a pot, and melt over medium-high heat. Stir in the flour; cook and stir until mixture turns golden brown, about 5 minutes. Gradually pour in the chicken broth, half-and-half, 1/2 teaspoon salt, and rosemary; stir to blend ingredients. Reduce heat to medium. Stir the gorgonzola cheese and mushroom mixture into the chicken broth mixture; bring soup to a simmer and cook 10 minutes, stirring frequently.

Place half of the soup into a blender. Blend until smooth, and return to the pot. Stir in the sherry, and season with salt and pepper to taste. Cook until mixture thickens, about 5 minutes more. Garnish with fresh parsley, if desired, to serve.

Oat Soup

Ingredients

3 tablespoons olive oil
1 cup oats
5 large tomatoes, halved and sliced
1/3 cup onion, chopped
1 clove garlic, chopped
3 cups water, divided
1/2 bunch fresh cilantro
2 teaspoons chicken bouillon granules
1/2 teaspoon salt

Directions

Heat a large deep skillet or Dutch oven over medium-low heat. Pour in the olive oil, and let it heat up. Add the oats; cook and stir until toasted.

In a blender or large food processor, combine the tomatoes, onion, garlic, 1 cup of water, and cilantro. Blend until smooth. Pour into the pan with the toasted oats. Stir in the remaining 2 cups of water, and bring to a boil. Mix in the salt and chicken bouillon. Cover, and simmer for 15 minutes. Enjoy hot or warm.

Mexican Bean and Squash Soup

Ingredients

2 tablespoons olive oil
2 cups butternut squash - peeled, seeded, and cut into 3/4-inch chunks
1 small yellow onion, finely chopped
1/4 cup finely chopped celery
1/2 cup finely chopped carrot
3 cloves garlic, minced
2 canned Chipotle peppers in adobo sauce, seeded and minced
1 tablespoon chopped fresh basil leaves
1 tablespoon chopped fresh parsley
1 teaspoon cumin
1 (15 ounce) can diced tomatoes
2 quarts chicken broth
1 (15.5 ounce) can cannellini beans, drained
1 cup corn kernels, fresh, canned, or frozen
2 limes, cut into wedges
1 (10 ounce) bag tortilla chips, for topping
1 cup sour cream, for topping
1 (8 ounce) package shredded Mexican blend cheese, for topping

Directions

Heat the olive oil in a deep pot over medium-high heat. Stir in the squash, and cook until it begins to soften, 5 to 7 minutes. Add the onion, celery, and carrots. Cook until the onion is transparent, about 5 minutes. Stir in the garlic, chipotle peppers, basil, parsley, and cumin; cook 2 minutes more. Mix in the tomatoes and chicken broth. Reduce the heat to medium, and simmer until the vegetables are tender, about 30 minutes. Stir in the cannellini beans and the corn; cook just until heated through.

To serve, ladle the soup into bowls. Squeeze lime juice over each bowl, and top with tortilla chips, a dollop of sour cream, and a sprinkling of Mexican cheese.

Jalapeno Soup

Ingredients

6 cups chicken broth
2 cups chopped celery
2 cups chopped onion
1 teaspoon garlic salt
2 pounds cubed Cheddar cheese
1 cup diced jalapeno chile pepper

Directions

Place broth, celery, onion and garlic salt in a large saucepan over high heat, and cook until mixture thickens, 10 minutes.

Remove from heat, stir in cheese, and puree in a food processor or with an immersion blender until smooth. Return to pot.

Stir in jalapenos and heat through. Serve.

Baked Potato Soup IV

Ingredients

4 large potatoes, peeled and diced
8 cups water
1 (12 fluid ounce) can evaporated milk
16 ounces heavy cream
1/2 cup sour cream
3 tablespoons butter
1/2 teaspoon onion salt
1/2 teaspoon garlic powder
salt to taste
freshly ground pepper, to taste

Directions

Place the potatoes and water in a large saucepan. Bring to a boil. Reduce heat and simmer 1 hour, or until potatoes are very soft.

Mix the evaporated milk, heavy cream, sour cream, butter, onion salt, garlic powder, salt and pepper with the potatoes. Simmer 2 hours, stirring occasionally, until liquid has reduced by 1/3.

Scoop out and drain 1 to 2 cups of the mixture and thoroughly mash with a potato masher. Return to mixture. Garnish and serve.

Chicken Enchilada Soup I

Ingredients

1 1/4 cups chicken broth
10 (6 inch) corn tortillas, cut into
1/2 inch strips
1 cup green enchilada sauce
1 (10 ounce) can red enchilada
sauce
1 teaspoon ground cumin
4 cooked, boneless and skinless
chicken breast halve
1 cup half-and-half
1 tomato, chopped
1 jalapeno pepper, seeded and
minced
1 cup shredded Cheddar cheese

Directions

Combine chicken stock and tortilla strips in a large pot. Cook over medium heat until strips soften and broth thickens somewhat.

Stir in enchilada sauces and cumin. Stir in chicken and half-and-half; heat through.

Divide among four bowls and garnish with diced tomato, jalapeno pepper, and cheese. Serve with tortilla chips.

Sweet Potato and Carrot Soup with Cardamom

Ingredients

2 tablespoons butter
1 onion, diced
1/2 teaspoon ground cardamom
1/4 teaspoon ground turmeric
1/4 teaspoon ground ginger
1/4 teaspoon red pepper flakes
1/4 teaspoon ground cinnamon
1 pinch cayenne pepper
1 (14 ounce) can chicken broth
2 cups water
2 large sweet potatoes, peeled
and diced
3 carrots, peeled and chopped
Salt and pepper to taste

Directions

Melt the butter in a large saucepan over medium-high heat. Stir in onions, and cook until golden brown, 5 to 7 minutes. Season with cardamom, turmeric, ginger, pepper flakes, cinnamon, cayenne; cook until fragrant, about 1 minute.

Pour in chicken broth and water; add sweet potatoes and carrots. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the vegetables are tender, 25 to 30 minutes. Remove from heat, and puree in batches until smooth.

Oriental Shrimp Soup

Ingredients

3 1/2 cups water
1 (3 ounce) package Oriental
flavored ramen noodles
1 cup frozen cooked small shrimp
1/2 cup chopped green onions
1 medium carrot, julienned
2 tablespoons soy sauce

Directions

In a large saucepan, bring water to a boil. Set aside seasoning packet from noodles. Add the noodles to boiling water; cook and stir for 3 minutes. Add the shrimp, onions, carrot, soy sauce and contents of seasoning packet. Cook 3-4 minutes longer or until heated through.

Knefla Soup II

Ingredients

1 cup all-purpose flour
1 egg
1/2 cup water
1 pinch salt
1 large potato, diced
1 onion, diced
1/2 pound bacon, chopped
3 cups milk
1 cup heavy cream
salt and pepper to taste

Directions

In a medium bowl, combine flour, egg, 1/2 cup water and salt to form a dough. Cut into thin strips or small pieces.

Bring a large pot of water to boil. Stir in dough, potatoes and onion. Cook 20 minutes, until potatoes are tender. Drain.

While pasta and potatoes are cooking, cook bacon in a large skillet over medium heat until crisp. Save drippings.

Return pasta and potato mixture to large pot over medium-low heat, and combine with bacon, a teaspoon of bacon grease, milk, cream and salt and pepper. Adjust bacon grease to taste and milk or cream to cover. Simmer 20 minutes, without boiling. Serve hot.

Abalos-Style Hamburger Soup (Picadillo Filipino)

Ingredients

1 tablespoon cooking oil
1 onion, diced
4 cloves garlic, minced
1 large tomato, diced
1 pound ground beef
4 cups water
1 large potato, diced
2 tablespoons beef bouillon
2 tablespoons fish sauce
salt and pepper to taste

Directions

Heat the oil in a large pot over medium-high heat. Cook the onion and garlic in the hot oil until the onions are tender. Stir in the tomato; cook until soft, about 3 minutes. Crumble the ground beef into the pan and cook until brown, about 5 minutes. Add the water, potato, beef bouillon, fish sauce, salt, and pepper; reduce heat, cover, and simmer until the potatoes are tender, stirring occasionally, about 30 minutes.

Maryland Crab Soup

Ingredients

2 (14.5 ounce) cans stewed tomatoes
3 cups water
1 cup fresh lima beans
1 cup frozen corn kernels
1 cup sliced carrots
2 tablespoons chopped onion
2 tablespoons Old Bay Seasoning
TM
2 cups beef broth
1 pound blue crab crabmeat
10 blue crab claws, steamed (optional)
1 gallon water

Directions

Place whole tomatoes, water, lima beans, corn, sliced carrots, chopped onion, Old Bay seasoning, and beef broth, in a 4 quart pot. Heat to simmer, cover, and cook for 5 minutes.

Bring 1 gallon water to boil. Add crab claws and boil 6 minutes. Drain crab and set aside

Stir crabmeat (and crabs claws, if desired) into tomato and vegetable mixture. Cover and simmer 10-15 minutes longer. Serve hot.

Cauliflower and White Cheddar Cheese Soup

Ingredients

2 small heads cauliflower
salt to taste
2 tablespoons unsalted butter
1 onion, chopped
1 clove garlic, minced
4 cups vegetable broth
1 pinch ground nutmeg
1 1/2 cups milk
2 cups shredded white Cheddar cheese
freshly ground black pepper

Directions

Cut cauliflower heads into florets.

Fill a large saucepan 3/4 full with water, salt the water lightly and bring water to a boil. Add 1/2 of the cauliflower florets to the boiling water; boil until tender. Drain well.

Melt butter in a 4 quart soup pot over a medium-low heat. Saute the onion and garlic in the butter until the onion is tender. Pour in the vegetable stock and unboiled cauliflower florets. Mix in nutmeg and bring the mixture to a boil; boil until cauliflower is tender. Remove pot from heat to cool.

Use an electric blender to blend the soup-onion-cauliflower mixture until smooth (blend the mixture 2 cups at a time). Place the blended soup back in the 4 quart soup pot and heat over a medium-low heat. Pour milk into the pot and stir well. When the mixture is simmering, mix in the cooked florets and 1 1/2 cup of cheese. Stir until cheese melts and the soup has thickened. Serve hot, season with sprinkles of cheese and black pepper to taste. .

Tomato Soup Cake I

Ingredients

1 (10.75 ounce) can condensed tomato soup
1 teaspoon baking soda
1 cup white sugar
1 egg
1/3 cup butter
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 1/2 cups self-rising flour
1 cup raisins

Directions

Combine the tomato soup and the soda in a bowl, and let it stand.

Cream sugar, egg, butter, salt, cinnamon, and cloves. Mix in tomato soup and soda mixture, and then flour. Stir in the raisins, and pour the batter in a greased baking dish.

Bake at 325 degrees F (165 degrees C) for 1 hour, or until done. Cool the cake, and top with cream cheese icing.

Summer Soup of Butternut and Corn

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1 onion, chopped
- 1 butternut squash, peeled and cubed
- 1 cup corn
- 3 cups vegetable stock
- 1 teaspoon dried basil
- 1/2 teaspoon ground black pepper
- 1/2 cup plain yogurt
- 1/2 teaspoon ground nutmeg

Directions

Heat the olive oil in a Dutch oven over medium-high heat. Cook and stir the garlic and onion in the oil until soft and translucent. Add the butternut squash and corn and cook for 3 more minutes. Pour the stock into the Dutch oven and bring to a boil; season with basil and black pepper.

Reduce the heat to medium-low and simmer uncovered until the squash is tender, about 15 minutes. Remove the Dutch oven from the heat and using a hand blender, or working in batches with a counter top blender, process the soup until smooth. Stir in the yogurt and nutmeg.

Meatball Soup

Ingredients

2 quarts water
20 small meatballs
2 (8 ounce) cans tomato sauce
2 cubes beef bouillon cube
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon dried thyme
salt to taste
ground black pepper to taste
2 stalks celery, sliced
2 carrots, sliced
1 clove garlic, minced
1 cup elbow macaroni

Directions

Bring water to a boil in a large saucepan. Add meatballs, tomato sauce, bouillon, oregano, basil, thyme, salt and pepper to taste, celery, carrots, and garlic, and simmer for 30 minutes.

Add macaroni and cook until pasta is done. Top with parmesan cheese to serve.

Sour Cream Vegetable Soup

Ingredients

1 pound dried baby lima beans
4 1/2 cups water
salt and pepper to taste
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can peeled and diced tomatoes
8 large potatoes, peeled and cubed
3 cups shredded cabbage
1 (16 ounce) container sour cream

Directions

Wash and pick through beans. Place them in a large pot with the water. Season with salt and pepper. Bring to a boil, then reduce heat and simmer, covered, 1 1/2 to 2 hours, until just tender.

Stir in undrained corn and tomatoes, potatoes and cabbage. Simmer until potatoes are tender, about 20 minutes. At the table, stir sour cream to taste into individual servings.

Old-Fashioned Vegetable Soup

Ingredients

3 tablespoons butter
1 onion, diced
2 large carrots, diced
3 stalks celery, diced
1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon dried parsley
3 tablespoons soy sauce
1 tablespoon Worcestershire sauce
1 teaspoon paprika
2 quarts beef broth

Directions

In a large pot over medium heat, melt butter. Cook onion, carrots and celery until onion is translucent. Stir in tomatoes with their juice, salt, pepper, parsley, soy sauce, Worcestershire and paprika. Pour in beef broth. Bring to a boil, then reduce heat and simmer 30 minutes, until vegetables are tender and flavors are well blended.

Chinese Spicy Hot And Sour Soup

Ingredients

5 dried wood ear mushrooms
4 dried shiitake mushrooms
8 dried tiger lily buds
4 cups chicken stock
1/3 cup diced bamboo shoots
1/3 cup lean ground pork
1 teaspoon soy sauce
1/2 teaspoon white sugar
1 teaspoon salt
1/2 teaspoon ground white pepper
2 tablespoons red wine vinegar
2 tablespoons cornstarch
3 tablespoons water
1/2 (16 ounce) package firm tofu, cubed
1 egg, lightly beaten
1 teaspoon sesame oil
2 tablespoons thinly sliced green onion

Directions

Soak the dried mushrooms and tiger lily buds in warm water for 20 minutes. After trimming off any tough stems, slice the mushrooms. With the fingers, shred the tiger lily stems.

Place the mushrooms, tiger lily buds, stock, bamboo shoots, and shredded pork into a saucepan. Bring to a boil, and simmer for 10 minutes.

Stir in soy sauce, sugar, salt, white pepper, and vinegar. Combine cornstarch with 3 tablespoons water. Add a little of the hot soup to the cornstarch, and then return all to the pan. Heat to boiling, stirring. Add the bean curd, and cook 1 to 2 minutes.

Just before serving, turn off the heat. Stir the egg in gradually. Mix in sesame oil. Sprinkle each serving with scallions.

My Favorite Chicken and Wild Rice Soup

Ingredients

1 tablespoon vegetable oil
3 pounds chicken pieces
2 whole carrots
2 stalks celery, cut in half
1 large whole onion, peeled
salt and pepper, to taste
5 cloves garlic, crushed
1 (6 ounce) package long grain
and wild rice mix (such as Uncle
Ben's ® Original)
3 carrots, chopped
1 1/2 tablespoons lemon juice
chopped fresh parsley

Directions

Heat oil in a large pot over medium heat; add the chicken, whole carrots, celery, and whole onion. Cook until the chicken is browned, about 10 minutes. Season with salt and pepper. Stir in the crushed garlic cloves, and cook until soft, about 1 to 2 minutes. Pour enough water into the pot to cover the chicken and vegetables. Simmer for 2 to 3 hours. Add water as necessary.

While the soup is simmering, cook the rice according to package instructions. Refrigerate when done.

Removed cooked chicken from the pot to cool. Strain the broth, discarding cooked vegetables. Shred chicken and return to the pot along with the broth; stir in chopped carrots and lemon juice. Bring soup to a simmer, and cook until the carrots are soft, about 10 minutes. Stir in the cooked rice and chopped parsley. Heat until hot, about 5 minutes. Season with additional salt and pepper, if needed.

Chicken Corn Soup I

Ingredients

1 (4 pound) chicken
1 onion, chopped
4 quarts water
1 (10 ounce) package frozen whole kernel corn
1/2 cup chopped celery
salt and pepper to taste

1 cup all-purpose flour
1 pinch salt
1 egg
1/4 cup milk
2 hard-cooked eggs, chopped

Directions

In a large stock pot cover chicken and onion with water. Cook slowly until tender, approximately 1 hour. Remove chicken, let cool and remove meat from bones. Cut meat into 1 inch pieces, discard skin and bones.

Cut corn from cobs if using fresh corn.

Add corn, cut up chicken, celery to stock pot and season with salt and pepper. Simmer soup for 10 minutes.

In a separate bowl make rivels by mixing together flour, salt, egg, and enough milk to form small crumbs.

Drop rivels into soup and add hard boiled eggs. Simmer for 15 minutes and serve hot.

Sausage Cheese Soup

Ingredients

1 pound Bob Evans® Original Recipe Sausage Roll
1 carrot, chopped
1 small onion, chopped
1/4 cup flour
1 (14 ounce) can reduced sodium chicken broth
1 1/2 cups whole milk
2 cups shredded sharp Cheddar cheese
1 cup shredded Swiss cheese

Directions

In large saucepan over medium heat crumble and cook sausage, carrot and onion until sausage is brown and vegetables are softened. Sprinkle flour into pan. Cook, stirring frequently, 1-2 minutes. Gradually stir in broth and milk. Cook, stirring occasionally, until soup comes to a boil. Remove pan from heat and gradually stir in cheese. Stir until cheese is melted and smooth.

Peruvian Lamb Soup

Ingredients

- 2 quarts water
- 1 pound lean lamb bones, neck or shank
- 1 bunch fresh cilantro
- 1 cup red bell pepper
- 1 onion, quartered
- 4 cloves garlic
- 2 tablespoons olive oil
- 1 cup dark beer
- 3 carrots, sliced
- 3 stalks celery, chopped
- 1 cup shredded banana squash
- 1 large cubed potatoes
- 1 cube chicken bouillon
- 1 tablespoon salt

Directions

Rinse lamb, and put in pot with water. Add squash, carrots, and celery. Bring to a boil, and then simmer for half an hour. Do not cover.

Twist stems off cilantro bunch. Put in a blender with 1 cup water. Blend till liquefied. Add garlic cloves, onion, red pepper, bouillon cube; chop in blender. Do not liquefy. Should be fairly chunky.

Stir fry cilantro mixture in olive oil till onion is translucent. Add to soup pot with beer, and simmer for 15 minutes.

Add potatoes, and simmer for final 15 minutes, or until potatoes are tender. Season to taste with salt.

Curried Winter Soup

Ingredients

- 1 onion, chopped
- 3 cloves crushed garlic
- 1 tablespoon olive oil
- 1 1/2 teaspoons curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 8 cups vegetable stock
- 1/4 cup dry lentils
- 1 (28 ounce) can diced tomatoes with juice
- 1/4 cup uncooked white rice
- 1 cup frozen corn
- 1/4 cup elbow macaroni
- 1 small spaghetti squash

Directions

Place cut side of the squash down in a lightly oiled baking pan. Bake at 350 degrees F (175 degrees C) for 30 minutes, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven, and set aside to cool enough to be easily handled. Shred squash with a fork.

In a large soup pot, saute onions and garlic in olive oil. Add curry powder, cumin, and turmeric. When onions are transparent, add stock and lentils and bring to a boil. Reduce to simmer and add chopped tomatoes and juice.

If using brown rice, add the rice 10 minutes after adding the lentils, if using white rice, add rice after 25 minutes along with the can of corn. (Add the can of corn at the same time you add rice, white or brown).

After 35 minutes, add the macaroni and spaghetti squash. Simmer until rice and pasta are cooked.

Chili Bean Soup

Ingredients

1 medium onion, chopped
3 garlic cloves, minced
3 tablespoons olive or vegetable oil
4 cups vegetable broth
1 (16 ounce) can kidney beans, rinsed and drained
1 (4 ounce) can chopped green chilies
1/4 cup tomato paste
1 tablespoon soy sauce
1 tablespoon Worcestershire sauce
1 1/2 teaspoons brown sugar
1 1/2 teaspoons lime juice
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon ground cumin

Directions

In a large saucepan, saute onion and garlic in oil until tender. Stir in remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through.

Bacon Corn Soup

Ingredients

4 bacon strips
1 cup chopped onion
2 cups water
1 1/2 cups diced peeled potatoes
1 teaspoon chicken bouillon granules
1/4 cup all-purpose flour
2 cups milk, divided
1 cup half-and-half cream
1 (16 ounce) package frozen corn
8 ounces process American cheese, cubed
salt and pepper to taste

Directions

In a large saucepan, cook bacon until crisp. Remove bacon; crumble and set aside. In the drippings, saute onion until tender. Add water, potatoes and bouillon; cover and simmer until potatoes are tender. In a small bowl, combine flour and 1/4 cup milk until smooth. Add flour mixture, cream, corn and remaining milk to soup; bring to a boil. Cook and stir for 2-3 minutes or until thickened. Reduce heat; add cheese and bacon. Cook and stir until cheese is melted. Season with salt and pepper.

Asian Burger Soup

Ingredients

1 pound lean ground beef
1 tablespoon toasted sesame seeds
2 (10.5 ounce) cans beef consomme
2 cups water
2 cups fresh bean sprouts
1/4 cup diced red bell pepper (optional)
1/2 cup sliced fresh mushrooms (optional)
4 green onions, diced

Directions

In a large skillet, brown ground beef over medium high heat, stirring frequently. Add sesame seeds, consomme, and water. Bring to a boil, reduce to a simmer, and cook for 10 minutes.

Add bean sprouts and green onions (and red pepper and mushrooms, if using). Cook another 3 minutes. Serve hot.

Hot Dog Soup

Ingredients

1 onion, chopped
2 tablespoons margarine
3 potatoes, peeled and cubed
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can chicken broth
1 (9 ounce) package frozen green beans
1 (16 ounce) package beef frankfurters, cut into bite size pieces

Directions

Place the onion and margarine in a large saucepan over medium heat. Slowly cook and stir until the onion is soft. Mix in the potatoes and enough water to cover. Bring to a boil. Reduce heat and mix in the tomato sauce, chicken broth, green beans and frankfurters. Simmer 30 minutes, or until potatoes are tender.

Thai Ginger Soup

Ingredients

3 cups coconut milk
2 cups water
1/2 pound skinless, boneless
chicken breast halves - cut into
thin strips
3 tablespoons minced fresh ginger
root
2 tablespoons fish sauce, or to
taste
1/4 cup fresh lime juice
2 tablespoons sliced green onions
1 tablespoon chopped fresh
cilantro

Directions

Pour the coconut milk and water into a saucepan, and bring to a boil. Add the chicken strips, and reduce heat to medium. Simmer for about 3 minutes, just until the chicken is cooked through. Stir in the ginger, fish sauce and lime juice. Sprinkle in the green onions and cilantro, and serve.

Carrots, Potatoes, and Pork Ribs Soup

Ingredients

2 carrots, chopped
2 potatoes, peeled and cubed
1 pound pork spareribs
salt to taste
ground black pepper to taste
2 quarts water

Directions

Wash the pork ribs, potatoes, and carrots.

Put water, pork ribs, potatoes, and carrots into a pot and boil. Add salt and pepper to taste.

Simmer and cook for 3 to 4 hours or until ribs are completely cooked. Can also be made in a crockpot set at low for 6 to 8 hours.

Spicy Devil's Tom Yum Soup

Ingredients

2 pounds tiger prawns with heads and shells
4 cups water
2 tablespoons vegetable oil
1 tablespoon minced garlic
2 stalks fresh lemon grass, tough outer leaves removed and white part slightly crushed
5 lime leaves
5 shallots, thinly sliced
5 slices galangal
10 chile padi (bird's eye chiles), thinly sliced
1 tablespoon Asian red chili paste
1 skinless, boneless chicken breast half - cut into cubes
1/4 cup lime juice
2 large squid, cleaned and sliced into rings
1/2 (15 ounce) can baby corn, drained
1/2 (6 ounce) can whole straw mushrooms, drained
3 fresh tomatoes, quartered
1/2 cup coconut milk
salt to taste

Directions

Wash the prawns, remove the heads, shells, and black veins, and retain the heads. Set the cleaned prawns aside. Place the prawn heads in a large saucepan or soup pot with the water, bring to a boil, and boil over high heat to reduce the stock and concentrate the flavor, about 15 minutes. Strain out the prawn heads and discard.

Heat the vegetable oil in a large skillet over medium heat; cook and stir the garlic, lemon grass, lime leaves, shallots, galangal, and red chilies until the shallots are translucent and the seasonings are fragrant, about 3 minutes. Stir in the chili paste, cook and stir for 1 minute, and add the chicken breast and lime juice. Stir well to evenly mix in the chili paste, and let the mixture simmer for 5 minutes. Pour the seasoned chicken-lime juice mixture into the prawn stock, and bring to a boil over medium-low heat.

When the soup begins to boil, stir in the squid rings, baby corn, straw mushrooms, cleaned prawns, and tomatoes. Turn the heat to low, stir in the coconut milk, and let the soup simmer until the prawns are pink and opaque, about 5 minutes. Add salt to taste, and serve.

Avocado Soup with Shrimp Ceviche

Ingredients

Ceviche:

32 small shrimp, cooked and peeled

1/4 cup lemon juice, freshly squeezed

1/4 cup pink grapefruit juice, freshly squeezed

Sea salt

3 tablespoons red onion, minced

1 tablespoon red bell pepper, finely chopped

1 tablespoon green bell pepper, finely chopped

1 tablespoon yellow bell pepper, finely chopped

1 tablespoon cilantro, chopped

1 tablespoon jalapeno pepper, seeded and finely chopped

1 tablespoon oil

Chilean Hass Avocado Soup:

2 medium to large Chilean Hass avocados

1 1/2 cups chicken broth, good-quality, chilled and defatted

1 1/2 cups cold milk

1 tablespoon lemon juice, freshly squeezed

1/2 teaspoon salt

Pinch of merken (see note) or cayenne pepper

Directions

In a non-reactive bowl, marinate the shrimp for 30 minutes in the lemon and grapefruit juice. Season to taste with sea salt. Add the remaining ingredients, mix to combine and refrigerate until ready to serve.

Cut avocados in half, remove pit, and peel. Put into blender. Add broth and puree until smooth. Blend in enough milk to make a thick but pourable soup. Add the lemon juice, salt and Merken to taste. Pour about one half cup soup into each of 8 small cocktail glasses. Top each with 4 shrimp and some of the vegetable mixture. Serve at once.

Quick Pot Sticker Soup

Ingredients

1 tablespoon sesame oil
1 onion, chopped
2 cloves minced garlic
2 (32 ounce) cartons chicken broth
2 green onions, chopped
1 tablespoon sesame oil
salt and pepper to taste
1 (15 ounce) package frozen pot stickers (any filling)
1 (12 ounce) package frozen stir-fry vegetables

Directions

Heat 1 tablespoon of sesame oil in a large pot over medium heat. Stir in the chopped onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the chicken broth, green onions, and remaining sesame oil. Bring to a boil over high heat, and season to taste with salt and pepper.

Reduce the heat to medium, and add the frozen pot stickers and stir-fry vegetables. Cook until the pot stickers float, about 8 minutes.

Beefy Lentil Vegetable Soup

Ingredients

1 pound lean ground beef
1 1/2 cups dry lentils, rinsed
1 cup chopped carrots
1 cup chopped onion
1 cup chopped celery
3 cups water
1 teaspoon salt
ground black pepper to taste
2 cubes beef bouillon cube
6 cups tomato-vegetable juice
cocktail
1 (4.5 ounce) can mushrooms,
drained
1 dash Worcestershire sauce

Directions

Brown beef; break meat into small pieces while cooking. Drain.

Place meat in a big pot with lid. Add lentils, vegetables, water, salt, pepper, bouillon, vegetable juice, mushrooms, and Worcestershire sauce. Cook on high until it boils. Reduce heat to low, and cover. Simmer for about 1 1/2 to 2 hours, or until lentils are tender. Stir occasionally.

Cabbage, Potato and Baked Bean Soup

Ingredients

2 teaspoons vegetable oil
2 1/2 cups peeled and cubed potatoes
1 cup thinly sliced celery
1 onion, chopped
6 cups shredded cabbage
4 cups chicken broth
1 bay leaf
1/2 teaspoon ground black pepper
1 (15 ounce) can pork and beans in tomato sauce

Directions

Heat oil in medium size saucepan. Add potatoes, celery, and onion, saute for 5 minutes.

Stir in cabbage, cover and cook over medium heat, until cabbage is tender.

Add broth, bay leaf, pepper and pork and beans. Heat until soup is hot and then remove bay leaf and serve.

Tex-Mex Turkey Soup

Ingredients

- 1 tablespoon olive oil
- 1/2 cup minced onion
- 3 cloves garlic, minced
- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 4 cups water
- 1 (10.75 ounce) can condensed tomato soup
- 1 (28 ounce) can diced tomatoes
- 1 cup salsa
- 4 cups shredded cooked turkey
- 1 tablespoon dried parsley
- 3 chicken bouillon cubes
- 1 (14 ounce) can black beans, rinsed, drained
- 2 cups frozen corn
- 1/2 cup sour cream
- 1/4 cup chopped fresh cilantro

Toppings:

- 6 cups corn tortilla chips
- 3/4 cup chopped green onion
- 1 cup shredded Cheddar-Monterey Jack cheese blend
- 1/2 cup chopped fresh cilantro
- 1/2 cup sour cream

Directions

Heat olive oil in a large saucepan over medium heat. Add minced onions and cook until onions begin to soften, about 4 minutes. Add garlic, chili powder, cumin and oregano and cook, stirring, for 1 minute.

Stir in water, tomato soup, diced tomatoes, salsa, shredded turkey, parsley and bouillon cubes. Bring to a boil, then reduce heat, and simmer 5 minutes or until bouillon cubes dissolve. Add black beans, corn, sour cream and cilantro. Simmer for 20 to 30 minutes.

Serve soup with crushed tortilla chips, chopped green onion, shredded cheese and additional cilantro and sour cream.

Curried Chicken Soup with Chickpeas and

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans chickpeas,
drained
2 cups bite-size cauliflower florets
2 tablespoons curry powder
1 (13.5 ounce) can coconut milk
(optional, but very good)
1/2 cup chopped fresh cilantro
Salt and freshly ground black
pepper
grated Parmesan cheese

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans chickpeas, drained; 2 cups bite-size cauliflower florets; 2 Tbs. curry powder; 1 13.5-ounce can coconut milk (optional, but very good).

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.

Potato Salad Soup

Ingredients

5 tablespoons unsalted butter
1 onion, chopped
1/2 cup chopped celery
1/4 cup chopped carrots
2 cloves garlic, minced
2 tablespoons chopped fresh parsley
4 tablespoons all-purpose flour
1 1/2 cups chicken stock
1 1/2 cups milk
3 potatoes, cut into 1/4-inch slices
2 teaspoons Worcestershire sauce
1 1/2 teaspoons mustard powder
1 pinch ground allspice
3/4 teaspoon celery salt
1/2 teaspoon dried thyme
1/2 teaspoon seasoning salt
2 tablespoons white wine
1/4 teaspoon poultry seasoning
3 hard-cooked eggs, chopped

Directions

Saute the onion, celery, carrots, garlic, and parsley in the butter until soft. Sprinkle in the flour and cook, stirring, for 2 minutes.

Add the stock, milk, potatoes, Worcestershire sauce, dry mustard powder, allspice, celery salt, thyme, seasoning salt, white wine and poultry seasoning. Allow to simmer and thicken, stirring occasionally. Cook until the potatoes are cooked through, about 25 minutes. During the cooking break up the potatoes with the back of a spoon to make large chunks. Serve warm with chopped hard boiled egg sprinkled over.

Zesty Potato Soup

Ingredients

4 large potatoes, peeled and cubed
2 cups water
1 teaspoon dried minced onion
1 garlic clove, minced
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup milk
4 ounces process American cheese, cubed
1/3 cup chopped green chilies
2 tablespoons butter
1 tablespoon chicken bouillon granules
2 teaspoons minced fresh parsley

Directions

In a large saucepan, combine the potatoes, water, onion, garlic, salt and pepper; bring to a boil over medium heat. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender. (Do not drain.) Mash potatoes in liquid until almost smooth. Add remaining ingredients; cook and stir until cheese is melted.

Elegant Oyster Soup

Ingredients

2 tablespoons butter
1/2 cup carrot, finely chopped
1/2 cup onion, finely chopped
1/2 cup celery, finely chopped
1/2 cup button mushrooms,
chopped
1/2 cup butter
1/4 cup all-purpose flour
1 quart chicken broth
1 (14 ounce) can artichoke hearts,
drained
1 bay leaf
3/4 teaspoon salt
1/2 teaspoon cayenne pepper
1/4 teaspoon dried thyme
1/4 teaspoon dried oregano
1/4 teaspoon dried sage
1 cup heavy cream
12 shucked oysters and juice

Directions

In a large pot, saute chopped carrot, onion, celery and fresh mushrooms in 2 tablespoons of butter for 5 minutes or until the onions are transparent.

In another large pot, melt 1/2 cup butter and stir in the flour. Cook for 5 minutes.

Whisk in the chicken broth to the flour mixture. Add the sauteed vegetables, artichokes hearts, bay leaf, salt, cayenne pepper, thyme, oregano and sage. Simmer for 30 minutes over medium heat.

Whisk in cream and add oysters; bring to a simmer, but do not boil.

Peanut Butter Vegetable Chicken Soup

Ingredients

8 cups chicken broth
2 cups diced, cooked chicken meat
1 cup peeled and cubed potatoes
1 cup diced carrots
1 cup diced zucchini
1 cup broccoli florets
1 cup canned whole tomatoes, chopped
1/2 cup chopped celery
1/2 cup chopped onion
1/2 cup chopped green bell pepper
2 cloves garlic, minced
1/2 cup peanut butter
1 tablespoon chopped fresh parsley
salt to taste
ground black pepper to taste

Directions

In a large stock pot, combine the broth, chicken, potatoes, and carrots. Bring the soup to a boil, and then reduce heat to medium. Cook for about 10 minutes, till vegetables are tender.

Add zucchini, broccoli, tomatoes, celery, onion, green pepper, and garlic. Simmer for about 8 minutes.

Add peanut butter, parsley, salt, and pepper; stir until peanut butter is fully blended. Simmer for 3 minutes longer.

Cheese Soup I

Ingredients

1 cup chopped celery
1/2 cup chopped onion
2 cups cubed potatoes
1 (16 ounce) package frozen
mixed vegetables
4 cubes chicken bouillon
2 1/2 cups water
1 pound processed cheese food
(eg. Velveeta), cubed
2 1/2 cups milk
2 tablespoons margarine

Directions

In a large pot boil the chopped celery, chopped onion, potatoes, mixed vegetables, bouillon cubes and water until all the vegetables are tender.

Add the Velveeta® milk and butter or margarine. Heat until hot and serve.

Split Pea Soup Atu

Ingredients

2 cups dried split peas
6 cups chicken broth
8 cups water
1/2 teaspoon hot pepper sauce
2 ham hocks
1 onion, chopped
2 potatoes, peeled and diced
2 bay leaves
4 teaspoons dried dill weed
1/2 teaspoon ground white pepper
2 tablespoons chicken bouillon powder
2 tablespoons soy sauce
1/2 teaspoon crushed red pepper flakes
2 cups whole milk

Directions

In a large stock pot, add split green peas, chicken broth, water, hot pepper sauce, ham hocks, chopped onion, diced potatoes, bay leaves, dried dill weed, white pepper, chicken soup base, soy sauce and red pepper flakes and bring to boil. Reduce heat and simmer, covered for about 1 hour, stirring occasionally.

Remove ham hocks and trim off fat. Remove ham from bone and cut into small pieces and return to pot. Simmer soup, covered for 30 minutes.

Remove 6 cups of soup and puree in a food processor or blender and return to pot. Stir in milk and bring back to a boil and then serve.

Bryan's Spicy Red Lentil Soup

Ingredients

1 teaspoon olive oil
1 1/2 cups chopped red onion
salt and pepper to taste
1 (28 ounce) can diced tomatoes
1 1/2 cups frozen chopped spinach
2 cups dry red lentils
2 cups water
2 teaspoons dried basil
1 1/2 teaspoons ground cardamom
1 teaspoon ground cumin
1/2 teaspoon ground cayenne pepper
1/2 teaspoon curry powder

Directions

Heat the oil in a large pot over medium heat, and cook the onion until golden brown. Season with salt and pepper. Mix in tomatoes, spinach, and lentils, and pour in water. Season with basil, cardamom, cumin, cayenne pepper, and curry powder. Bring to a boil, reduce heat to low, and simmer 25 minutes, stirring occasionally, until lentils are tender.

Transfer the soup to a blender (or use a hand held blender), and blend until smooth before serving.

Pumpkin Chipotle Soup

Ingredients

2 tablespoons butter
2 tablespoons all-purpose flour
4 cups vegetable stock
1 (29 ounce) can pumpkin puree
2 chipotle peppers in adobo sauce, minced
1 1/2 cups half-and-half cream
2 tablespoons sofrito
1 tablespoon Worcestershire sauce
1 teaspoon salt
1 teaspoon paprika

Directions

Melt the butter in a large saucepan over medium heat. Stir in the flour and cook until the flour has turned golden brown, about 3 minutes. Whisk in the vegetable stock and bring to a boil over high heat. Whisk in the pumpkin puree until no lumps remain, then add the chipotle peppers, half-and-half cream, sofrito, Worcestershire sauce, salt, and paprika. Return to a simmer, then reduce heat to medium-low, and cook for 8 minutes until thickened and hot.

Easy Indian Tomato Soup (Saar)

Ingredients

4 large ripe tomatoes
1/2 cup water
2 cloves garlic
2 tablespoons ghee (clarified butter)
1 teaspoon mustard seed
6 leaves fresh curry
1 cup water
2 teaspoons white sugar
1 teaspoon paprika
salt to taste
2 tablespoons chopped fresh cilantro

Directions

Place the tomatoes and 1/2 cup water in a microwave-safe bowl, and cook on High 4 minutes in the microwave. Reserve the cooking water. Cool tomatoes slightly, peel, and discard skins. Process the tomatoes, reserved water, and garlic in a blender or food processor until smooth.

Melt the ghee in a skillet over medium heat, and cook the mustard seed 1 minute. Stir in the curry leaves. Pour the processed tomatoes and garlic into the skillet. Stir in remaining 1 cup water. Mix in sugar, paprika, and salt. Bring to a boil, reduce heat to low, and mix in the cilantro. Continue cooking 5 minutes. Serve warm.

Alison's Slow Cooker Vegetable Beef Soup

Ingredients

1 1/2 pounds cubed beef stew meat
2 cups water
1 small onion, chopped
1 (28 ounce) can crushed tomatoes
1 (16 ounce) package frozen mixed vegetables
2 potatoes, peeled and cubed
10 cubes beef bouillon, crumbled
2 teaspoons ground black pepper
1 tablespoon salt
1 tablespoon dried basil

Directions

Place beef in a slow cooker. Pour in water. Stir in onion, tomatoes, mixed vegetables and potatoes. Season with bouillon, pepper, salt and basil. Cook on low 8 hours.

Tomato Florentine Soup I

Ingredients

2 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can chopped
stewed tomatoes
1 (12 fluid ounce) can tomato-
vegetable juice cocktail
1 (10.75 ounce) can condensed
tomato soup
1 tablespoon white sugar
1 (10 ounce) package frozen
chopped spinach
1 pinch ground nutmeg
salt to taste
ground black pepper to taste
1/2 cup cooked macaroni

Directions

Combine broth, tomatoes, juice, and soup in a saucepan with a wire whisk over medium heat. Add sugar, spinach, nutmeg, and salt and pepper to taste, without thawing spinach. Allow to heat gently 20 minutes on medium-low until spinach is tender. Keep hot without letting it boil.

Add cooked pasta and cook for 10 minutes longer.

Best Broccoli Cheddar Soup

Ingredients

1 head fresh broccoli, chopped
1 (2 ounce) package dry
cauliflower soup mix
4 cups water
1/2 cup milk
1 1/2 cups shredded Cheddar
cheese

Directions

In a medium sized stock pot, over medium heat, combine soup mix and water, stirring constantly until well mixed.

Add broccoli florets, partially cover and simmer for 5 to 10 minutes stirring often.

Once broccoli is tender, place soup in a food processor or blender and puree. Once blended return soup mixture to stock pot, add milk and stir.

Add cheese to soup mixture keeping 1/2 cup set aside. Stir soup until cheese is melted and then sprinkle remaining 1/2 cup cheese on top of individual soup servings.

Poblano Chile Pepper Soup

Ingredients

6 poblano peppers
2 cups chicken broth
salt and pepper to taste
1/2 teaspoon ground nutmeg
2 cups milk
3 tablespoons margarine
1 tablespoon all-purpose flour

Directions

Preheat oven to broil. Place poblano chile peppers on a cookie sheet and place in oven. Allow skin to blacken and blister, turning the chile peppers until all sides are done. (Note: Do not overcook.) When they are done, place them in a paper bag and seal. In about 15 to 20 minutes, take them out of the bag and peel the skin off each one under running water. Remove the stems and seeds.

In a blender, combine the chile peppers, broth, salt and pepper to taste and nutmeg. Blend until smooth. In a small saucepan over medium heat, warm the milk and set aside. In another saucepan over medium heat, melt the butter or margarine, add the flour and stir well. Add the warmed milk and stir until well blended. Add the chile pepper mixture and mix well. Reduce heat to low and simmer for 30 minutes.

Mulligatawny Soup I

Ingredients

1/2 cup chopped onion
2 stalks celery, chopped
1 carrot, diced
1/4 cup butter
1 1/2 tablespoons all-purpose flour
1 1/2 teaspoons curry powder
4 cups chicken broth
1/2 apple, cored and chopped
1/4 cup white rice
1 skinless, boneless chicken breast half - cut into cubes
salt to taste
ground black pepper to taste
1 pinch dried thyme
1/2 cup heavy cream, heated

Directions

Saute onions, celery, carrot, and butter in a large soup pot. Add flour and curry, and cook 5 more minutes. Add chicken stock, mix well, and bring to a boil. Simmer about 1/2 hour.

Add apple, rice, chicken, salt, pepper, and thyme. Simmer 15-20 minutes, or until rice is done.

When serving, add hot cream.

Potage aux Legumes (Green Vegetable Soup)

Ingredients

2 onions, chopped
3 cloves garlic, minced
3 tablespoons butter or margarine
2 (14.5 ounce) cans chicken broth
4 1/2 cups water
3 large carrots, peeled and chopped
1 leek, bulb only, chopped
3 green onions, chopped
1 1/2 habanero peppers, seeded and chopped
1 (10 ounce) bag fresh spinach
1 bunch watercress, trimmed and chopped
1 tablespoon salt and pepper to taste
extra virgin olive oil
red wine or balsamic vinegar

Directions

Cook onion and garlic in butter over medium high heat until onion is translucent, about 5 minutes. Add chicken stock, water, carrots, leeks, green onions, habanero peppers, spinach, and watercress. Bring to a low boil, and cook for 30 minutes, or until carrots are soft. Remove from heat, and allow to cool for 30 minutes.

Puree in a blender or food processor until smooth. Return to the pot, and simmer on low heat for 15 minutes before serving. Serve with a drizzle of olive oil or vinegar, or both, if desired.

Hawaij Vegetable Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 butternut squash - peeled,
seeded, and cubed
1 potato, peeled and cubed
1 large tomato, diced
2 stalks celery, sliced
2 carrots, peeled and sliced
1 (15 ounce) can garbanzo beans
2 tablespoons hawaij
1 tablespoon vegetable bouillon
powder
5 cups water
salt and pepper to taste

Directions

Heat the olive oil in a large stock pot over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the squash and potatoes to the onions and cook for 5 minutes, stirring constantly. Stir in the tomato, celery, carrots, and garbanzo beans with their liquid; cook for 5 minutes.

Pour in the water and bring the soup to a boil, stirring occasionally. Stir in the hawaij and vegetable bouillon powder. Reduce heat and simmer until the vegetables are tender about 15 minutes. Season to taste.

Peppery Sweet Potato Soup

Ingredients

1 jalapeno pepper*
2 medium sweet red peppers
5 cloves garlic
1 teaspoon olive or canola oil
5 cups reduced sodium chicken broth
4 cups cold mashed sweet potatoes (without added milk or butter)
1/2 teaspoon salt
1 cup fat-free milk

Directions

Broil whole jalapeno and red peppers 4 in. from the heat until the skins blister, about 7 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a bowl; cover with plastic wrap. Let stand for 15-20 minutes. Peel off and discard charred skin; remove stems and seeds. Finely chop peppers.

Place garlic on a double thickness of heavy-duty foil; drizzle with oil. Wrap foil around garlic. Bake at 425 degrees F for 15-20 minutes. Cool for 10-15 minutes. Squeeze softened garlic from skins into a small bowl and mash.

In a large saucepan or soup kettle, combine the peppers, garlic, broth, sweet potatoes and salt. Bring to a boil. Reduce heat; simmer, uncovered, for 25 minutes, stirring occasionally. Stir in milk; heat through. Cool slightly. Process soup in batches in a blender or food processor until smooth; return all to the pan and heat through.

Traci B's Callaloo Soup

Ingredients

2 teaspoons vegetable oil
1 1/2 cups chopped onion
3 cloves garlic, pressed
2 teaspoons grated fresh ginger root
1/4 teaspoon ground allspice
1 teaspoon ground turmeric
2 teaspoons ground coriander
1/2 teaspoon ground dried thyme
5 cups vegetable stock
2 cups diced peeled sweet potatoes
3 cups chopped kale
1 cup frozen sliced okra
1 cup coconut milk
1 cup diced tomato
1 cup canned black-eye peas, rinsed and drained
2 tablespoons lime juice, or to taste

Directions

Heat the vegetable oil in a large pot over medium heat. Stir in the onion, garlic, and ginger; cook and stir until the onion has softened and turned translucent, about 5 minutes. Sprinkle in the allspice, turmeric, coriander, and thyme; cook 1 minute longer.

Pour in the vegetable stock and sweet potatoes and bring to a boil; reduce heat to medium-low; cover and simmer 5 minutes. Add the kale and okra; simmer 5 minutes. Stir in the coconut milk, tomato, black-eye peas, and lime juice. Simmer about 5 minutes longer until the vegetables are tender.

Irish Egg Drop Soup

Ingredients

2 large baking potatoes, peeled
and cut into 1 inch pieces
1 large onion, coarsely chopped
1 cube chicken bouillon
1 tablespoon margarine
3 eggs, beaten

Directions

Place the potatoes, onion, margarine and bouillon cube into a soup pot, and fill with enough water to cover the potatoes by 1 to 2 inches. Bring to a boil, and cook for 30 minutes, until potatoes are falling apart. You can smash them up a little if you prefer the texture. Drizzle the beaten eggs into the pot, while stirring constantly. Continue to cook and stir for about 2 minutes, until the eggs are completely cooked in long strands.

Gypsy Soup

Ingredients

4 tablespoons olive oil
2 cups chopped onion
1/2 cup chopped celery
2 cloves garlic, crushed
2 cups diced peeled sweet potatoes
2 teaspoons paprika
1 teaspoon ground turmeric
1 teaspoon dried basil
1 teaspoon salt
1 pinch ground cinnamon
1 pinch cayenne pepper
1 bay leaf
3 cups chicken stock
1 tablespoon tamari
1 cup chopped fresh tomato
1 1/2 cups cooked garbanzo beans
3/4 cup chopped green bell pepper

Directions

Heat olive oil in a stock pot over medium-high heat. Saute onion, garlic, celery and sweet potatoes for about 5 minutes, or until onion is soft. Season with paprika, turmeric, basil, salt, cinnamon, cayenne, and bay leaf. Stir to blend, then stir in chicken stock and tamari. Cover, and simmer over low heat for 15 minutes.

Add tomatoes, garbanzo beans and green pepper to the soup, and simmer for another 10 minutes, or until all of the vegetables are tender. Adjust salt and pepper to taste.

Caldo Verde (Portuguese Green Soup)

Ingredients

4 tablespoons olive oil, divided
1 onion, minced
1 clove garlic, minced
6 potatoes, peeled and thinly sliced
2 quarts cold water
6 ounces linguica sausage, thinly sliced
2 1/2 teaspoons salt
ground black pepper to taste
1 pound kale, rinsed and julienned

Directions

In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.

Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.

Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.

Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.

Potato Soup XI

Ingredients

3 potatoes, peeled and cubed
1/2 stalk celery, minced
1 tablespoon minced onion
1/4 carrot, grated
2 cups chicken broth
2 teaspoons vinegar
1 teaspoon salt
1 1/2 cups milk
2 tablespoons all-purpose flour
1 tablespoon shredded Cheddar cheese
1 tablespoon shredded Monterey Jack cheese
2 slices crisply cooked bacon, crumbled

Directions

In a medium saucepan over medium heat, combine potatoes, celery, onion, carrot, chicken broth, vinegar and salt. Bring to a boil, then reduce heat, cover and simmer 20 minutes.

Whisk together milk and flour and stir into pot. Simmer uncovered until thickened, 5 to 10 minutes. Pour into 2 bowls and top with Cheddar, Monterey Jack and bacon.

Killer Shrimp Soup

Ingredients

2 quarts chicken broth
2 tablespoons rosemary
5 cloves garlic, minced
1 teaspoon ground black pepper
1 teaspoon celery seed
1/2 teaspoon fennel seed
1 cup clam juice
1/2 (6 ounce) can tomato paste
1 cup butter
1 cup white wine
2 pounds shrimp, with tails
1 (1 pound) loaf French bread

Directions

Pour broth into a large pot, and mix in rosemary, garlic, pepper, celery seed, fennel seed, clam juice, tomato paste, and butter. Bring to a boil, reduce heat to low, and simmer 1 hour, stirring occasionally.

Stir wine into the soup, and continue to simmer and occasionally stir 2 hours.

Just before serving, stir in shrimp. Continue cooking 3 minutes, or until shrimp are opaque. Serve with bread for soaking up all the yummy broth.

Curried Spinach Soup

Ingredients

1 large potato - peeled and cubed
6 tablespoons olive oil
1/2 cup chopped green onions
12 cups spinach - rinsed, stemmed, and dried
1/3 cup all-purpose flour
2 teaspoons curry powder
4 cups chicken broth
1 tablespoon lemon juice
1 (8 ounce) carton nonfat sour cream

Directions

Place the potato in a saucepan with enough water to cover. Bring to a boil, and cook until tender. Drain, and set aside.

Heat 2 tablespoons of olive oil in a large saucepan or soup pot. Add the green onions, and cook until tender. Stir in the cooked potatoes, then gradually mix in the spinach, stirring after each addition until spinach is limp. Transfer the mixture to a food processor or blender, and puree until smooth.

Heat the remaining olive oil in the same pan, and whisk in the flour and curry powder. Gradually whisk in broth so that no lumps form. Return the spinach mixture to the pan, stirring to blend, along with the lemon juice. Bring to a boil over medium heat, stirring constantly until thickened.

Place sour cream in a medium bowl. Ladle about 1 cup of the hot soup into the sour cream, and mix until well blended. Stir this back into the pot of soup. Heat through, but do not allow to boil. Serve immediately.

Ratatouille Soup

Ingredients

1 pound ground beef
1 (24 ounce) jar Prego®
Traditional Italian Sauce or
Tomato, Basil & Garlic Italian
Sauce
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
2 cups water
1 small eggplant, cut into cubes
1 medium zucchini, cut into cubes
1 large green pepper, chopped
1/2 cup uncooked elbow pasta

Directions

Cook the beef in a 4-quart saucepot over medium-high heat until it's well browned, stirring often to break up the meat. Pour off any fat.

Stir the sauce, broth, water, eggplant, zucchini and pepper in the saucepot and heat to a boil over medium-high heat. Reduce the heat to low. Cover and cook for 15 minutes.

Stir the pasta in the saucepot. Increase the heat to medium and cook for 10 minutes or until the pasta is tender, stirring occasionally.

Popcorn Soup (Corn Chowder)

Ingredients

1/2 cup butter
1 onion, chopped
1 tablespoon dried parsley
1/4 cup all-purpose flour
2 quarts half-and-half cream
2 (15.25 ounce) cans whole kernel corn
salt to taste
ground black pepper to taste

Directions

Saute onion in butter with parsley flakes until onion is tender, about 8 minutes.

Sprinkle flour over mixture and stir (will be lumpy). Slowly stir in the half and half until smooth and creamy. Add corn and cook until slightly thickened, about 5 minutes.

Add salt and pepper to taste. To serve, ladle into bowls and garnish with popped corn.

Peas and Macaroni Soup

Ingredients

2 tablespoons extra-virgin olive oil
2 large cloves garlic, minced
1 large sweet onion (such as Vidalia®), finely chopped
2 (15 ounce) cans peas, drained
2 (14.5 ounce) cans chicken broth
1/4 teaspoon Italian seasoning
1 tablespoon chopped fresh parsley
1/4 teaspoon garlic powder
1/4 teaspoon salt
black pepper to taste
1 (16 ounce) package ditalini pasta

Directions

Heat the olive oil in a soup pot over medium-low heat. Stir in the minced garlic and onion; cook and stir until soft, about 5 minutes. Turn heat to medium; stir in canned peas, chicken broth, Italian seasoning, parsley, garlic powder, salt, and pepper. Bring to a simmer. Cook for 40 minutes with the lid slightly ajar.

Stir pasta into soup; cook at a strong simmer until pasta is tender, about 12 minutes.

Cauliflower Soup

Ingredients

2 stalks celery, chopped
1 onion, chopped
3/4 cup shredded carrots
2 tablespoons olive oil
1 head cauliflower, coarsely
chopped
6 cups chicken broth
ground black pepper to taste

Directions

In a large saucepan over medium heat, saute the celery, onion and carrot in olive oil for 5 minutes, or until onion is translucent. Remove from heat and set aside.

Steam cauliflower in a colander over boiling water or in a steamer until tender. Mash.

Add the mashed cauliflower to the vegetable mixture, return to stovetop over medium heat and add the chicken broth. Pepper to taste and simmer for 15 minutes or until soup is heated thoroughly.

Chunky Chicken Veggie Soup

Ingredients

8 cups chicken broth
6 medium carrots, sliced
2 medium onion, chopped
2 small zucchini, chopped
4 garlic cloves, minced
6 cups cubed, cooked chicken
2 (28 ounce) cans crushed tomatoes
1 (14.5 ounce) can diced tomatoes, undrained
1 (10 ounce) can diced tomatoes with green chilies, undrained
1 (8 ounce) can tomato sauce
4 teaspoons sugar
1 teaspoon salt
1 teaspoon celery salt
1 teaspoon Creole seasoning
1/2 teaspoon pepper

Directions

In a large soup kettle, bring the broth, carrots and onions to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add the zucchini and garlic; simmer 5 minutes longer or until vegetables are crisp-tender. Stir in the remaining ingredients; heat through.

French Onion Soup II

Ingredients

1 pound onions, sliced
3 tablespoons vegetable oil
2 (14 ounce) cans beef broth
1 teaspoon Worcestershire sauce
1 pinch ground black pepper
6 slices French bread, toasted
2/3 cup shredded Swiss cheese

Directions

Cook and stir onions in vegetable oil in a covered large saucepan over medium heat for 20 minutes. Stir in the beef broth, Worcestershire sauce and black pepper; heat to a boil. Remove from heat.

Place bread on a baking sheet; sprinkle bread with cheese. Broil 4-to-5 inches from heat for about 1 minute or until cheese is melted and golden.

Ladle soup into bowls and top with bread.

Leek and Fennel Soup

Ingredients

2 tablespoons olive oil
3 large leeks, cleaned and thinly sliced
4 large stalks celery, thinly sliced
3 large white onions, peeled and halved
1 large fennel bulb, thinly sliced
2 large baking potatoes, peeled and cut into 1/2-inch cubes
1 tablespoon salt
1 1/2 teaspoons ground black pepper
8 cups water
2 cubes vegetable bouillon

Directions

In a large saucepan or soup kettle over medium-low heat, place the olive oil, leeks, celery, onions, fennel, potatoes, salt, and pepper, and cook and stir until the onions are translucent and the vegetables have begun to soften, about 10 minutes.

Pour 8 cups of water over the vegetables, bring to a boil, reduce the heat, and drop in the vegetable bouillon cubes. Simmer over low heat, stirring occasionally to dissolve the cubes, until the vegetables are tender and the potatoes have begun to thicken the soup, about 30 minutes.

Vegetable Salsa Soup

Ingredients

6 (14.5 ounce) cans chicken broth
1 (16 ounce) jar medium salsa
2 cups chopped carrot
2 cups celery, chopped
1 cup frozen mixed vegetables

Directions

In a pot over medium high heat, combine the broth, salsa, carrots, celery and mixed vegetables. Simmer together for 20 minutes, or until vegetables are tender.

French Spring Soup

Ingredients

1/4 cup butter
1 pound leeks, chopped
1 onion, chopped
2 quarts water
3 large potatoes, chopped
2 large carrots, chopped
1 bunch fresh asparagus, trimmed
and cut into 1 inch pieces
1/3 cup uncooked long-grain
white rice
4 teaspoons salt
1/2 pound fresh spinach
1 cup heavy cream

Directions

Melt the butter in a large pot over medium heat. Stir in the leeks and onion, and cook until tender.

Pour water into the pot. Mix in potatoes, carrots, asparagus, and rice. Season with salt. Bring to a boil, reduce heat, and simmer 30 minutes, until vegetables and rice are tender.

Stir spinach and heavy cream into the soup mixture, and continue cooking about 5 minutes before serving.

Avocado and Bacon Soup

Ingredients

1/2 pound bacon
1 medium onion, chopped
2 stalks celery, chopped
1 quart chicken stock
2 avocados - peeled, pitted, and chopped
1/2 cup white wine
1 lime, juiced
1 cup heavy cream
salt and pepper to taste

Directions

In a skillet over medium heat, cook the bacon until evenly brown. Drain, reserving 1 tablespoon grease in the skillet, chop, and set aside. Place onion and celery in the skillet, and cook until tender.

Transfer the onion and celery to a blender or food processor. Pour in 1/2 the chicken stock, add avocados, and blend until smooth.

Transfer blender mixture to a large pot over medium heat. Whisk in remaining stock, wine, lime juice, and heavy cream. Season with salt and pepper. Cook, stirring often, until heated through, but do not boil. Garnish with chopped bacon to serve.

Danish Potato Soup

Ingredients

1 ham bone
water
2 potatoes, peeled and diced
6 green onions, sliced
3 stalks celery, chopped
1/4 cup minced fresh parsley
2 cups chopped cabbage
2 carrots, diced
3 tablespoons all-purpose flour
1 cup light cream
ground nutmeg

Directions

In a soup kettle, bring ham bone and 2 quarts water to a boil. Reduce heat and simmer 1 hour or until meat pulls away from the bone. Remove ham bone. When cool enough to handle, trim any meat and dice. Discard bone. Return ham to kettle along with potatoes, onions, celery, parsley, cabbage and carrots; cook 40 minutes. Stir together flour and 1/4 cup cold water. Slowly pour into the soup, stirring constantly. Bring soup to a boil; cook 2 minutes. Reduce heat; stir in cream. Remove from the heat. Sprinkle a dash of nutmeg on each bowlful just before serving.

World's Best Potato Soup

Ingredients

8 unpeeled potatoes, cubed
1 onion, chopped
2 stalks celery, diced
6 cubes chicken bouillon
1 pint half-and-half cream
1 pound bacon - cooked and crumbled
1 (10.75 ounce) can condensed cream of mushroom soup
2 cups shredded Cheddar cheese

Directions

In a large stock pot combine potatoes, onions, celery, bouillon cubes and enough water to cover all ingredients. Bring to a boil and simmer on medium heat until potatoes are within 15 minutes of being finished.

Add half and half, bacon, cream of mushroom soup and stir until creamy. Add cheese and stir until completely melted. Simmer on low until potatoes are done.

Florentine Caramelized Onion Soup

Ingredients

1/4 cup extra virgin olive oil
4 pounds onions
2 teaspoons white sugar
salt to taste
1 (750 milliliter) bottle dry white wine
1 quart chicken broth
1 small cinnamon stick
4 cups cubed, stale French or Italian bread

Directions

In a large heavy pot, heat oil over medium heat. Cut onions in half lengthwise, then slice thinly. Place sliced onions in pot and toss to coat with oil. Cover, reduce heat to medium-low, and cook, stirring occasionally, until onions are softened and beginning to color, 30 minutes.

Increase heat to medium and cook, stirring occasionally, uncovered, until onions are amber in color, 45 minutes.

Sprinkle onions with sugar and a little bit of salt; cook, stirring, until sugar melts and onions are caramel colored, 5 minutes. Pour in wine and broth, and place cinnamon stick in pot. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Stir the bread into the soup and cook, uncovered, stirring occasionally until the bread disintegrates, 30 to 45 minutes.

Remove the cinnamon stick. Whisk the soup to incorporate the bread. Adjust seasoning. Serve hot.

Cream of Mushroom Soup III

Ingredients

1/4 cup butter
1 pound fresh mushrooms, sliced
1/4 cup all-purpose flour
3 (14 ounce) cans chicken broth
1 cube beef bouillon
1/2 cup sherry
1 cup heavy cream

Directions

In a large saucepan, melt butter over medium heat. Cook mushrooms in butter 5 minutes. Sprinkle flour over mushrooms. Pour in broth, a little at a time, stirring constantly. Stir in bouillon cube and sherry. Bring to a boil, then remove from heat and stir in cream. Heat through, without boiling. Serve.

Wisconsin Cheese Soup II

Ingredients

1 cup sliced carrots
2 cups chopped broccoli
1 cup water
1 teaspoon chicken bouillon granules
1/4 cup chopped onion
1/4 cup butter
1/4 cup all-purpose flour
1/4 teaspoon ground black pepper
2 cups milk
2 cups shredded sharp Cheddar cheese

Directions

In a small saucepan over medium-high heat, combine carrots, broccoli, water, and bouillon. Bring to a boil. Cover, reduce heat, and simmer for 5 minutes. Remove from heat, and set aside.

In a large saucepan, cook onion in butter over medium heat until onion is translucent. Stir in flour and pepper; cook 1 minute. Stir in milk. Bring to a boil, then stir in cheese until melted. Stir in reserved vegetables and cooking liquid. Heat through, and serve.

Stuffed Pepper Soup III

Ingredients

1 pound ground sirloin
1 onion, chopped
1 green bell pepper, chopped
1 (16 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce
6 cups beef broth
2 potatoes, peeled and cubed
1/2 tablespoon chopped fresh cilantro
1/2 tablespoon dried thyme
salt and pepper to taste
1 cup cooked white rice
2 tablespoons grated Parmesan cheese for topping
1 tablespoon grated Romano cheese

Directions

Brown meat in large stock pot. When meat is nearly cooked through add the onion and green pepper, and let cook for 5 minutes.

Add diced tomatoes, tomato sauce, beef broth, cubed potatoes, cilantro and thyme. Season with salt and pepper and let simmer for 30 to 40 minutes.

Place 1/4 cup of rice on bottom of individual serving bowls. Pour soup over rice and garnish with grated Parmesan or Romano cheese.

Newfoundland-Style Pea Soup

Ingredients

1 pound Newfoundland style salt beef
2 cups yellow split peas
10 cups water
3 carrots, chopped
1/2 turnip, peeled and cut into 1/2-inch pieces
1/2 teaspoon ground black pepper

Directions

Place the beef into a container and cover with water. Soak overnight in the refrigerator to remove excess salt. Drain, rinse, and cut into small cubes before using.

Bring the cubed beef, peas, and water to a boil in a large pot over high heat. Reduce heat to medium-low, cover, and simmer until the peas have softened and mostly dissolved, about 30 minutes. Stir or whisk frequently to help the peas dissolve, and to keep the soup from burning on the bottom of the pot. Stir in the carrots, turnips, and black pepper, continue simmering until the vegetables have softened, about 15 minutes more.

Pretty Peach Soup

Ingredients

1 cup fresh or frozen raspberries,
thawed
3 cups fresh or frozen peaches,
thawed
3 tablespoons lemon juice
1 cup peach nectar
1 cup plain yogurt
1/4 cup sugar
1 teaspoon almond extract

Directions

Place raspberries in a blender; cover and process until smooth. Strain and discard seeds. Cover and refrigerate puree. Place peaches and lemon juice in the blender; cover and process until smooth. Transfer to a bowl; stir in nectar, yogurt, sugar if needed (if fruit is tart) and extract. Cover and refrigerate for 2 hours.

To garnish as shown in the photo, drizzle 1 tablespoon raspberry puree in a 3 in. circle on top of each serving. Use a toothpick to draw six lines toward the center of circle, forming a flower.

Red Pepper Soup with Feta Cheese

Ingredients

1 (12 ounce) jar roasted red bell peppers
1 (13.75 ounce) can low-sodium chicken broth
1 teaspoon minced garlic
3/4 teaspoon dried oregano
1/8 teaspoon dried basil
1 cup heavy cream
1/2 cup crumbled feta cheese

Directions

In a food processor or blender, process undrained peppers with chicken broth, garlic, oregano, and basil until smooth.

Transfer liquid to a saucepan, and heat over medium-low heat. Simmer for 5 minutes. Slowly whisk in cream, and heat through.

Serve in soup bowls over crumbled feta cheese. Sprinkle additional feta cheese and oregano on top for garnish.

Potato and Turkey Sausage Soup

Ingredients

2 tablespoons margarine
4 potatoes, peeled and cubed
1 onion, chopped
2 stalks celery, chopped
water to cover
1 (16 ounce) package turkey
kielbasa, cut to 1/4 inch slices
1 (1 ounce) package dry Ranch-
style dressing mix
1 quart half-and-half cream
salt and pepper to taste

Directions

Place the butter or margarine, potatoes, onion and celery in a large pot over high heat. Add water to cover and cook for 20 minutes, or until potatoes are tender.

Puree the cooked potato mixture in small batches in a blender or food processor. Return the pureed mixture to the pot over medium heat. Add the kielbasa, ranch dip mix and half-and-half. Stir well and season with salt and pepper to taste. Allow soup to heat through, but do not boil.

Potatoes and Corn Soup

Ingredients

6 medium potatoes, peeled and cubed
6 stalks celery, chopped, leaves reserved
1 medium onion, chopped
2 cubes chicken bouillon
2 (15.25 ounce) cans whole kernel corn, drained
1/4 cup chopped fresh chives

Directions

In a large pot, place the potatoes, celery and leaves, and onion. Pour in enough water to cover. Bring to a boil. Remove the celery leaves, and stir in the bouillon cubes until dissolved. Mix in the corn. Reduce heat to medium-low, and cook 20 minutes, or until the potatoes are tender.

Mix the chives into the pot, and continue cooking 5 minutes before serving.

Farmhouse Chicken Soup

Ingredients

1 (3 pound) broiler-fryer chicken
2 quarts water
1 large onion, chopped
1/2 cup chopped celery
1 cup diced carrots
2 garlic cloves, minced
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon poultry seasoning
1/4 teaspoon crushed red pepper flakes
SPAETZLE:
1 1/2 cups all-purpose flour
1/2 teaspoon salt
1/8 teaspoon baking powder
1/8 teaspoon ground nutmeg
2 eggs, well beaten
1/2 cup milk
1 tablespoon minced fresh parsley

Directions

Place the chicken and water in a Dutch oven or soup kettle. Bring to a boil; reduce heat. Add the onion, celery, carrots, garlic, salt, pepper, poultry seasoning and red pepper flakes. Cover and simmer for 1 hour or until chicken is tender. Remove chicken from broth; cool. Skim fat from broth. Remove meat from bones; discard bones and skin. Cut meat into bite-size pieces; return broth. Cover and simmer.

For spaetzle, combine the flour, salt, baking powder and nutmeg in a small bowl. Stir in the eggs, milk and parsley; blend well. With a rubber spatula, push batter through a large-hole grater or colander into simmering soup. Simmer, uncovered, for 10 minutes or until spaetzle float to the top.

Chicken Pot Pie Soup

Ingredients

2 cups cubed cooked chicken
breast meat
1 (16 ounce) package frozen
mixed vegetables, thawed
1 (10.75 ounce) can condensed
cream of potato soup
1 (10.75 ounce) can condensed
cream of chicken soup
2 cups skim milk

Directions

In a medium sauce pan combine chicken, mixed vegetables, cream of potato soup, cream of chicken soup and milk. Heat through and serve with crumbled crackers on top.

Regular Chicken Soup

Ingredients

3 skinless, boneless chicken breast halves
8 cups water
10 carrots, peeled and sliced
6 stalks celery, thinly sliced
1 onion, diced
8 cubes chicken bouillon
1 (12 ounce) package uncooked egg noodles

Directions

In a large saucepan, boil the chicken until tender and no longer pink. Drain and dice.

Return diced chicken to the large saucepan. Mix together the water, carrots, celery, onion, chicken bouillon and egg noodles. Boil the mixture approximately 15 minutes, stirring occasionally. Reduce heat and simmer at least 2 hours before serving.

Creamy Chicken Noodle Soup

Ingredients

1 tablespoon vegetable oil
2 large carrots, chopped
2 stalks celery, chopped
2 (10.75 ounce) cans
Campbell's® Condensed Cream
of Chicken Soup (Regular or 98%
Fat Free)
2 cups milk
1 cup cubed cooked chicken
1 cup cooked medium egg
noodles

Directions

Heat oil in 3-qt. saucepan over medium heat. Add carrots and celery and cook until tender.

Stir soup and milk into pan. Heat to a boil.

Add chicken and noodles. Reduce heat to low. Cook and stir for 5 min. or until vegetables are tender.

Snow Days Potato Soup

Ingredients

1 pound bacon
1 large onion, diced
8 potatoes, diced
1 tablespoon salt
1 tablespoon ground black pepper
3 tablespoons all-purpose flour
3 cups water
1 gallon whole milk

Directions

In a large pot over medium heat, cook the bacon until evenly brown, but not crisp. Mix in the onion, and coat with the bacon drippings. Stir in potatoes, and season with salt and pepper. Mix in the flour and water, stirring until smooth. Cover pot, and cook 10 minutes, until potatoes are tender.

Reduce heat to low. Gradually stir in the milk. Simmer soup 1 hour, stirring frequently to avoid scorching.

Quick Pea Soup

Ingredients

1 1/2 cups frozen peas, thawed
1 1/4 cups milk, divided
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

Place the peas and 1/4 cup of milk in a blender; cover and process until pureed. Pour into a saucepan; add salt if desired, pepper and remaining milk. Cook and stir for 5 minutes or until heated through.

Broccoli Cheese Soup

Ingredients

1/2 cup butter
1 onion, chopped
1 (16 ounce) package frozen
chopped broccoli
4 (14.5 ounce) cans chicken broth
1 (1 pound) loaf processed cheese
food, cubed
2 cups milk
1 tablespoon garlic powder
2/3 cup cornstarch
1 cup water

Directions

In a stockpot, melt butter over medium heat. Cook onion in butter until softened. Stir in broccoli, and cover with chicken broth. Simmer until broccoli is tender, 10 to 15 minutes.

Reduce heat, and stir in cheese cubes until melted. Mix in milk and garlic powder.

In a small bowl, stir cornstarch into water until dissolved. Stir into soup; cook, stirring frequently, until thick.

Grandpa's Beef, Mushroom, and Barley Soup

Ingredients

1 cup pearl barley
2 1/2 cups water
8 ounces broken dried mushrooms
1/2 cup water
1 (3 pound) boneless chuck roast
5 quarts water
1/2 cup chopped fresh parsley
1/2 cup chopped fresh dill
1 (14 ounce) can beef broth
1 tablespoon kosher salt
1 teaspoon pepper

Directions

Combine barley and 2 1/2 cups water in a bowl; cover and let soak overnight. Combine dried mushrooms and 1/2 cup water in a bowl; cover and let soak overnight.

Place the chuck roast in a large stockpot over medium heat; cover the roast with 5 quarts water. Bring the water to a boil, skimming any foam off the surface. Boil the roast until the foam no longer forms on the water, about 15 minutes. Pour the barley, mushrooms, and the water from both bowls into the stockpot; stir in the parsley, dill, broth, salt, and pepper. Return the mixture to a boil; reduce heat to low; simmer, stirring every hour, until soup has reduced to desired thickness, 4 to 6 hours.

Remove large pieces of beef from the soup; trim and discard fat. Cut remaining meat into bite-sized pieces and return them to the soup.

Best Italian Sausage Soup

Ingredients

1 1/2 pounds sweet Italian sausage
2 cloves garlic, minced
2 small onions, chopped
2 (16 ounce) cans whole peeled tomatoes
1 1/4 cups dry red wine
5 cups beef broth
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
2 zucchini, sliced
1 green bell pepper, chopped
3 tablespoons chopped fresh parsley
1 (16 ounce) package spinach
fettuccine pasta
salt and pepper to taste

Directions

In a large pot, cook sausage over medium heat until brown. Remove with a slotted spoon, and drain on paper towels. Drain fat from pan, reserving 3 tablespoons.

Cook garlic and onion in reserved fat for 2 to 3 minutes. Stir in tomatoes, wine, broth, basil, and oregano. Transfer to a slow cooker, and stir in sausage, zucchini, bell pepper, and parsley.

Cover, and cook on Low for 4 to 6 hours.

Bring a pot of lightly salted water to a boil. Cook pasta in boiling water until al dente, about 7 minutes. Drain water, and add pasta to the slow cooker. Simmer for a few minutes, and season with salt and pepper before serving.

Magic's Green and White Chicken Soup

Ingredients

1 (4 pound) whole chicken, cut into pieces
2 medium heads garlic, chopped
3 tablespoons butter
2 1/4 cups sifted all-purpose flour
1 teaspoon salt
4 eggs
4 egg yolks
1 bunch fresh cilantro, chopped
1 bunch fresh parsley, chopped
1 bunch kale, torn into small pieces
1 bunch fresh spinach, stems removed, torn into small pieces
2 bunches green onions, chopped
1 tablespoon Italian seasoning
1 tablespoon curry powder
3 tablespoons balsamic vinegar
salt and cracked black pepper to taste

Directions

Place chicken and garlic in a large pot and with water to cover. Bring to a boil, then reduce heat and simmer, covered, until meat is very tender, 30 minutes to 1 hour. Remove chicken from pot and let rest until cool enough to handle. Remove skin and bone and tear or chop meat into bite-size pieces.

In a large bowl, beat together butter, flour and salt to form a mealy mixture. Beat in eggs and egg yolks to form a stiff dough. Divide dough into thirds and roll each third out onto a floured surface to 1/8 inch (3 mm) thickness. Let rolled pieces of dough rest on racks for 20 minutes.

While dough is resting, stir chicken meat, cilantro, parsley, kale, spinach and green onions into broth. Season with Italian seasoning, curry powder and balsamic vinegar. Simmer over low heat, adding more water if necessary.

Slice the noodle dough into 1/2-inch (1.2 cm) widths. Bring the soup to a light boil and drop noodles into the soup a few at a time. Cook until noodles are tender, 5 minutes. Season soup with salt and pepper and serve.

Garlic Vegetable Soup

Ingredients

2 tablespoons olive oil
2 carrots, chopped
2 stalks celery, chopped
1/4 medium head cabbage,
shredded
6 cups chicken broth
2 (14.5 ounce) cans peeled and
diced tomatoes
3 1/2 cups water
1 cup elbow macaroni
3 cloves garlic, minced
1/2 teaspoon ground black
pepper

Directions

Heat the oil in a large pot over medium heat. Saute the carrots, celery and cabbage in the oil for about 8 minutes, stirring well.

Raise heat to high and pour in the broth, tomatoes and water. Bring to a boil, reduce heat to low, cover and simmer for 1 hour.

Remove lid, stir in macaroni and heat for 5 minutes, or until macaroni is tender. Remove from heat and stir in the garlic and ground black pepper.

Slow Cooker Chicken Tortilla Soup

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Chicken Soup (Regular or 98% Fat Free)
1 (10.75 ounce) can Campbell's® Condensed Fiesta Nacho Cheese Soup
2 (10.75 ounce) cans milk*
1 (4 ounce) can chopped green chilies
2 skinless, boneless chicken breasts halves, cooked and diced
tortilla chips

Directions

Mix soups, milk, chilies and chicken in 3 1/2-qt. slow cooker.

Cover and cook on LOW 5 to 6 hours.

Place a few tortilla chips in each serving bowl. Ladle hot soup over chips. Serve immediately.

Easy Black Bean Soup

Ingredients

2 tablespoons olive oil
1 cup chopped white onions
1 teaspoon chopped fresh ginger
1 teaspoon chopped fresh garlic
1/2 teaspoon cayenne pepper
1 teaspoon dried thyme
3/4 teaspoon allspice
1/8 teaspoon celery salt
3 cups vegetable broth
1 (14.25 ounce) can tomato puree
2 (16 ounce) cans refried black beans
1/8 teaspoon black pepper
1 teaspoon white sugar
2 (15 ounce) cans black beans, rinsed and drained
1/4 cup fresh lemon juice
1 (8 ounce) container sour cream

Directions

Heat the olive oil in a large saucepan over medium heat, and cook the onion until tender. Mix in ginger and garlic, and season with cayenne pepper, thyme, allspice, and celery salt. Pour in the broth. Mix in tomato puree, refried black beans, black pepper, and sugar. Cook and stir until heated through.

Mix the remaining black beans and lemon juice into the soup. Continue cooking until heated through. Top each serving with a dollop of sour cream.

Pumpkin Bean Soup

Ingredients

1 tablespoon olive oil
1 red bell pepper, chopped
1 onion, chopped
2 cloves garlic, minced
1 teaspoon ground cumin
1 (15 ounce) can pumpkin puree
1 (15 ounce) can black beans,
rinsed and drained
1 (14 ounce) can whole kernel
corn, drained
2 cups chicken broth
1 (8 ounce) can tomato sauce
1 teaspoon fresh cilantro leaves,
finely chopped
salt and pepper to taste
1/2 cup heavy cream, whipped
(optional)
1/4 cup fresh chopped cilantro,
for garnish (optional)

Directions

Heat the olive oil in a saucepan over medium heat. Stir in the bell pepper and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Mix in the garlic and cumin and cook, stirring, for an additional 2 minutes.

Pour in the pumpkin puree, black beans, corn, chicken broth, tomato sauce, and 1 teaspoon cilantro; season to taste with salt and pepper. Bring the soup to a gentle boil; reduce the heat and simmer, covered, for 25 minutes.

Garnish each bowl of soup with a dollop of unsweetened whipped cream and additional cilantro, if desired.

Daddy's Whisker Soup

Ingredients

12 potatoes, peeled and diced
1 yellow onion, diced
1 tablespoon salt
1 tablespoon pepper
5 cups milk
1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed
1 teaspoon dried dill weed
salt and pepper to taste

Directions

Combine potatoes, onion, 1 tablespoon salt, and 1 tablespoon pepper in a large soup pot. Cover with water; bring to a boil over high heat. Cook until the potatoes are very tender, 10 to 15 minutes. Drain potatoes, and return to pot.

Stir the milk and cubed cheese into the potatoes. Season with dill, salt, and pepper. Cook and stir over low heat until the cheese is melted, about 10 minutes.

SwansonB® Roasted Tomato and Barley Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
2 large onions, diced
2 cloves garlic, minced
2 tablespoons olive oil
4 cups SwansonB® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
2 stalks celery, diced
1/2 cup uncooked pearl barley
2 tablespoons chopped fresh parsley

Directions

Heat the oven to 425 degrees F. Drain the tomatoes, reserving the juice. Place the tomatoes, onions and garlic into a 17x11-inch roasting pan. Pour the oil over the vegetables and toss to coat. Bake for 25 minutes.

Place the roasted vegetables into a 3-quart saucepan. Stir in the reserved tomato juice, broth, celery and barley and heat to a boil. Reduce the heat to low. Cover and cook for 35 minutes or until the barley is tender. Stir in the parsley.

Baked Potato Soup V

Ingredients

9 baking potatoes
2/3 cup butter
2/3 cup all-purpose flour
6 cups whole milk
1/2 tablespoon salt
1 teaspoon ground black pepper
1/2 cup bacon bits, divided
4 green onions, chopped
10 ounces shredded Cheddar cheese
1 (8 ounce) container sour cream

Directions

Prick potatoes with a fork and cook in the microwave, 3 or 4 at a time, and scoop out the flesh (while the others are cooking).

In a large saucepan over medium heat, melt butter. Stir in flour and cook about a minute. Whisk in milk, a little at a time, stirring constantly until thickened. Stir in potatoes, salt, pepper, 1/3 cup bacon bits, 2 tablespoons green onions and most of the cheese. Cook until thoroughly heated. Stir in sour cream and heat through. Serve topped with remaining bacon, onions and cheese.

Calypso Black Bean Soup

Ingredients

1 tablespoon olive oil
1 sweet onion, minced
1 clove garlic, minced
1 red bell pepper, seeded and diced
2 (15.5 ounce) cans black beans, rinsed and drained
1 mango - peeled, seeded and diced
1 banana, peeled and sliced
1 1/2 teaspoons ground cumin
1/2 teaspoon ground ginger
1 tablespoon hot pepper sauce (e. g. Tabasco, etc.), or to taste
1 (15 ounce) can light coconut milk
2 cups vegetable broth
salt and pepper to taste
1/2 cup sour cream, for garnish
1/2 cup chopped red bell peppers, for garnish

Directions

Place the olive oil in a deep, heavy pot, and heat over medium-high heat. Stir in the onion, garlic, and 1 red pepper; cook until onion is transparent, about 5 minutes. Stir in the black beans. Add the mango, banana, cumin, ginger, and hot pepper sauce; stir and cook until fruit softens. Pour in the coconut milk and vegetable broth. Bring soup mixture to a boil over high heat. Reduce heat to low, and simmer until liquid reduces, about 1 hour. Season to taste with salt and pepper.

Place soup in batches into a blender, and blend until smooth; or use a stick blender to blend in the soup pot. Serve garnished with dollops of sour cream and sprinkled with red bell pepper.

Chicken, Tom Yum and Karengo Soup

Ingredients

6 white onions, julienned
8 ounces fresh ginger root
6 red bell peppers, julienned
1 stalk celery, sliced thin
2 green chile peppers, chopped
2 lemon grass, chopped
10 kaffir lime leaves
1/2 cup oyster sauce
1 cup soy sauce
3 1/2 (4 ounce) jars tom yum soup paste
14 quarts chicken broth
6 1/2 pounds skinless, boneless chicken breast halves - cut into strips
salt to taste
1 cup reconstituted karengo (seaweed)
1 teaspoon sesame oil

Directions

In a large stock pot saute onions, red bell peppers, celery, lemongrass, chile peppers and ginger in sesame oil.

Add chicken stock and simmer for 5 minutes.

Add lime leaves, oyster sauce, soy sauce, tom yum paste and cut up chicken. Simmer for 20 minutes and then check the seasoning. Add more oyster sauce, soy sauce or tom yum paste if necessary. At this point also season with salt.

Add seaweed, garnish with cilantro and serve.

Sauerkraut Soup II

Ingredients

1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup
2 1/2 cups water
4 cups chicken broth
1/2 pound sauerkraut
1 onion, finely diced
1 (15 ounce) can carrots, drained
1 (15 ounce) can sliced potatoes, drained
1 pound smoked sausage of your choice, sliced
1 teaspoon dried dill weed
1 teaspoon minced garlic (optional)
salt and pepper to taste

Directions

In a 4 to 6 quart slow cooker, blend the cream of mushroom soup, cream of chicken soup, water, and chicken broth. Stir in sauerkraut, onion, carrots, potatoes, and sausage. Season with dill and garlic.

Cover, and cook on High for 4 hours, or Low for up to 8 hours. Taste, and season with salt and pepper to your liking.

Mandi's Cheesy Potato Soup

Ingredients

5 potatoes, peeled and cubed
1 small carrot, finely chopped
1/2 stalk celery, finely chopped
1 1/2 cups water
1 teaspoon salt
2 1/2 cups milk
3 tablespoons margarine, melted
3 tablespoons all-purpose flour
1 1/2 teaspoons steak seasoning
1 teaspoon ground black pepper
2 cups shredded four-cheese
blend

Directions

In a large pot over medium heat, combine potatoes, carrot, celery, water and salt. Bring to a boil, then reduce heat, cover and simmer until potatoes are tender, 15 to 20 minutes. Once tender, stir in milk.

In a small bowl, combine melted margarine, flour, steak seasoning and pepper. Stir into soup, increase heat to medium, and cook, stirring, until thick and bubbly. Remove from heat and stir in cheese until melted. Let stand 5 to 10 minutes before serving.

Sweet Split Pea Soup

Ingredients

1 pound green split peas
2 (14.5 ounce) cans beef broth
1 head roasted garlic, mashed
into a paste
1 cup grated carrot
1 large onion, grated
1 1/2 tablespoons curry powder
1/2 teaspoon ground cloves
2 tablespoons hoisin sauce
1/2 teaspoon salt and pepper to
taste

Directions

Soak peas overnight in ample water. Drain before using in the recipe.

Pour peas and beef broth into a large saucepan. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until peas begin to soften, about 30 to 45 minutes. Stir in roasted garlic, carrot, onion, curry powder, clove, and hoisin sauce. Simmer covered, stirring occasionally for an additional 30 to 45 minutes, adding water as needed while it cooks. Season to taste with salt and pepper.

French Market Soup in a Jar

Ingredients

- 1 pound dried navy beans
- 1 pound dried pinto beans
- 1 pound dried great Northern beans
- 1 pound split peas
- 1 pound yellow split peas
- 1 pound dried black-eyed peas
- 1 pound lentils
- 1 pound dried baby lima beans
- 1 pound dried lima beans
- 1 pound dried soybeans
- 1 pound pearl barley
- 1 pound dried red beans

Directions

In a very large container, combine navy beans, pinto beans, great Northern beans, split peas, yellow split peas, black-eyed peas, lentils, baby limas, limas, soybeans, barley and red beans; mix well. Divide evenly into 14 (1 pint) lidded jars.

Attach a card to each jar with the following recipe: **ADDITIONAL INGREDIENTS:** 2 quarts water; 1 ham hock; 1 1/4 teaspoon salt; 1/4 teaspoon pepper; 1 (10 ounce) can diced tomatoes with green chiles; 1 large onion, chopped; 1 clove garlic, minced. **TO PREPARE:** Soak 2 cups French Market Bean Mix in water to cover, 8 hours or overnight. In a large soup pot, bring 2 quarts water and ham hock to a boil. Reduce heat and simmer 20 minutes. Remove ham hock. Stir in soaked beans, salt, pepper, diced tomatoes and green chiles, onion and garlic. Bring to a boil again, skimming foam off the top. Reduce heat, cover and simmer about 1 hour, until beans are tender.

Wild Rice Soup II

Ingredients

1/2 cup dry lentils
3 cups water
1 (6 ounce) package uncooked wild rice
1 (14.5 ounce) can vegetable broth
1 (10 ounce) package frozen mixed vegetables
1 cup milk
1 1/2 cups shredded American cheese

Directions

Rinse and sort lentils, discarding any debris or blemished lentils.

Combine lentils and water in a medium saucepan. Bring to a boil; cover, reduce heat to low and simmer for 5 minutes. Let stand for 1 hour, covered. Drain and rinse lentils.

Using a medium saucepan cook rice according to package directions.

In a medium stock pot add lentils, cooked rice, vegetable broth, frozen mixed vegetables, milk and American cheese. Bring to a boil; reduce heat to low and simmer, uncovered for 20 minutes. Garnish as desired.

Norwegian Fruit Soup

Ingredients

1 quart water
1/2 cup uncooked long grain white rice
2 (3 inch) cinnamon sticks
1 large apple, peeled, cored, and diced
1 (15 ounce) can pitted dark sweet cherries
1 (12 ounce) package unsweetened frozen raspberries
sweetened whipped cream

Directions

Simmer water with rice and cinnamon sticks for 20 minutes. Discard the rice and cinnamon, reserve the water. Return the water to the stove, and add the apple; simmer for 5 to 10 minutes.

Add the cherries and raspberries, then bring to a boil before removing from the heat. Allow to stand for at least 30 minutes before refrigerating. Serve cold, garnished with a dollop of whipped cream.

Summer Celery Soup

Ingredients

2 tablespoons olive oil
1 large onion, chopped
2 1/2 cups chopped celery
2 small white potatoes, peeled and cubed
1/4 cup red wine
2 tablespoons lemon juice
1 bay leaf
1 (32 ounce) carton chicken broth
1 teaspoon chopped fresh thyme
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh parsley
salt and pepper to taste

Directions

Heat the olive oil in a large saucepan over medium-high heat. Stir in the onions, celery, and potatoes. Cook and stir until the onion has softened and turned translucent, about 10 minutes. Pour in the wine, lemon juice, and bay leaf. Bring to a boil over high heat and boil until the wine has reduced by half.

Pour in the chicken broth and bring to a boil. Reduce heat to medium-low, and simmer partially covered for 40 minutes until the vegetables are very tender. Remove the bay leaf and discard.

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. Once pureed, stir in the thyme, basil, and parsley. Return to a simmer over medium heat and cook for 5 minutes to infuse the flavor of the herbs. Season to taste with salt and pepper before serving.

Simply Delicious Rice Soup

Ingredients

1/2 cup chopped celery
3 tablespoons margarine
6 tablespoons long grain rice
2 cups beef broth
3 tablespoons chopped fresh
parsley

Directions

Saute celery in butter or margarine. Cook over low heat until the celery is tender.

Mix in rice and beef broth. Cover, and simmer until the rice is tender.

Add remaining 1 cup broth, and heat to boiling. Remove from heat. Sprinkle with 3 tablespoons minced fresh parsley. Top individual servings with croutons.

Chicken Tortellini Soup

Ingredients

7 3/4 cups chicken broth
1 (14.5 ounce) can stewed tomatoes, cut up
1 (10 ounce) package frozen chopped spinach, thawed
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon pepper
1 (9 ounce) package refrigerated cheese tortellini
2 1/2 cups cubed cooked chicken

Directions

In a Dutch oven or soup kettle, combine the broth, tomatoes, spinach, Parmesan cheese, salt and pepper. Cook for 10 minutes; add the tortellini and chicken. Cook for 5 minutes or until tortellini is heated through.

Cream Of Garlic Soup

Ingredients

3/4 cup garlic cloves, peeled
3 tablespoons olive oil
2 1/2 cups chicken broth
1 cup white wine
2 1/2 cups milk
1 cup heavy whipping cream
1/2 cup peeled and cubed
potatoes
salt and pepper to taste

Directions

Chop garlic in a food processor to a coarse paste, stopping occasionally to scrape the sides of the bowl.

Heat oil in a large saucepan over low heat. Add the garlic paste and cook just until the paste begins to color, stirring constantly. Stir in the chicken broth and wine. Bring mixture to a boil.

Reduce heat and simmer for 30 minutes. Stir in the milk, cream and potato and simmer for another 30 minutes.

Puree soup in blender, return to saucepan and simmer. Add salt and pepper to taste. Ladle into bowls and serve with buttered French bread.

Orange Vegetables Soup

Ingredients

1 butternut squash, halved and seeded
1 small pumpkin, halved and seeded
3 tablespoons vegetable oil
1 onion, chopped
2 celery ribs, chopped
1 tablespoon ground cinnamon
1 teaspoon ground nutmeg
1/2 teaspoon ground cloves
4 cubes vegetable bouillon
5 cups boiling water
3 medium carrots, peeled and chopped
1 large sweet potato, peeled and diced
salt to taste
1 (12 fluid ounce) can evaporated milk
1/4 cup fresh orange juice

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the squash and pumpkin in a large baking dish. Pour about 1-inch of water into the dish and cover with aluminum foil.

Bake in preheated oven until the squash and pumpkin are tender, 1 hour to 1 hour and 15 minutes.

Heat the oil in a stockpot over medium heat. Combine the onion, celery, cinnamon, nutmeg, and cloves in the hot oil and cook and stir 3 to 5 minutes. Crumble the vegetable bouillon into the onion mixture; stir. Slowly add the boiling water to the mixture while stirring. When the water returns to a boil, add the carrots and sweet potato; season with salt; cover and cook until the potato and carrots are tender, 20 to 25 minutes; remove from heat. Scrape the flesh from the baked squash and pumpkin and add to the soup. Allow soup to cool for 15 minutes.

Ladle batches of the soup into a blender or food processor and blend on high until smooth. Repeat until all soup has been blended. Return blended soup to stockpot over medium heat. Stir in the evaporated milk and orange juice. Cook soup until entirely heated, 10 to 15 minutes.

Watercress Soup

Ingredients

2 tablespoons vegetable oil
1 potato - peeled and cubed
1 onion, chopped
1/4 teaspoon salt
1/4 teaspoon ground black pepper
2 1/2 cups chicken stock
2 1/2 cups milk
1 1/2 pounds watercress, large stems removed
1/4 cup whipped heavy cream (optional)
1/2 cup watercress leaves for garnish

Directions

Heat the oil in a large saucepan over medium high heat. Add the potato and onion, stirring to coat with the oil. Season with salt and pepper to taste. Reduce heat to medium, cover and heat for 5 minutes.

Pour in the chicken stock and the milk, bring just to a boil, reduce heat to low and simmer for 10 minutes, or until potatoes are tender. Stir in the watercress and simmer, uncovered, for 4 to 5 minutes, or until watercress is just cooked.

In small batches, transfer the soup to a blender or food processor and puree until smooth. Return the soup to the pot, season to taste, and ladle into individual bowls. (Note: Place in refrigerator if not serving at this point.)

Top each serving with a dollop of whipped cream, if desired and garnish with watercress leaves.

Spicy Tomato Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 bay leaves
1 tablespoon all-purpose flour
1 tablespoon ginger-garlic paste
1 teaspoon garam masala
1/2 teaspoon ground turmeric
1 tablespoon Indian chili powder
1/2 cup water, or as needed
1 (28 ounce) can tomato puree
1 tablespoon white sugar
salt to taste
1/3 cup heavy cream or half-and-half (optional)

Directions

Heat oil in a large saucepan over medium heat; stir in onions and bay leaves, and cook about 5 minutes until the onions begin to soften. Add flour, ginger-garlic paste, garam masala, turmeric, and Indian chili powder. Cook and stir until fragrant, about 1 minute.

Pour the water into the pan, and bring to a boil while scraping the browned bits of food off of the bottom with a wooden spoon. Pour in the tomato puree and thin with additional water to desired consistency. Add sugar and salt; cook until sugar is dissolved and soup is hot, about 5 minutes.

Remove bay leaves and serve with cream if desired.

Hearty Ranch and Bacon Potato Soup

Ingredients

6 slices smoked bacon
1 onion, diced
1 stalk celery, diced
1 (32 ounce) carton low-sodium chicken broth
10 potatoes, peeled and cubed
4 teaspoons all-purpose flour
1 (1 ounce) package ranch dressing mix
2 cups half-and-half cream
1 cup sour cream
salt and pepper to taste
2 cups shredded Cheddar cheese
1/4 cup chopped green onion

Directions

Place the bacon in a large Dutch oven and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate, crumble and reserve for topping.

Cook and stir the onions and celery in the bacon drippings until tender, 5 to 10 minutes. Add chicken broth and potatoes, and bring to a boil over high heat. Reduce heat to medium-low and simmer until potatoes are fork-tender. Remove from heat and mash about 1/3 of the potatoes.

In a large bowl, combine flour and dry ranch mix. Whisk in the half-and-half and sour cream, beating well to combine thoroughly. Slowly whisk the sour cream mixture into the soup. Gently heat soup over medium heat to warm, do not boil. Season the soup with salt and pepper. To serve, top each bowl of soup with a sprinkle of bacon crumbles, Cheddar cheese and green onion.

Souper Joes

Ingredients

1 pound ground beef
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1 tablespoon onion soup mix
1 cup shredded Cheddar cheese
8 hamburger buns, split

Directions

In a saucepan, cook beef over medium heat until no longer pink; drain. Stir in soup and soup mix; heat through. Stir in cheese until melted. Place about 1/3 cupful on each bun.

Coconut Milk Shrimp Soup

Ingredients

3 tablespoons vegetable oil
1 clove garlic, crushed
1 green onions, chopped
5 fresh mushrooms, chopped
3 tomatoes - blanched, peeled, and chopped
1/2 teaspoon salt
1/2 tablespoon fresh lime juice
3 large carrots, chopped
3 tablespoons vegetable oil
1 clove garlic, crushed
1 teaspoon ground cumin
1 teaspoon coriander seed
1 teaspoon ground turmeric
1 fresh jalapeno pepper, sliced
2 green onions, chopped
1/2 teaspoon salt
1 1/2 tablespoons fresh lime juice
1 (13.5 ounce) can coconut milk
1/2 (8 ounce) can peas, drained
2 cups cooked, peeled, and deveined shrimp
1 (5 ounce) package vermicelli pasta
1 sprig fresh cilantro, chopped

Directions

Heat 3 tablespoon vegetable oil in a skillet over medium heat. Fry 1 clove garlic and 1 chopped green onion in the hot oil 30 to 60 seconds. Add the mushrooms, tomatoes, salt, and 1/2 tablespoon lime juice and cook until the tomatoes are soft, 3 to 5 minutes; set aside.

Bring a pot of water to a boil; add the carrots and cook until fork tender, 5 to 7 minutes; drain and set aside.

Heat another 3 tablespoons of vegetable oil in a large saucepan, cook the other clove of garlic in the hot oil 30 to 60 seconds. Add the cumin, coriander seed, and turmeric; cook another 1 to 2 minutes, allowing the spices to slightly burn on the bottom of the pan. Stir in the jalapeno pepper, 2 chopped green onions, 1/2 teaspoon salt, 1 1/2 tablespoon lime juice and the tomato mixture in with the spice mixture, scraping the bottom of the pan with a spatula to loosen the spices. Whisk in the coconut milk; simmer 6 minutes.

Add the cooked shrimp, carrots, and peas to the soup and stir; simmer until hot, 3 to 5 minutes. Submerge the vermicelli pasta in the soup and allow to cook until the pasta is softened, 5 to 7 minutes more. Garnish with chopped cilantro.

Chestnut Soup

Ingredients

8 cups chicken broth
1 1/2 pounds chestnuts, peeled
1 cup chopped onion
3 sprigs fresh parsley
2 whole cloves
1 bay leaf
1/2 cup heavy cream
3/4 teaspoon white sugar
salt to taste
ground black pepper to taste

Directions

To Cook Chestnuts: With a sharp knife, slice an "X" across each chestnut. Place chestnuts in a single layer on a jelly roll pan. Pour 1/4 cup water into the pan. Bake in a preheated 450 degrees F (230 degrees C) oven for 10 minutes. When cool enough to handle, shell and peel.

In a large saucepan combine the chicken stock, shelled chestnuts and chopped onions. Place the parsley sprigs, cloves and bay leaf in a spice bag and add to the chicken stock mixture. Simmer over medium-low heat for 45 minutes.

Discard the spice bag and puree the chestnut mixture in a food processor or blender. Add the heavy cream, sugar and salt and pepper to taste. Return mixture to saucepan and gently heat through. To serve to with a dollop of unsweetened whipped cream, a bit of chopped parsley and some cooked chopped chestnuts just before serving. High quality vegetable broth can be substituted for the chicken broth.

Slimmers Pumpkin Soup

Ingredients

1/2 cup diced sweet onion
1 tablespoon margarine
5 cups peeled and diced pumpkin
3/4 cup diced potatoes
2 cups water
1 cube chicken bouillon
1 pinch ground ginger
1 pinch ground nutmeg
salt and pepper to taste
2 cups milk

Directions

In a large saucepan cook onion in butter. Add pumpkin, potatoes, water, ground ginger, ground nutmeg and season with salt and pepper. Cook for 20 minutes or until pumpkin and potatoes are tender

Add milk, blend until smooth and serve.

Slovak Christmas Soup (Kosare Jucha)

Ingredients

1 onion, chopped
2 tablespoons margarine
15 ounces sauerkraut with juice
6 cups water
3 cups chopped mushrooms
1 clove garlic
salt and pepper to taste
3/4 cup macaroni

Directions

In a large saucepan over medium heat, saute onion in butter until brown.

Stir in sauerkraut with juice, water, mushrooms and garlic. Season with salt and pepper and bring to a boil. Then reduce heat, cover and let simmer for 1 hour. Stir in pasta and simmer 10 minutes more, until pasta is al dente.

Vegetarian Tortilla Soup

Ingredients

2 tablespoons vegetable oil
1 (1 pound) package frozen
pepper and onion stir fry mix
2 cloves garlic, minced
3 tablespoons ground cumin
1 (28 ounce) can crushed
tomatoes
3 (4 ounce) cans chopped green
chile peppers, drained
4 (14 ounce) cans vegetable broth
salt and pepper to taste
1 (11 ounce) can whole kernel
corn
12 ounces tortilla chips
1 cup shredded Cheddar cheese
1 avocado - peeled, pitted and
diced

Directions

Heat the oil in a large pot over medium heat. Stir in the pepper and onion stir fry mix, garlic, and cumin, and cook 5 minutes, until vegetables are tender. Mix in the tomatoes and chile peppers. Pour in the broth, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes.

Mix corn into the soup, and continue cooking 5 minutes. Serve in bowls over equal amounts of tortilla chips. Top with cheese and avocado.

Easy Tortellini Soup

Ingredients

1 tablespoon olive oil
1 small red onion, chopped
1 zucchini, chopped
1 tablespoon minced garlic
1 (28 ounce) can crushed tomatoes
2 (14.5 ounce) cans chicken broth
1 tablespoon white sugar
1 tablespoon Italian seasoning
1/4 cup red wine
1 dash hot pepper sauce
1 (11 ounce) can white corn, undrained
1/2 cup freshly grated Parmesan cheese
8 ounces cheese tortellini

Directions

In a large pot over medium heat, cook onion, zucchini and garlic in oil three minutes, until onion is translucent. Stir in crushed tomatoes, broth, sugar, Italian seasoning, wine and pepper sauce and bring to a boil.

Reduce heat and stir in corn and Parmesan. Simmer 30 minutes.

Stir in tortellini and simmer 10 minutes more, until pasta is tender.

Cream of Broccoli Soup IV

Ingredients

2 1/2 cups fresh chopped
broccoli, steamed and divided
1 clove garlic, minced
1 1/4 cups chicken broth, divided
2 tablespoons margarine
1/4 cup all-purpose flour
3 cups skim milk
salt and pepper to taste

Directions

In a food processor puree 1 cup steamed broccoli, garlic, and 1/4 cup chicken broth.

In a large saucepan over medium heat, melt the margarine. Add the flour, and stir until mixture thickens and starts to brown.

Slowly add remaining 1 cup chicken broth and milk, stirring often. Allow mixture to thicken, about 5 minutes. Then add the puree mixture and the remaining 1 1/2 cups steamed broccoli. Heat through, and allow to thicken for about 5 minutes. Season with salt and pepper.

Cabbage Patch Soup

Ingredients

- 1 tablespoon olive oil
- 3 tablespoons bacon bits
- 1 onion, chopped
- 1 tablespoon all-purpose flour
- 3 (14.5 ounce) cans chicken broth
- 2 cups shredded cabbage
- 1 cup sliced carrots
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 bay leaves
- 1 cup frozen green peas
- 3/4 cup sour cream

Directions

Heat the oil in a large saucepan over medium heat. Saute the bacon bits and onion in the oil for about 5 minutes, or until onion is tender. Stir in the flour to coat well, then quickly pour in the chicken broth. Stir constantly for 3 minutes, or until somewhat thickened.

Next, add the cabbage, carrots, salt, ground black pepper and bay leaf. Reduce heat to low and simmer for 20 minutes. Stir in the peas and sour cream 1 minute before serving. Allow to heat through and remove bay leaf.

Fresh Pea Soup

Ingredients

2 tablespoons butter
2 medium shallots, finely chopped
2 cups water
3 cups fresh shelled green peas
salt and pepper to taste
3 tablespoons whipping cream
(optional)

Directions

Melt the butter in a heavy-bottomed saucepan over medium heat. Cook the shallots until soft and translucent, about 3 minutes. Pour in the water and peas, season to taste with salt and pepper. Increase the heat to medium-high, bring to a boil, then reduce heat to low, cover, and simmer until the peas are tender, 12 to 18 minutes.

Puree the peas in a blender or food processor in batches. Strain back into the saucepan, stir in the cream if using, and reheat. Season to taste with salt and pepper before serving.

Lentil Soup

Ingredients

1 onion, chopped
1/4 cup olive oil
2 carrots, diced
2 stalks celery, chopped
2 cloves garlic, minced
1 teaspoon dried oregano
1 bay leaf
1 teaspoon dried basil
1 (14.5 ounce) can crushed tomatoes
2 cups dry lentils
8 cups water
1/2 cup spinach, rinsed and thinly sliced
2 tablespoons vinegar
salt to taste
ground black pepper to taste

Directions

In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.

Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.

Vegetable Bean Barley Soup

Ingredients

1 medium onion, chopped
1 garlic clove, minced
1/2 teaspoon dried basil
1/2 teaspoon dill weed
2 tablespoons canola oil
2 (14.5 ounce) cans reduced sodium chicken broth
1 3/4 cups water
1 cup chopped carrots
1/2 cup medium pearl barley
1 (16 ounce) can pork and beans
2 small zucchini, sliced
1/2 teaspoon salt
1/4 teaspoon pepper
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon cider vinegar

Directions

In a large saucepan or Dutch oven, saute the onion, garlic, basil and dill in oil until onion is tender. Add the broth, water, carrots and barley. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Add the pork and beans, zucchini, salt and pepper. Cover and simmer 10-15 minutes longer or until vegetables and barley are tender. Just before serving, stir in tomatoes and vinegar; heat through.

Dad's Escarole and Bean Soup

Ingredients

3 tablespoons olive oil
1 onion, diced
6 cups water
6 cubes chicken bouillon
3 (15 ounce) cans cannellini beans, drained and rinsed
1 (16 ounce) can diced tomatoes
salt and pepper to taste
1 pound torn escarole
6 cloves garlic, minced

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion and cook until the onion has softened and turned translucent, about 5 minutes. Add the water, chicken bouillon, cannellini beans, and diced tomatoes. Season to taste with salt and pepper. Bring to a boil over high heat; reduce heat to medium-low and simmer 30 minutes.

Stir in the torn escarole, and continue simmering until the escarole is tender, about 30 minutes. Add the garlic and cook 5 to 10 minutes more before serving.

Tuscan Pasta and Bean Soup

Ingredients

2 tablespoons olive oil
1 small onion, chopped
1 (28 ounce) can CONTADINAB®
Recipe Ready Diced Tomatoes
with Roasted Garlic
2 (14.5 ounce) cans chicken broth
1 (15 ounce) can kidney or pinto
beans, undrained
2 teaspoons dried basil, crushed
2 tablespoons chopped fresh
parsley*
1/4 teaspoon pepper
1/2 cup dried small pasta shells or
macaroni

Directions

Heat oil in large saucepan over medium-high heat. Add onion; cook 2 to 3 minutes or until tender. Stir in tomatoes, broth, beans, 1/3 cup water, basil, parsley and pepper. Bring to boil.

Add pasta; reduce heat to low. Cook, stirring occasionally, 12 to 15 minutes or until pasta is tender.

Spicy Black and Red Bean Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 1/2 cups chopped onion
- 1 1/4 cups sliced carrots
- 2 cloves garlic, minced
- 3 cups chicken broth
- 2 teaspoons white sugar
- 1 (16 ounce) package frozen shoepeg corn
- 1 (15 ounce) can kidney beans, drained and rinsed
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (14.5 ounce) can Italian-style stewed tomatoes
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 (4 ounce) can diced green chiles

Directions

Heat the oil in a large Dutch oven over medium-high heat until hot. Add onion, carrot, and garlic; saute 5 minutes. Stir in broth, sugar, corn, beans, tomatoes, and chilies; bring to a boil. Cover, reduce heat, and simmer 2 hours.

This soup can also be prepared in a crock pot. Combine everything in the pot, and cook on HIGH for the first hour. Turn the temperature down to LOW, and cook 7 more hours.

Asparagus Soup I

Ingredients

4 large potatoes, peeled
2 cubes chicken bouillon
2 (10 ounce) cans asparagus
1 tablespoon fennel seed
1/2 teaspoon ground black
pepper to taste
1 tablespoon fennel greens for
garnish

Directions

Boil and mash potatoes. Puree in a blender, and set aside.

In large pot, dissolve bouillon in water following the directions on the package.

Add asparagus spears, and stir until spears are dissolved. Stir in the potatoes. Season with fennel seeds and pepper to taste. Garnish with fennel greenery if desired. Serve hot.

Roasted Three Squash Soup

Ingredients

1 butternut squash, halved and seeded
1 acorn squash, halved and seeded
1/2 spaghetti squash, seeded
1 medium head garlic
3 tablespoons butter
1 large onion, chopped
1 teaspoon minced fresh ginger root
1 teaspoon curry powder
2 Granny Smith apples - cored, peeled and chopped
2/3 cup dry sherry
3 (14.5 ounce) cans vegetable broth
1 small red bell pepper, minced
1 sprig fresh rosemary, chopped
2 tablespoons chopped fresh parsley
4 leaves fresh basil, chopped
1 teaspoon dried thyme
cracked black pepper to taste
salt to taste
cayenne pepper to taste
2 zucchini, chopped
3 green onions, chopped
1 cup hot water

Directions

Preheat oven to 375 degrees F (190 degrees C). Place the butternut, acorn and spaghetti squashes cut side down on a roasting pan. Wrap garlic in foil, or place in a garlic roaster. Roast squash and garlic in preheated oven for 50 to 60 minutes.

Melt butter in a large pot or Dutch oven over medium heat. Sauté the onion for 5 minutes, stirring frequently. Stir in ginger and curry powder; cook 3 more minutes. Stir in apples and sherry; reduce heat to medium-low and simmer for 15 minutes. Transfer mixture to a blender and set aside.

When the squash and garlic are done squeeze half the garlic into the apple mixture. Process mixture for 1 minute until blended, but still slightly chunky. Return mixture to pot over medium-low heat.

In the blender, puree small batches of squash flesh and vegetable broth. Transfer each batch to the pot with the apple mixture.

Stir in red bell pepper, rosemary, parsley, basil, thyme, black pepper, salt and cayenne. Cover and simmer over low heat for 1 to 3 hours, stirring occasionally.

About 30 minutes before serving add zucchini, green onions and hot water.

Beefy Tomato Soup

Ingredients

1 pound ground beef
1 quart tomato juice
3 cups water
3/4 cup uncooked elbow
macaroni
1 envelope onion soup mix
1/4 teaspoon chili powder

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until macaroni is tender.

Beezie's Black Bean Soup

Ingredients

1 pound dry black beans
1 1/2 quarts water
1 carrot, chopped
1 stalk celery, chopped
1 large red onion, chopped
6 cloves garlic, crushed
2 green bell peppers, chopped
2 jalapeno pepper, seeded and minced
1/4 cup dry lentils
1 (28 ounce) can peeled and diced tomatoes
2 tablespoons chili powder
2 teaspoons ground cumin
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
3 tablespoons red wine vinegar
1 tablespoon salt
1/2 cup uncooked white rice

Directions

In a large pot over medium-high heat, place the beans in three times their volume of water. Bring to a boil, and let boil 10 minutes. Cover, remove from heat and let stand 1 hour. Drain, and rinse.

In a slow cooker, combine soaked beans and 1 1/2 quarts fresh water. Cover, and cook for 3 hours on High.

Stir in carrot, celery, onion, garlic, bell peppers, jalapeno pepper, lentils, and tomatoes. Season with chili powder, cumin, oregano, black pepper, red wine vinegar, and salt. Cook on Low for 2 to 3 hours. Stir the rice into the slow cooker in the last 20 minutes of cooking.

Puree about half of the soup with a blender or food processor, then pour back into the pot before serving.

Veggie Pesto Soup

Ingredients

6 1/2 cups water
6 cubes vegetable broth
2 medium potatoes, cubed
2 carrots, diced
1 medium onion, diced
1 large zucchini, cubed
2 tablespoons sun-dried tomato pesto

Directions

Bring the water to a boil in a large pot. Dissolve broth cubes in the boiling water. Place potatoes, carrots, onion, and zucchini into pot, and cook 10 minutes.

Reduce heat to low, and stir the sun-dried tomato pesto into the pot. Simmer 35 minutes, until potatoes are very tender.

Vegetable Soup I

Ingredients

6 cups beef broth
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
1 1/2 cups diced carrots
1 1/4 cups diced potatoes
1 cup chopped celery
1/2 cup chopped onion
1/8 teaspoon ground black pepper
1/2 teaspoon salt

Directions

In a large saucepan or Dutch oven, combine broth, tomato sauce, tomatoes, carrots, potatoes, celery, onion, and pepper. Bring to a boil. Reduce heat, cover, and simmer for 30 minutes. Stir in salt.

Cheeseburger Soup II

Ingredients

1 pound ground beef
1 onion, chopped
2 carrots, shredded
1 stalk celery, diced
1 teaspoon dried basil
2 tablespoons dried parsley
4 tablespoons margarine
3 cups chicken broth
3 cups hash brown potatoes
1/4 cup all-purpose flour
8 ounces processed cheese food
1 1/2 cups milk
salt and pepper to taste
1/4 cup sour cream

Directions

In a 3-quart saucepan brown beef. Drain and set aside. In the same saucepan, saute onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 5 minutes.

Add broth, potatoes and beef and bring to a boil. Reduce heat, cover and simmer for 5 - 10 minutes or until potatoes are tender.

Meanwhile, in a small skillet melt remaining butter. Add flour and cook and stir for 3-5 minutes or until bubbly. Add to soup. Cook and stir soup for 2 minutes. Reduce heat to low.

Add cheese, milk, salt and pepper and cook and stir until cheese melts. Remove from the heat. Add sour cream. Stir well. Serve immediately.

Chicken Soup

Ingredients

1 boneless chicken breast half,
cooked and diced
2 cups water
2 carrots, chopped
1 zucchini, diced
1 clove garlic, minced
1/2 teaspoon chicken broth base

Directions

Put cooked chicken meat and water in a large pot and bring to a boil.

Add the carrots, zucchini and garlic and simmer all together for 5 to 10 minutes.

Add the chicken broth and simmer for an additional 5 minutes.
Serve.

Aunt Wanda's Turkey Carcass Soup

Ingredients

1 carcass
3 large carrots, chopped
1 (15 ounce) can cut green beans, drained
1 cup chopped celery
1 cup chopped fresh spinach
1 cup chopped cabbage
2 cups white rice

Directions

Pick your Thanksgiving turkey nearly clean. (Turkey salad is great for a few days, or even turkey pot pies.) We are not real concerned about the choice meat here. Dump the turkey and all of its debris, including the juices, into a large pot. Add green beans, celery, spinach, cabbage, and white rice. Pour in enough water to cover everything.

Bring soup to a boil. Reduce heat, and simmer for an hour or so. Add more water as needed.

Remove all turkey bones and unwanted debris (i.e., skin, cartilage, etc.). There you have it. It's kind of a culinary scrapbook of your Turkey Day.

Cheesiest Potato Soup

Ingredients

2 tablespoons butter
1 cup diced onion
2 1/2 cups peeled and diced potatoes
3 cups chicken broth
1 cup heavy cream
1 3/4 cups shredded sharp Cheddar cheese
1/4 teaspoon dried dill weed
1/4 teaspoon ground black pepper
1/4 teaspoon salt
1/8 teaspoon ground cayenne pepper

Directions

In a large saucepan over medium heat, melt butter. Cook onion in butter until softened. Stir in potatoes and broth, bring to a boil, then cover, reduce heat and simmer 15 to 20 minutes, until potatoes are tender.

Puree potato mixture in a blender or food processor or using an immersion blender; return to pot over medium heat. Stir in cream, cheese, dill, pepper, salt and cayenne. Bring to a low boil and cook, stirring, until thickened, 5 minutes.

Tortilla Soup III

Ingredients

1/2 pound ground beef
2 teaspoons chopped onions
6 2/3 cups chicken broth
1 (28 ounce) can crushed tomatoes
1 1/2 teaspoons ground cumin
1/2 clove garlic, minced
1/4 teaspoon cayenne pepper
1/4 teaspoon chili powder
salt and pepper to taste
3 tablespoons cornstarch
1 cup cold water
2 (15 ounce) cans creamed corn
1 1/2 cups shredded American cheese
5 (6 inch) corn tortillas, cut into 1/2 inch strips

Directions

In a large skillet over medium high heat, combine the ground beef and onions and saute for 5 minutes, or until beef is browned. Drain excess fat and set meat aside.

In a large pot over high heat, combine the broth, tomatoes, cumin and garlic. Add the cayenne pepper, chili powder and salt and pepper to taste. Bring to a boil and reduce heat to medium low.

In a small bowl, combine the cornstarch with the water, stirring well until the cornstarch is dissolved. Add slowly to the soup, stirring constantly, to thicken.

Add the reserved meat, corn and cheese to the soup and stir well. Finally, add the tortilla strips and allow to heat through.

Pork and Veggie Soup

Ingredients

2 pounds boneless pork loin, cubed
2 tablespoons vegetable oil
2 cups water
4 medium carrots, cut into 1 inch pieces
1 (14.5 ounce) can diced tomatoes, undrained
1 1/2 cups frozen corn
1 1/2 cups frozen cut green beans
1 large onion, chopped
1 (8 ounce) jar salsa
1 (4 ounce) can chopped green chilies
1 tablespoon minced fresh parsley
2 garlic cloves, minced
2 teaspoons beef bouillon granules
2 teaspoons ground cumin
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, brown pork in oil over medium heat; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours or until meat juices run clear and vegetables are tender.

Butternut Squash Soup with a Kick

Ingredients

2 tablespoons butter
1 onion, diced
2 teaspoons grated fresh ginger
1 jalapeno pepper, seeded and diced
1 (2 pound) butternut squash - peeled, seeded, and cubed
1 (14.5 ounce) can chicken broth
1 (12 fluid ounce) can evaporated milk
1/2 cup coconut milk
1 tablespoon white sugar
salt and black pepper to taste
1 cup sour cream
1 tablespoon chopped fresh thyme, or to taste

Directions

Melt the butter in a large pot over medium heat. Stir in the onion, ginger, and jalapeno pepper; cook and stir until the onion has softened and turned translucent, about 7 minutes. Add the butternut squash and chicken broth, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the squash is tender, about 30 minutes.

Stir in the evaporated milk, coconut milk, sugar, salt and pepper. Cook and stir 5 minutes more. 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. Ladle into bowls, and garnish with sour cream and thyme to serve.

Sopa De Lima (Mexican Lime Soup)

Ingredients

9 cups chicken broth
5 skinless, boneless chicken breast halves
1 large red onion, quartered
5 cloves garlic, chopped
2 teaspoons dried oregano
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon dried thyme

1 tablespoon vegetable oil
4 green onions, chopped
1 large green chile pepper, seeded and chopped
2 large tomatoes, peeled and chopped
6 limes, juiced
1/2 lime
1/2 cup chopped fresh cilantro

Directions

Bring the chicken broth, chicken breasts, red onion, garlic, oregano, salt, pepper, and thyme to a boil in a large pot; reduce heat to medium-low and simmer until the chicken breasts are no longer pink in the center and the juices run clear, 15 to 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Remove the cooked chicken to a cutting board and shred into bite-sized strips; return to the simmering pot.

Heat the oil in a skillet over medium heat; cook the green onions and green chile pepper in the hot oil until tender, about 5 minutes. Stir the tomatoes into the mixture and continue cooking until soft, about 5 minute more; pour the mixture into the pot with the chicken soup. Season with the salt; return the soup to a simmer. Add the lime juice and 1/2 a lime; cook another 10 minutes. Remove the pot from the heat and remove the lime half; stir in the cilantro to serve.

The Best Chicken Soup Ever

Ingredients

1 (2 to 3 pound) whole chicken
3 stalks celery with leaves,
chopped
1 pound baby carrots
2 onions, chopped
2 cubes beef bouillon, crumbled
1 packet chicken noodle soup mix
2 (14.5 ounce) cans low-sodium
chicken broth
1 pinch dried thyme
1 pinch poultry seasoning
1 pinch dried basil
5 black peppercorns
2 bay leaves
1 pinch dried parsley
1 (8 ounce) package farfalle (bow
tie) pasta

Directions

Place chicken in a large pot and cover with water. Place celery leaves in pot and bring to a boil, then reduce heat and simmer until chicken is cooked through, 30 to 40 minutes. Remove chicken from pot and place in a bowl until cool enough to handle.

Meanwhile, strain the cooking liquid, discard the celery tops and place the cooking liquid in a large pot. Place celery, carrots, onion, bouillon, soup mix and chicken broth in the pot and let simmer. Season with thyme, poultry seasoning, basil, peppercorns, bay leaves and parsley.

Bone chicken and cut up meat into bite-size pieces. Return meat to pot. Cook until vegetables are tender and flavors are well blended, up to 90 minutes.

Stir pasta into pot and cook 10 to 15 minutes more, until noodles are al dente. Serve hot.

Chilled Blueberry Soup

Ingredients

1/2 cup sugar
2 tablespoons cornstarch
2 3/4 cups water
2 cups fresh or frozen blueberries
1 (3 inch) cinnamon stick
1 (6 ounce) can frozen orange
juice concentrate
Sour cream

Directions

In a large saucepan, combine sugar and cornstarch. Gradually stir in water until smooth. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Add blueberries and cinnamon stick; return to a boil. Remove from the heat. Stir in orange juice concentrate until melted. Cover and refrigerate for at least 1 hour. Discard cinnamon stick. Garnish with sour cream if desired.

Adas bil Hamod (Lebanese Lentil Lemon Soup)

Ingredients

1 tablespoon olive oil
1/2 cup chopped onions
1 pound brown lentils
3 cloves garlic, minced
1 (16 ounce) package frozen whole leaf spinach
1 tablespoon dried mint, crushed
salt to taste
3/4 cup lemon juice

Directions

Heat oil in large pot over high heat. When oil is very hot, add onions and stir until onions begin to turn dark brown and caramelize, about 10 minutes. Put the lentils, garlic, frozen spinach, and mint into the pot. Pour in enough water so that it is about 2 inches deeper than the lentil mixture. Stir well to loosen browned bits of onion on the bottom of the pot.

Bring to a boil; reduce heat to medium. Simmer, uncovered, until lentils are tender, about 20 minutes. If soup gets too thick, add a little more water. Salt to taste. Lower heat and stir in lemon juice.

Chive Mushroom Soup

Ingredients

1 cup finely chopped fresh mushrooms
1/4 cup butter or margarine
2 tablespoons all-purpose flour
1/4 teaspoon salt
1/8 teaspoon ground mustard
1 cup chicken broth
1 cup half-and-half cream
2 tablespoons snipped chives

Directions

In a saucepan, saute mushrooms in butter until tender. Stir in flour, salt and mustard until blended; gradually stir in broth. Bring to a boil; cook and stir for 2 minutes. Reduce heat; stir in the cream and chives. Cook 5 minutes longer or until heated through.

Patty's Mom's Black Bean Soup

Ingredients

2 cups dry black beans
8 cups water
1 tablespoon margarine
3 stalks celery, chopped
3 onions, chopped
2 bay leaves
1 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/8 teaspoon ground black pepper
1 smoked ham bone (with some meat on it)
2/3 cup dry sherry

Directions

Soak the beans overnight in a pan of water.

Drain off the soaking water. Simmer beans in 8 cups of water until soft.

While the beans are cooking, saute the chopped onion and celery in margarine until golden. Add the vegetables to the soup pot along with bay leaves, parsley, salt, pepper, and ham bone. Cook over medium heat for 3 hours, adding water if needed.

After the beans are cooked and soft, remove the ham. Set aside. Cool soup, and puree in batches. Return the soup to the pot, and add dry sherry.

Cut the meat off the bone, and add the meat to the soup. Cook over low heat until warmed through, and adjust seasonings.

Blackberry Soup

Ingredients

4 cups frozen blackberries,
thawed
1 cup pear juice
1/2 cup honey
1/4 cup water
1 lime or lemon wedge
1/4 teaspoon ground cinnamon
1/4 teaspoon vanilla extract
1 dash ground nutmeg
1 (8 ounce) container fat-free
vanilla yogurt

Directions

In a heavy saucepan, combine the first eight ingredients. Cook, uncovered, over low heat for 20 minutes or until berries are softened. Remove and discard lime wedge. Strain berry mixture, reserving juice. Press blackberry mixture through a fine meshed sieve; discard seeds. Add pulp to juice. Cover and chill.

Set aside 2 tablespoons yogurt for garnish. Combine blackberry mixture and remaining yogurt in a food processor or blender; cover and process until smooth. Ladle into soup bowls. Dollop with reserved yogurt.

Aunt Wanda's Turkey Carcass Soup

Ingredients

1 picked over turkey carcass
3 large carrots, chopped
1 (15 ounce) can cut green beans,
drained
1 cup chopped celery
1 cup chopped fresh spinach
1 cup chopped cabbage
2 cups white rice

Directions

Pick your Thanksgiving turkey nearly clean. (Turkey salad is great for a few days, or even turkey pot pies.) We are not real concerned about the choice meat here. Dump the turkey and all of its debris, including the juices, into a large pot. Add green beans, celery, spinach, cabbage, and white rice. Pour in enough water to cover everything.

Bring soup to a boil. Reduce heat, and simmer for an hour or so. Add more water as needed.

Remove all turkey bones and unwanted debris (i.e., skin, cartilage, etc.). There you have it. It's kind of a culinary scrapbook of your Turkey Day.

Pumpkin, Sweet Potato, and Leek Soup

Ingredients

3 tablespoons olive oil
2 leeks, chopped
1 small white onion, chopped
1 stalk celery, chopped
1 small carrot, chopped
2 sweet potatoes, peeled and diced
1 medium sugar pumpkin, seeded and cubed
2 tablespoons chopped garlic
1 quart chicken stock
1 cup heavy whipping cream
1 bay leaf
1 tablespoon chopped fresh sage
1 pinch ground cloves
1 pinch ground nutmeg
1 pinch ground cinnamon
salt to taste
ground black pepper to taste

Directions

Heat oil in a heavy-bottom pot. Add leeks, onion, celery, carrot, sweet potatoes, pumpkin, and garlic, and saute until they start to brown.

Add bay leaf, stock, and cream; bring to a boil. Reduce to a simmer and cook until all vegetables are tender.

Add sage, cloves, nutmeg, cinnamon, and salt and pepper to taste. Remove bay leaf, and puree. Serve hot.

Garlic, Spinach, and Chickpea Soup

Ingredients

2 tablespoons olive oil
4 cloves garlic, peeled and crushed
1 medium onion, coarsely chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
1 1/3 quarts vegetable stock
3 medium potatoes, peeled and chopped
1 (15 ounce) can garbanzo beans, drained
1 cup heavy cream
2 tablespoons tahini
2 tablespoons corn meal
1/2 pound spinach, rinsed and chopped
ground cayenne pepper to taste
salt to taste

Directions

Heat olive oil in a large pot over medium heat, and stir in garlic and onion. Cook until tender. Season with cumin and coriander.

Mix vegetable stock and potatoes into the pot, and bring to a boil. Reduce heat, and simmer about 10 minutes. Stir in the garbanzo beans, and continue to cook until potatoes are tender.

In a small bowl, blend the heavy cream, tahini, and corn meal. Mix into the soup.

Stir spinach into the soup. Season with cayenne pepper and salt. Continue to cook until spinach is heated through.

Basil Tomato Soup

Ingredients

2 (28 ounce) cans crushed tomatoes
1 (14.5 ounce) can chicken broth
18 fresh basil leaves, minced
1 teaspoon sugar
1 cup whipping cream
1/2 cup butter or margarine

Directions

In a large saucepan, bring the tomatoes and broth to a boil. Reduce heat; cover and simmer for 10 minutes. Add basil and sugar. Reduce heat to low; stir in cream and butter. Cook until butter is melted.

Garbanzo Bean Soup II

Ingredients

1 1/2 cups chicken broth, divided
1 (15.5 ounce) can garbanzo beans
2 tablespoons tahini
1 teaspoon Dijon mustard
1 teaspoon minced garlic
1/2 red bell pepper, diced

Directions

In a blender or food processor, blend 1/2 the chicken broth, garbanzo beans, tahini, mustard, garlic, and red bell pepper until smooth.

Transfer the blended mixture to a saucepan over medium heat. Mix in the remaining chicken broth, and cook until heated through.

Creamy Souper Rice

Ingredients

1 (10.75 ounce) can
Campbell's® Condensed Cream
of Mushroom Soup (Regular, 98%
Fat Free or 25% Less Sodium)
1 1/2 cups Swanson® Natural
Goodness™ Chicken Broth
1 1/2 cups uncooked instant white
rice
1 tablespoon grated Parmesan
cheese
Freshly ground black pepper

Directions

Mix soup and broth in saucepan. Heat to a boil.

Stir in rice and cheese. Cover and remove from heat. Let stand 5 minutes. Fluff with fork. Serve with freshly ground black pepper and additional Parmesan cheese.

Creamy Chicken and Wild Rice Soup

Ingredients

4 cups COLLEGE INN® Chicken Broth
2 cups water
3 cups shredded cooked chicken or turkey
1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet
1 cup DEL MONTE® canned peas
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup all-purpose flour
1/2 cup butter
2 cups heavy cream

Directions

In a large pot over medium heat, combine broth, water and turkey. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Navy Bean Soup

Ingredients

1 pound dry navy beans
2 quarts water
1 1/2 pounds smoked ham hocks
1 cup chopped onion
1/4 cup chopped fresh parsley
1 1/2 teaspoons salt
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon pepper
1/4 teaspoon ground nutmeg
1 bay leaf
2 cups thinly sliced carrots
1 cup chopped celery
3/4 cup instant mashed potato flakes

Directions

Place beans and enough water to cover in a Dutch oven or soup kettle. Bring to a boil; boil for 2 minutes. Remove from the heat; let stand for 1 hour. Drain beans and discard liquid. Return beans to kettle; add water, ham hocks, onion, parsley and seasonings. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender. Add carrots, celery and potato flakes; mix well. Cover and simmer for 30 minutes or until vegetables are tender. Remove bay leaf. Remove ham hocks; allow to cool. Remove meat from bones and cut into bite-size pieces. Discard bones. Return meat to kettle; heat through.

Shrimp Soup

Ingredients

2 (14.5 ounce) cans chicken broth
2 (14.5 ounce) cans beef broth
2 (10.5 ounce) cans shrimp
consomme
2 1/2 cups frozen shrimp, thawed
1 teaspoon fresh dill weed
salt and pepper to taste
2 tablespoons sliced green onions

Directions

In a large saucepan over medium heat, combine chicken broth, beef broth and shrimp consomme. Bring to a simmer, then strain.

Return broth to pot and add shrimp and dill. Heat through and adjust seasonings. Garnish with chopped green onion.

Japanese Onion Soup

Ingredients

1/2 stalk celery, chopped
1 small onion, chopped
1/2 carrot, chopped
1 teaspoon grated fresh ginger root
1/4 teaspoon minced fresh garlic
2 tablespoons chicken stock
3 teaspoons beef bouillon granules
1 cup chopped fresh shiitake mushrooms
2 quarts water
1 cup baby portobello mushrooms, sliced
1 tablespoon minced fresh chives

Directions

In a large saucepan or stockpot, combine the celery, onion, carrot, ginger, garlic, and a few of the mushrooms. Add chicken stock, beef bouillon, and water. Place the pot over high heat, and bring to a rolling boil. When the mixture reaches boiling, cover, reduce heat to medium, and cook for 45 minutes.

Place all of the remaining mushrooms into a separate pot. When the boiling mixture is done, place a strainer over the pot with the mushrooms in it. Strain the cooked soup into the pot with the mushrooms. Discard strained materials.

Serve the broth with mushrooms in small porcelain bowls, and sprinkle fresh chives over the top. Use Asian soup spoons for an elegant effect.

Creamy Lemon Chicken Soup

Ingredients

5 cups chicken broth
5 cups water
5 teaspoons chicken bouillon granules
3 carrots, cut into small chunks
1 large onion, chopped
4 cups cubed, cooked chicken
1 cup uncooked long grain rice
3 eggs
1/3 cup lemon juice
1 1/2 teaspoons dried oregano
Pepper to taste

Directions

In a Dutch oven or soup kettle, combine the first five ingredients; bring to a boil. Add the chicken and rice. Reduce heat. Cover and simmer for 15 minutes or until rice is tender.

Whisk together eggs and lemon juice; quickly stir into soup. Add oregano and pepper. Serve immediately.

Intoxicating Onion Soup

Ingredients

4 tablespoons margarine
8 onions, chopped
20 cloves garlic, minced
4 teaspoons dried thyme
2 teaspoons salt
4 teaspoons brown sugar
4 cups red wine
4 tablespoons chopped fresh
parsley

Directions

Melt the butter or margarine in a large saucepan over medium heat. Add the onions and saute for 10 minutes, or until onions become caramelized. Add the garlic, thyme, salt, brown sugar and 2 cups red wine.

Stir well, bring to a boil and continue to heat until soup has reduced by half. Add the remaining 2 cups red wine and the parsley. Reduce heat to low, cover and simmer for 20 minutes.

Wontons for Wonton Noodle Soup

Ingredients

1 pound lean ground pork
1 pound medium shrimp - peeled, deveined, and coarsely chopped
5 dried black or shiitake mushrooms, reconstituted in hot water and chopped
3 green onions, finely chopped
1 egg
2 tablespoons soy sauce
1 1/2 teaspoons salt
3 tablespoons dashi (dried fish flakes) (optional)
2 (14 ounce) packages square wonton wrappers

Directions

Strain mushroom soaking liquid completely. Pat dry with paper towel, and chop.

Place pork, shrimp, mushrooms, green onion, egg, soy sauce, salt, and dashi (if using) together in a large bowl. Mix thoroughly until all ingredients are completely incorporated.

Have a bowl of luke-warm water available for dipping. If you are right-handed, place wonton wrapper in a triangle position on your left palm. Place a small amount of filling (about a heaping teaspoon or more) near the lower corner of wonton wrapper. Fold that corner over filling toward the opposite corner about half way, making sure the filling is securely enclosed.

Dip finger into a bowl of water and dab left corner of wrapper with water. Fold left and right corners toward you (away from the top corner), resulting in the shape of a nurse's hat.

Place wontons on cookie sheets while you work, keeping them covered with a damp towel to prevent drying out. Wontons may be carefully stored in plastic freezer bags and frozen for future use.

Campbell's Kitchen Souper Sloppy Joes

Ingredients

1 pound ground beef
1 (10.75 ounce) can
Campbell's® Condensed
Tomato Soup
1/4 cup water
1 tablespoon prepared yellow
mustard
6 Pepperidge Farm®
Farmhouse™ Sesame White
Rolls

Directions

Cook beef in skillet until browned. Pour off fat.

Add soup, water and mustard. Heat through. Serve on rolls.

Quick Asian Beef Noodle Soup

Ingredients

1 pound lean ground beef
1 onion, chopped
1 tablespoon minced garlic
1 teaspoon ground ginger
4 cups water
1 medium head bok choy,
chopped
2 (3 ounce) packages beef
flavored ramen noodles
2 teaspoons vegetable oil
2 tablespoons soy sauce

Directions

Brown meat in a large skillet. Drain off fat, and rinse meat using a colander.

Transfer meat to a large cooking pot. Stir in onion, garlic, and ginger. Add water, and bring soup to a boil. Stir in bok choy. Reduce heat ,and simmer for about 3 minutes.

Stir in noodles. Simmer 3 minutes longer, or until bok choy and onions are crisp tender and noodles are soft. Stir in seasoning packets, oil, and soy sauce.

Chad's Slow Cooker Taco Soup

Ingredients

1 pound ground beef
1 pound bulk hot pork sausage
1 (28 ounce) can crushed tomatoes
1 (15.25 ounce) can whole kernel corn with red and green bell peppers (such as Mexicorn®), drained and rinsed
1 (14.5 ounce) can black beans, rinsed and drained
1 (14 ounce) can kidney beans, rinsed and drained
1 (1 ounce) package ranch dressing mix
1 (1 ounce) package taco seasoning mix
1 onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 (14.5 ounce) can diced tomatoes with green chile peppers (such as RO*TEL®), undrained
1/2 cup chili sauce
2 fresh jalapeno peppers, diced
1 (12 fluid ounce) can or bottle dark beer
ground black pepper to taste

Directions

Brown the ground beef completely in a large skillet over medium heat; drain. Transfer the beef to a slow cooker.

Brown the sausage completely in a large skillet over medium heat; drain. Transfer the beef to a slow cooker.

Add the crushed tomatoes, corn, black beans, kidney beans, ranch dressing mix, taco seasoning mix, onion, green bell pepper, red bell pepper, diced tomatoes with green chile peppers, chili sauce, jalapeno peppers, beer, and black pepper to the slow cooker. Set slow cooker to Low and cook 8 to 10 hours, or, if you prefer, on High for 4 to 6 hours.

Italian Sausage Soup II

Ingredients

2 tablespoons olive oil
1 pound Italian sausage, casings removed
1 1/2 cups chopped onion
1 1/2 cups sliced carrots
1 stalk celery with leaves, chopped
1 tablespoon chopped garlic
1 teaspoon dried basil
1 teaspoon dried rosemary
1/4 teaspoon dried crushed red pepper
1/4 teaspoon dried sage
1 (14.5 ounce) can canned diced tomatoes
5 cups chicken broth
1 (16 ounce) can kidney beans, drained
1 cup uncooked pasta shells

Directions

Heat the oil in a large pot over medium-high heat. Cook the sausage until evenly browned, and break into pieces. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage. Continue cooking 10 minutes, until vegetables are tender. Mix in tomatoes, and cook until heated through. Stir in the broth and beans. Bring to a boil. Reduce heat to low, and simmer 20 minutes.

Stir pasta into soup, and continue cooking 10 minutes, or until pasta is al dente.

Roasted Winter Vegetable Soup

Ingredients

2 sprigs fresh rosemary, chopped
1 pinch kosher salt
2 tablespoons extra virgin olive oil
cooking spray
1 small butternut squash - peeled,
seeded, and cut into large chunks
3 rutabagas, peeled and cubed
4 parsnips, peeled and thickly
sliced
4 new potatoes, peeled and
halved
10 cups chicken stock
salt to taste
freshly ground black pepper to
taste
2 teaspoons aged balsamic
vinegar
2 teaspoons white truffle oil
(optional)

Directions

With a mortar and pestle, grind together rosemary and kosher salt. Pour in olive oil and continue to mash until the oil starts to turn a darker green. Set aside for about an hour.

Preheat oven to 425 degrees F (220 degrees C). Coat a shallow roasting pan with cooking spray.

Place the squash, rutabagas, parsnips and potatoes in a large bowl. Pour the olive oil mixture through a fine-mesh strainer into the bowl. Toss vegetables with oil to coat.

Evenly spread vegetables on the prepared pan. Roast 30 minutes in the preheated oven, until nicely browned and cooked through. You may need to remove some of the smaller pieces from the oven before all of the vegetables are cooked to avoid burning them.

While the vegetables are roasting, simmer chicken stock in a large pot over medium low heat. When the vegetables are done add them to the simmering chicken stock and simmer together for about 10 minutes.

Use an immersion blender to puree the soup in the pot, or puree in batches in a blender or food processor. Add extra broth or water if the soup is too thick. Season with salt and pepper to taste. Serve in warmed bowls, garnishing each serving by drizzling a quarter teaspoon of balsamic vinegar and a quarter teaspoon of white truffle oil over the soup.

He Jia Tuan Yuan (Tofu Ball Soup for Lunar

Ingredients

1 (14 ounce) package soft tofu
7 ounces ground pork
6 tablespoons cornstarch
1 egg
1 teaspoon chicken bouillon granules (optional)
1 teaspoon salt
5 cups water
1 tablespoon vegetable oil
10 dried shrimp
1 cup fresh pea vine shoots, trimmed
1 teaspoon chicken bouillon granules
1/4 teaspoon salt

Directions

Place the tofu into a large bowl, and mash it into a paste with a large spoon. Stir in the pork, cornstarch, egg, 1 teaspoon chicken bouillon granules, and 1 teaspoon salt until the mixture is very well combined.

Heat the water and vegetable oil to a boil in a large saucepan, and reduce heat to an active simmer but not a full boil. Using gloved hands, pinch off about 1 tablespoon of the tofu mixture, roll it into a ball between your palms, and slide it carefully into the water so it doesn't break apart. Repeat with the rest of the tofu mixture. Without stirring the soup, let the tofu balls simmer until they rise to the top, about 30 minutes.

Turn off the heat, and stir in the dried shrimp, pea vine shoots, 1 teaspoon of chicken bouillon granules, and 1/4 teaspoon salt. Serve hot.

Roasted Garlic Potato Soup with Smoked Salmon

Ingredients

1 whole head garlic
2 tablespoons olive oil
1/4 cup diced onion
1 carrot, finely chopped
4 cups chicken stock
4 large new potatoes, cut into 1/2 inch cubes
1/2 teaspoon ground dried rosemary
1/4 teaspoon ground thyme
3/4 cup heavy cream
1/2 cup smoked salmon, torn or cut into bite-size pieces
salt and pepper to taste
1 green onion, thinly sliced

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Cut off the top of the head of garlic to expose the cloves, trimming about 1/4 inch off of the top of each clove. You may need to trim individual cloves along the sides of the head. Brush the cut cloves with 1 tablespoon of olive oil, then nestle the head into a piece of aluminum foil. Bake in the preheated oven until the cloves are tender and nicely browned, about 25 minutes.

Remove roasted garlic from oven, open foil and allow to cool slightly. When the garlic is cool enough to handle, cut the heads in half horizontally so that all of the cloves are exposed. Squeeze both halves to release the roasted cloves into a medium bowl.

While the garlic is roasting, heat the remaining 1 tablespoon olive oil in a large saucepan. Stir in the onion and the carrot and cook, stirring, until soft, about 5 minutes. Pour the chicken stock into the saucepan and add the potatoes, rosemary, and thyme. Bring the soup to a simmer over medium heat and cook until the potatoes are tender, about 20 minutes.

Remove about 1/2 of the potatoes from the pot and reserve. Place the roasted garlic cloves into a blender and add the soup, 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 contents moving before letting it run. Puree the soup, in batches, until smooth. Pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Stir the reserved potato cubes, heavy cream, and smoked salmon into the pureed soup and bring to a simmer. Serve, hot, with a sprinkle of green onion.

Cream of Mushroom Soup

Ingredients

1/4 cup chopped onion
2 tablespoons butter
3 cups sliced fresh mushrooms
6 tablespoons all-purpose flour
2 (14.5 ounce) cans chicken broth
1 cup half-and-half cream
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a large saucepan, saute onion in butter until tender. Add mushrooms and saute until tender. Add mushrooms and saute until tender. Combine flour and broth until smooth; stir into the mushroom mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Stir in the cream, salt and pepper. Simmer, uncovered, for 15 minutes, stirring often.

Green Chile Chicken Soup

Ingredients

1/2 cup butter
3/4 cup all-purpose flour
2 cups milk
3 cups chicken broth
2 cups cooked, boneless and skinless chicken, cut into bite-sized pieces
1/2 cup chopped green chile peppers
salt and pepper to taste
1 pinch garlic powder

Directions

In a large pot melt butter or margarine. Add flour and stir the resulting paste over medium heat. Add the milk and chicken broth and whip to eliminate any lumps. Bring to a boil and reduce heat to simmer.

Add the chicken. Add the chopped green chiles, salt, pepper and garlic powder to taste. Stir well and cover. Simmer for 30 minutes and serve.

Minute Tomato Soup with Tortellini

Ingredients

2 (10.75 ounce) cans condensed tomato soup
1 teaspoon dried oregano
1 tablespoon dried basil
1 teaspoon dried parsley
3/4 teaspoon ground black pepper
4 1/2 ounces fresh tortellini pasta

Directions

Prepare soup in a medium saucepan according to package directions. Add the oregano, basil, parsley and ground black pepper, stirring well, over medium heat. Simmer for 5 minutes, reduce heat to low and add the tortellini. Continue to simmer for 5 more minutes, or until tortellini is cooked.

Italian Chicken Rice Soup

Ingredients

1 (49.5 fluid ounce) can chicken broth
1 (26 ounce) jar meatless spaghetti sauce
1 1/2 cups cubed cooked chicken
2 tablespoons minced fresh parsley
1/2 teaspoon dried thyme
3 cups cooked rice
1 teaspoon sugar

Directions

In a soup kettle or Dutch oven, combine the broth, spaghetti sauce, chicken, parsley and thyme. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in rice and sugar. Simmer, uncovered, for 10 minutes or until heated through.

Portuguese Bean Soup II

Ingredients

2 pounds spicy Portuguese sausage, sliced
1 pound ham hocks
1 onion, sliced
2 quarts water
2 carrots, diced
3 potatoes, diced
1 small head cabbage, chopped
1 (8 ounce) can tomato sauce
2 (15 ounce) cans kidney beans
1 (16 ounce) package macaroni

Directions

In a large pot over low heat, combine sausage, ham hocks, onion and water. Cover and simmer 1 hour.

Remove ham hock from soup, remove meat, tear into small pieces, and return meat to pot. Stir in carrots, potatoes, cabbage and tomato sauce. Cover and continue cooking 60 to 90 minutes more.

Stir in beans and pasta, adding more water as needed, and cook until heated through and pasta is tender, 10 minutes.

Whitney's Egg Flower Soup

Ingredients

2 cups chicken broth
white pepper to taste
2 dashes sesame oil
1 egg, beaten
2 tablespoons peas
1 green onion, chopped

Directions

Bring the chicken broth, white pepper, and sesame oil to a boil in a saucepan. While stirring slowly in one direction to get the soup moving, pour the beaten egg into the soup in a slow but steady stream. Gently stir in the peas. Ladle into serving bowls; sprinkle with green onion to serve.

Beef and Barley Soup IV

Ingredients

1 pound cubed beef stew meat
1 beef soup bone
1/4 cup barley
3 carrots, peeled
1 onion, peeled and left whole
3 stalks celery
salt to taste

Directions

In a 6 quart soup pot, combine stew meat, soup bone, barley and carrots. Cover with water to within 2 inches of top of pot. Bring to a boil, then reduce heat and simmer 1 hour.

Place onion and celery in pot and continue to simmer 2 hours more.

Remove onion, carrots, bone and celery. Season with salt and serve.

Vegan Carrot Soup

Ingredients

1 tablespoon vegetable oil
1 large onion, diced
3 cloves garlic, minced
4 large carrots, sliced
5 new potatoes, quartered
2 cups vegetable broth
2 teaspoons grated fresh ginger
1 teaspoon curry powder
salt and pepper to taste

Directions

Heat oil in a soup pot over medium heat. Add onion and garlic, and cook stirring often until onion is translucent. Add carrots and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, curry powder, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve.

Honeydew Soup

Ingredients

3 cups cubed honeydew
1/2 cup white grape juice
1 tablespoon sugar

Directions

In a blender, combine all ingredients; cover and process until smooth. Transfer to a bowl. Cover and refrigerate until chilled.

Fish and Tamarind Soup

Ingredients

1 tablespoon vegetable oil
8 shallots, chopped
6 cloves garlic, crushed
1/2 teaspoon crushed red pepper
1/2 teaspoon ground turmeric
6 cups water
6 stalks lemon grass, ground
1/4 cup tamarind juice
salt to taste
2 pounds red snapper fillets, cut
into 1 inch pieces

Directions

Heat oil in a large saucepan over medium heat. Mix in shallots, garlic, crushed red pepper, and turmeric. Cook and stir until shallots are tender, about 5 minutes. Pour water into skillet, and mix in lemon grass and tamarind juice. Season with salt. Bring the mixture to a boil.

Stir snapper into boiling mixture. Cook 10 minutes, or until fish pieces are easily flaked with a fork.

Ground Turkey Soup

Ingredients

1 pound ground turkey
8 cups water
8 cubes beef bouillon cube
4 potatoes, peeled and cubed
2 carrots, sliced
1 small head cabbage, shredded
1 cup pearl barley

Directions

In a large pot, combine water, bouillon, potatoes, carrots, and cabbage. Bring to a boil. Lower temperature, and simmer.

In a separate saucepan, brown the turkey. Put in pot with other ingredients. Slowly simmer for 1 hour.

Add barley for last 15 minutes of cooking time. Serve.

Santa Fe Chicken Soup

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 cup chopped celery
2 cloves garlic, minced
3 (14 ounce) cans low-sodium chicken broth
1 (14.5 ounce) can diced tomatoes with jalapeno peppers, undrained
1/2 cup long-grain brown or white rice
1 cup water
4 (6 inch) flour tortillas, cut in 1/4-inch strips
1 teaspoon olive oil
2 1/2 cups pre-cooked chicken breast, shredded
1 (14.5 ounce) can zucchini with Italian-style tomato sauce
1 (11 ounce) can corn kernels, drained
1 (8.25 ounce) can sliced carrots, drained
2 tablespoons fresh lime juice

Directions

Preheat the oven to 400 degrees F.

Heat 1 tablespoon of the oil in large, heavy saucepan or Dutch oven over medium heat. Add the onion, celery and garlic, and cook and stir for 5 minutes until tender. Stir in the broth, tomatoes, rice and water, and increase the heat to medium high. Bring to a boil then reduce the heat, cover and simmer for about 20 minutes, or until rice is tender.

Meanwhile, toss the tortilla strips with remaining 1 teaspoon oil on a baking sheet. Spread the tortillas out on the sheet, and bake for about 6 minutes, stirring twice, until light, golden and crisp.

Add the chicken, zucchini, corn and carrots to the soup. Cook, uncovered for about 10 minutes, until heated through. Stir in the lime juice, and remove from heat. Ladle the soup into bowls, and sprinkle tortilla strips over the top.

Roasted Red Pepper and Crab Soup

Ingredients

6 red bell peppers, seeded and cut into quarters
1 (32 ounce) carton chicken broth
1 large potato, peeled and coarsely chopped
1 quart half-and-half cream
1 teaspoon salt
1/4 teaspoon cayenne pepper to taste
1/2 teaspoon garlic powder
1/2 teaspoon dried basil
1 pound cooked crabmeat, flaked

Directions

Set the oven to broil, and preheat for 5 minutes.

Place the red bell pepper quarters skin-side up on a broiler pan or baking sheet. Broil until the skins have blackened, then place them in a brown paper bag, or in a covered bowl and allow them to steam for approximately 10 minutes to loosen the skins.

Once the skins have loosened, peel them off and discard. Coarsely chop the peeled, roasted peppers, and place into a large saucepan along with the chicken broth and chopped potato. Bring to a boil over high heat, then add the half-and-half, salt, cayenne pepper, garlic powder, and basil. Return to a boil, then reduce heat to medium and simmer for 45 minutes.

Once the potatoes have softened, puree the soup in batches in a blender until smooth. Pour the pureed soup into another saucepan and stir in the crab. Heat over medium heat to warm through, about 5 minutes.

Chicken Soup With Black Beans and Corn

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans black beans,
drained
1 (10 ounce) package frozen corn
1 (14.5 ounce) can diced tomatoes
1 jalapeno pepper, stemmed,
seeded and minced
2 tablespoons ground cumin
2 teaspoons chili powder
1/2 cup chopped fresh cilantro
Salt and freshly ground black
pepper
tortilla chips
grated Monterey Jack cheese
fresh lime wedges

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans black beans, drained; 1 10-ounce package frozen corn; 1 14.5-ounce can diced tomatoes; 1 jalapeno pepper, stemmed, seeded and minced; 2 Tbs. ground cumin; 2 tsps. chili powder.

Before removing from heat, stir in: 1/2 cup chopped fresh cilantro.

Final touch: Add salt and pepper, to taste. Serve soup with tortilla chips, grated Monterey Jack cheese and fresh lime wedges.

Vegan Split Pea Soup II

Ingredients

- 1 tablespoon extra virgin olive oil
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1 teaspoon curry powder
- 1 cup yellow split peas
- 4 cups water
- 1 teaspoon salt

Directions

Heat olive oil in a large saucepan. Sauté carrot, onion, celery and curry for about 5 minutes. Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

White Bean 'N' Barley Soup

Ingredients

1 1/2 cups dried Great Northern beans
1 large onion, chopped
2 garlic cloves, minced
1 tablespoon olive or canola oil
4 cups vegetable or chicken broth
4 cups water
3 medium carrots, sliced
2 medium red bell peppers, diced
2 celery ribs, chopped
1/2 cup medium pearl barley
1/2 cup minced fresh parsley, divided
2 bay leaves
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon pepper
1 (28 ounce) can diced tomatoes, undrained

Directions

Place beans in a Dutch oven or soup kettle; add enough water to cover beans by 2-in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour.

Drain and rinse beans, discarding liquid. In a Dutch oven, saute onion and garlic in oil. Add the broth, water, beans, carrots, red peppers, celery, barley, 1/4 cup parsley, bay leaves, salt, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beans are tender. Add the tomatoes; heat through. Discard bay leaves. Sprinkle with remaining parsley.

Cream of Tomato Soup

Ingredients

2 tablespoons butter
1 onion, chopped
2 tablespoons all-purpose flour
1 quart tomato juice
salt to taste
2 cups milk

Directions

In a Dutch oven, over medium heat, saute onions in butter until translucent. Remove from the heat. Stir in the flour so that no lumps remain, then slowly whisk in the tomato juice. Return to the heat and add salt to taste. Cook until just boiling but turn off the heat before it boils. Let cool 10 minutes then slowly stir in milk. Serve immediately.

Hearty Chicken Vegetable Soup I

Ingredients

- 1 (3 pound) whole chicken
- 1 onion, cut into thick slices
- 5 stalks celery, thickly sliced
- 1 tablespoon salt
- 1 teaspoon packed fresh basil leaves
- 1 teaspoon coarse ground black pepper
- 5 carrots, sliced
- 1 yellow squash, thinly sliced
- 1 zucchini, thinly sliced
- 1 pound fresh mushrooms, sliced
- 1 red bell pepper, sliced
- 12 ounces fresh tortellini pasta
- 2 tablespoons chicken soup base
- 2 cups uncooked egg noodles

Directions

Place chicken, onion, celery, salt, basil, and pepper in a 10 quart stock pot. Fill stock pot with water until ingredients are fully covered and bring to a boil. Let simmer for 1 and 1/2 hours or until chicken is tender.

Remove chicken from pot with slotted spoon and set aside for later.

Add carrots, squash, zucchini, mushrooms, red pepper, tortellini, chicken soup base and uncooked noodles to stock pot and increase temperature to medium heat.

While noodles and vegetables are cooking, tear chicken apart from bones. Cut up into pieces and add to soup in stock pot. Be sure to add additional water if ingredients are not fully covered. Bring to a boil, then reduce to a simmer for about 10 minutes or just until noodles are cooked. Enjoy

Shrimp Rice Soup

Ingredients

2 cups white rice
9 ounces shelled and deveined shrimp
1 tablespoon sesame oil
1 tablespoon rice wine
12 cups water
salt to taste

Directions

Rinse rice and set aside for 2 hours or until moistened.

Heat sesame oil in a saucepan. Add shrimp and rice wine and gently fry. Add rice and fry for 1 minute.

Pour water into saucepan and boil over medium heat. When the rice and shrimp mixture is thickened, or the rice expands about 3 times, reduce the heat to low. Continue to cook for 10 minutes, or until heated through, stirring constantly. Season with salt and serve hot.

Sweet and Spicy Soup with Black-Eyed Peas and

Ingredients

1/2 red bell pepper
1 tablespoon olive oil
1 onion, chopped
1 celery stalk, chopped
2 cloves garlic, minced

1 cup water
1 cup vegetable broth
3 plum tomatoes, chopped
1 (15 ounce) can black-eyed peas, drained and rinsed
1 (15 ounce) can sweet potatoes, drained and cut into chunks

1 tablespoon brown sugar
1 1/2 teaspoons cinnamon
1/8 teaspoon cayenne pepper
1/4 teaspoon crushed red pepper flakes

1 bay leaf
1 pinch dried thyme
1 pinch dried basil
1 pinch dried oregano
1 pinch dried rosemary

1 pinch garlic powder
1 pinch onion powder
1 pinch mustard powder

1 pinch cumin
1 pinch coriander

salt and cracked black pepper to taste
2 tablespoons chopped fresh parsley

Directions

Set oven to broil. Brush red bell pepper lightly with olive oil, and place cut-side down on a baking sheet. Place sheet under broiler, and broil until pepper is blackened and blistered. Remove from broiler, and when cool enough to touch, peel skin. Chop pepper into bite-size pieces.

Heat olive oil in a large skillet over medium heat. Stir in onion, celery, and garlic; cook until onion is soft and translucent.

Mix in water, vegetable broth, tomatoes, black-eyed peas, sweet potatoes, and chopped bell pepper. Add brown sugar, cinnamon, cayenne, and red pepper flakes. Add bay leaf, thyme, basil, oregano, and rosemary. Mix in garlic, onion, and mustard powders. Stir in cumin and coriander.

Bring contents to a boil. Reduce heat to medium-low; simmer, covered, until sweet potatoes begin to disintegrate, about 20 minutes. Season with salt and cracked pepper to taste. Stir in fresh parsley, and serve.

Celery and Carrot Soup

Ingredients

2 tablespoons extra virgin olive oil
1 small onion, minced
1 small carrot, peeled and thinly sliced
1 celery rib, thinly sliced
1/2 teaspoon dried tarragon
2 cups vegetable broth
1/2 cup dry white wine

Directions

Heat the oil in a medium saucepan over medium-high heat. Saute onions until tender, approximately 5 minutes. Slowly stir in carrots, celery, and tarragon, and continue cooking another 5 minutes, or until carrots are tender.

Stir in vegetable broth and wine, and bring to a boil. Reduce to a simmer, and continue cooking 15 minutes longer. Serve hot.

Cheesiest Tomato Soup

Ingredients

2 (28 ounce) cans whole peeled tomatoes
5 cups chicken broth
3 cups shredded sharp Cheddar cheese
1 (6 ounce) can tomato paste
1 teaspoon dried parsley
1 teaspoon dried basil leaves
1/2 teaspoon dried tarragon
1 pinch dried thyme
salt and pepper to taste

Directions

In a blender or food processor, puree tomatoes with liquid until smooth. Pour into a medium saucepan over medium-low heat. Stir in broth, cheese and tomato paste. Season with parsley, basil, tarragon, thyme, salt and pepper. Simmer 30 minutes, stirring frequently, until cheese is melted and smooth and flavors are well blended.

Grandma B's Bean Soup

Ingredients

1 pound dry navy beans
3 carrots, peeled and shredded
2 medium potatoes, peeled and diced
3 stalks celery, sliced
1 medium onion, diced
2 cups cubed cooked ham

Directions

Place the beans in a slow cooker with enough water to cover, and soak 6 to 8 hours, or overnight.

Drain the beans, and return to the slow cooker. Cover with water, and mix in the carrots, potatoes, celery, onion, and ham.

Cover slow cooker, and cook soup on High for 3 1/2 hours. Switch to Low, and continue cooking at least 6 1/2 hours. The longer it cooks the more flavorful it becomes.

Easy Cheesy Bacon Potato Soup

Ingredients

3 potatoes, diced
1 onion, chopped
1 1/2 cups water
2 cubes chicken bouillon
8 ounces cheese spread with
bacon

Directions

In a covered medium saucepan over high heat, combine the potatoes, onions, water and bouillon. Bring all to a boil and cook for about 15 to 20 minutes, or until potatoes are tender.

Add the cheese spread and mash with a potato masher. Add more water if a thinner soup is desired.

Yogurt Mint Soup

Ingredients

8 cups water
1 cube chicken bouillon
1/4 cup uncooked long grain rice
Salt
2 cups plain yogurt
1/2 cup milk or buttermilk
1 egg yolk
1/2 cup all-purpose flour
1 tablespoon butter
2 tablespoons dried mint leaves

Directions

Rinse and drain the rice. In a large pot bring the water, bouillon, rice, and two pinches of salt to a boil. Cook until the rice is tender.

In a small bowl, mix the yogurt, milk or buttermilk, egg yolk, and flour until combined. Take a few spoonfuls of the hot liquid from the pot and incorporate into the yogurt mixture. Slowly add the yogurt mixture to the pot while stirring continuously. Cook for an additional 10 minutes.

Melt the butter in a small skillet and add the dried mint. Cook and stir until fragrant. Add the butter mixture to the soup pot or place a spoonful as topping to each bowl.

Vermicelli Soup

Ingredients

12 ounces vermicelli pasta
2 tablespoons vegetable oil
2 cups water
1/4 yellow onion
2 tomatoes
1 clove garlic
salt to taste

Directions

Using a large saute pan, fry vermicelli in vegetable oil till golden brown.

In a food processor or blender, blend the water, onion, tomatoes, garlic and salt. Strain.

Pour blended mixture over the vermicelli and allow to simmer till all the liquid has been evaporated or absorbed.

Long Soup

Ingredients

1 1/2 tablespoons vegetable oil
1/4 small head cabbage,
shredded
4 ounces lean pork tenderloin, cut
into thin strips
6 cups chicken broth
2 tablespoons soy sauce
1/2 teaspoon minced fresh ginger
root
8 fresh green onions, chopped
4 ounces dry Chinese noodles

Directions

Using a large skillet or wok heat oil over medium heat. Add cabbage and pork; fry until pork is no longer pink inside, approximately 5 minutes. Make sure to stir your cabbage and pork while it is frying.

Add chicken broth, soy sauce, ginger and bring to a boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.

Stir in onions and add noodles. Cook until noodles are tender, 2 to 4 minutes.

Slow Cooker Lentil Rice Soup

Ingredients

2 cups dry lentils
2 cups uncooked long grain brown rice
1 cup chopped carrots
1/2 cup chopped celery
1/2 onion, chopped
8 cups water
1 cup vegetable broth
1 teaspoon garlic powder
1/2 teaspoon ground black pepper
1 tablespoon salt
1 cup sliced fresh mushrooms

Directions

Place the lentils, rice, carrots, celery, onion, water, broth, garlic powder, ground black pepper and salt in a slow cooker.

Cover and cook on low setting for 7 to 8 hours. Stir in the mushrooms 1 hour before serving.

Sausage Tomato Soup

Ingredients

1/2 pound bulk Italian sausage
1 medium onion, chopped
1 small green pepper, chopped
1 (28 ounce) can diced tomatoes, undrained
1 (14.5 ounce) can beef broth
1 (8 ounce) can tomato sauce
1/2 cup picante sauce
1 1/2 teaspoons sugar
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 cup shredded mozzarella cheese

Directions

In a saucepan, cook the sausage, onion and green pepper over medium heat until meat is no longer pink; drain. Stir in tomatoes, broth, tomato sauce, picante sauce, sugar, basil and oregano. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Sprinkle with cheese.

Old-School Baltimore Crab Soup

Ingredients

3 carrots, sliced
1 ham bone
2/3 cup barley
2 tablespoons salt, or more to taste
2 tablespoons ground black pepper, or more to taste
4 cups water
1 small head cabbage, shredded
2 (14.5 ounce) cans diced tomatoes
3 potatoes, peeled and cubed
1 cup water
3 (15 ounce) cans white corn, drained
1 pound green beans, cut into 1 inch pieces
1 (10 ounce) package frozen lima beans
1 (6 ounce) package frozen peas
2 tablespoons seafood seasoning (such as Old Bay®), or more to taste
4 female blue crabs
4 slices bacon
1 cup water
2 (6 ounce) cans lump crabmeat, drained

Directions

Bring a large pot of lightly salted water to a boil. Add the carrots, and cook uncovered until tender, about 5 minutes. Drain well, and set aside.

Place the ham bone, barley, salt, and pepper in large stock pot with 4 cups of water. Simmer over medium heat for 30 to 45 minutes. Add cabbage and tomatoes; continue simmering for 15 more minutes. Stir in the potatoes and carrots. Simmer until the potatoes are tender and easily pierced with a fork, 20 to 30 minutes. Stir in 1 cup of water, corn, green beans, lima beans, and peas. Simmer for 20 minutes.

While the soup is simmering, clean the crabs by opening it and discarding the lungs and mouth. Remove the yellowish-brown tomalley and set aside. Break the crabs in half and add to the soup along with the seafood seasoning. Simmer for 20 minutes, stirring occasionally.

Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain the bacon slices on a paper towel-lined plate. Cook and stir the reserved tomalley in the remaining bacon grease over low heat until the mixture becomes gravy-like. Stir the cooked tomalley into the soup with 1 more cup of water. Continue simmering for 45 minutes, then add the lump crabmeat. Season with additional salt, pepper, and seafood seasoning, if necessary. Simmer for 1 hour and 15 minutes, stirring occasionally. Reduce heat to low, until ready to serve.

Tomato-Mushroom Soup

Ingredients

1 onion, thinly sliced
1 clove garlic, minced
1 tablespoon olive oil
1 tablespoon butter
4 cups fresh sliced mushrooms
1 1/2 cups beef broth
1 cup water
1/4 cup red wine
1/4 cup tomato paste
ground black pepper to taste
1/4 cup Parmesan cheese
2 tablespoons chopped fresh parsley

Directions

Heat oil and butter in a medium sized saucepan. Cook onion and garlic until soft.

Add mushrooms, cooking for 5 minutes.

Pour in broth, water, and wine. Add tomato paste. Season to taste. Heat through. Pour into bowls. Garnish with cheese and parsley.

Eunah's Korean-Style Seaweed Soup

Ingredients

1 ounce dried wakame (brown)
seaweed
2 teaspoons sesame oil
1/2 cup extra lean ground beef
1 teaspoon salt, or to taste
1 1/2 tablespoons soy sauce
1 teaspoon minced garlic
7 cups water

Directions

Soak the seaweed in room temperature water until soft, about 15 minutes; drain. Rinse the sheets and cut into 2 inch long pieces; set aside.

Heat the sesame oil in a saucepan over medium-high heat. Stir in the beef, salt, and 1/3 of the soy sauce. Cook and stir until the beef is crumbly and no longer pink, about 4 minutes. Add the seaweed and the remaining soy sauce; cook and stir 1 minute. Stir in the garlic and pour in the water. Bring to a boil; reduce heat to medium-low and simmer until the beef and seaweed are tender, about 15 minutes more.

Italian Vegetable Soup with Beans, Spinach &

Ingredients

1 1/2 tablespoons olive oil
1 large onion, cut into small dice
3 medium carrots, peeled and sliced 1/4-inch thick
3 medium celery stalks, sliced 1/4-inch thick
1 medium bell pepper (red or yellow), stemmed, seeded and cut into medium dice
1 pound all-purpose potatoes, unpeeled and cut into medium dice
1 (16 ounce) can petite diced tomatoes
2 (15.5 ounce) cans cannellini or other white beans, undrained
6 cups low-sodium chicken broth in can or carton
7 ounces loosely packed baby spinach
1 cup frozen green peas
Salt and ground black pepper
Prepared pesto (found in grocer's refrigerated section)

Directions

Heat oil in a soup kettle over medium-high flame. Add onions, and saute until tender, about 5 minutes. Add carrots, celery, peppers, potatoes, tomatoes, bean and chicken broth; bring to a boil. Reduce heat to low and simmer until vegetables are just tender, about 15 minutes. Add spinach and peas; continue to simmer until spinach wilts, 3 to 4 minutes longer. Season to taste with salt and pepper. Ladle into bowls, adding a spoonful of pesto to each serving of soup.

For lunch, pack soup in separate leakproof containers. Warm soup in microwave and top with pesto.

Stuffed Pepper Soup II

Ingredients

- 1 cup chopped onion
- 1/4 cup chopped celery
- 1 clove garlic, minced
- 2 cups chopped green bell pepper
- 2 tablespoons vegetable oil
- 1/2 pound lean ground beef
- 1 (16 ounce) can crushed tomatoes
- 1/2 cup tomato juice
- 1/4 cup uncooked white rice
- 3 cups water
- 2 tablespoons chopped fresh parsley
- 2 teaspoons white sugar
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1/4 teaspoon ground cinnamon

Directions

Saute onion, celery, garlic, and green pepper in oil until just tender. Do not brown. Stir beef into vegetables; cook until beef is browned, about 10 minutes. Stir in rice.

Add tomatoes, juice, water, parsley, sugar, salt, and pepper to the browned beef mixture. Cover, and simmer 45 minutes or until rice is cooked. Adjust liquid if necessary. Stir in cinnamon. Taste for seasoning. Garnish each serving with a parsley sprig.

Asian Chicken Noodle Soup

Ingredients

12 chicken wings
2 tablespoons garlic powder
2 tablespoons minced fresh ginger root
1 tablespoon vegetable oil
4 tablespoons sesame oil, divided
1/4 cup dry sherry
2 tablespoons distilled white vinegar
1/4 cup Kikkoman Less Sodium Soy Sauce
1 (10 ounce) package Asian style vegetables
6 ounces angel hair pasta, broken into 2-inch lengths

Directions

Disjoint chicken wings; discard tip, season wings with garlic powder. Heat vegetable oil and 2 tablespoons of sesame oil in a Dutch oven or large saucepan over medium high heat. Add chicken and cook until browned on both sides, about 10 minutes. Add 4 cups water, sherry, ginger, vinegar and less sodium soy sauce; cover and bring to a boil. Reduce heat; simmer 45 minutes.

Add vegetables, simmer, covered 3 minutes. Stir in pasta; return to boil. Cook until pasta is soft, stirring occasionally. Remove from heat, stir in remaining sesame oil. Serve immediately.

Bean and Meat Soup

Ingredients

2 tablespoons vegetable oil
1/2 pound bacon, chopped
1/2 pound sliced deli turkey meat,
torn into pieces
1 onion, sliced
1 (14.25 ounce) can tomato puree
1 tablespoon brown sugar
1 teaspoon prepared mustard
1 pinch salt
1 pinch ground black pepper
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can cannellini beans,
drained and rinsed

Directions

Heat the oil in a large pot over medium heat, and cook the bacon, turkey, and onion until bacon is evenly brown and onion is tender.

Mix the tomato puree, brown sugar, and mustard into the pot. Season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes, stirring occasionally.

Mix the kidney beans and cannellini beans into the soup. Add water to keep the ingredients covered, if needed. Continue to cook, stirring occasionally, until beans are heated through.

Cream of Mushroom Soup II

Ingredients

1 pound fresh mushrooms
1/4 cup margarine
4 green onions, thinly sliced
3 cloves garlic, chopped
1 teaspoon chopped fresh thyme
2 tablespoons all-purpose flour
4 cups vegetable broth
1 cup light cream
salt and pepper to taste
1 sprig fresh thyme leaves
1 tablespoon chopped fresh chives

Directions

Thinly slice the mushroom caps, discarding the stalks.

Melt the butter in a heavy-based pan and cook the spring onion, garlic and lemon thyme, stirring, for 1 minute, or until the garlic is golden. Add the mushroom and salt and white pepper. Cook for 3 to 4 minutes, or until the mushroom just softens. Add flour and cook, stirring for 1 minute.

Remove from the heat and add the stock, stirring continuously. Return to the heat and bring to the boil, stirring. Reduce the heat and simmer gently for 2 minutes, stirring occasionally.

Whisk the cream into the soup, then reheat gently, stirring. Do not allow the soup to boil. Season to taste with salt and pepper, and garnish with the chopped chives and thyme.

Spicy Red Bean Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
6 tablespoons paprika
2 1/2 cups ketchup
8 cups water
1 (1 ounce) package dry onion soup mix
1 teaspoon salt
1 tablespoon ground black pepper
1 pound linguica, casings removed
1 pound chourico - Portuguese smoked pork sausage
5 (15 ounce) cans kidney beans
3 potatoes, peeled and cubed
1/2 pound spaghetti

Directions

In a large pot over medium heat, combine the oil and the onion. Saute for 5 minutes, or until onion is tender. Add the paprika, ketchup, water, soup mix, salt and pepper and stir well. Cut the linguica and chourico into 3 inch pieces and add to the soup.

In a food processor or blender, puree the beans in small batches and add to the pot. Reduce heat to low and simmer for 2 to 3 hours. Add the potatoes and simmer for another hour. Break the spaghetti into 3 to 4 inch pieces, add to the pot and simmer for another 15 minutes, or until spaghetti is tender.

Broccoli Soup

Ingredients

1 tablespoon olive oil
1 large onion, chopped
3 cloves garlic, peeled and
chopped
2 (10 ounce) packages chopped
frozen broccoli, thawed
1 potato, peeled and chopped
4 cups chicken broth
1/4 teaspoon ground nutmeg
salt and pepper to taste

Directions

Heat olive oil in a large saucepan, and saute onion and garlic until tender. Mix in broccoli, potato, and chicken broth. Bring to a boil, reduce heat, and simmer 15 minutes, until vegetables are tender.

With a hand mixer or in a blender, puree the mixture until smooth. Return to the saucepan, and reheat. Season with nutmeg, salt, and pepper.

Spicy African Yam Soup

Ingredients

- 1 teaspoon vegetable oil
- 1 small onion, chopped
- 1 large sweet potato, peeled and diced
- 1 clove garlic, minced
- 4 cups chicken broth
- 1 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- 1 cup chunky salsa
- 1 (15.5 ounce) can garbanzo beans, drained
- 1 cup diced zucchini
- 1/2 cup cooked rice
- 2 tablespoons creamy peanut butter

Directions

Heat the oil in a stockpot over medium heat. Saute onion, sweet potato, and garlic until onion is soft. Turn down heat if necessary to prevent burning.

Stir in the chicken broth, thyme and cumin. Bring to a boil, cover and simmer for about 15 minutes. Stir in salsa, garbanzo beans and zucchini. Simmer until tender, about 15 minutes.

Stir in the cooked rice and peanut butter until the peanut butter has dissolved. Serve hot with pita chips and a green salad.

Christmas Onion Soup

Ingredients

2 large onions
2 tablespoons margarine
1 tablespoon all-purpose flour
4 cups milk
1 teaspoon salt
ground black pepper to taste
2 egg yolks, beaten

Directions

Cook onions in butter or margarine for about 10 minutes, until tender but not brown.

Sprinkle onions with flour; stir until blended. Add milk, cover, and simmer for 20 minutes.

Stir a small amount of hot soup into beaten egg yolks, stirring until blended. Return egg mixture to soup, and stir until well blended. Add salt and black pepper. Sprinkle each serving with grated parmesan cheese.

Hearty Chicken Vegetable Soup III

Ingredients

1 zucchini, thinly sliced
1 yellow squash, thinly sliced
1 large white onion, diced
1/4 pound fresh green beans, trimmed and snapped
3/4 cup frozen corn kernels, thawed
1 (15 ounce) can white hominy
1 (15 ounce) can chickpeas
8 whole chicken wings, split
3 cubes chicken bouillon
5 tablespoons tomato sauce
1 tablespoon garlic powder
2 white potatoes, peeled and cubed
2 jalapeno peppers, julienned
6 1/2 cups water

Directions

In a large pot, combine zucchini, yellow squash, onion, green beans, corn, hominy, chickpeas, chicken, bouillon, tomato sauce, garlic powder, potatoes, jalapenos and water. Bring to a boil, reduce heat and simmer until chicken falls off the bone and flavors are well blended, 1 to 2 hours.

Strawberry Champagne Soup

Ingredients

5 cups quartered strawberries
1/4 cup white sugar
1/8 teaspoon salt
1 cup champagne

Directions

Place the strawberries into a blender, and sprinkle with sugar and salt. Process until smooth. Cover, and chill for 2 hours. Stir in champagne just before serving.

Crab Whiskey Soup

Ingredients

2 tablespoons olive oil
4 shallots, minced
2 cloves garlic, minced
1 (32 fluid ounce) container
chicken broth
1 cup milk
3 1/2 tablespoons all-purpose
flour
1/4 teaspoon ground cayenne
pepper
salt and pepper to taste
1 1/2 pounds cooked crabmeat,
flaked
1/3 cup whiskey

Directions

Heat the olive oil in a large pot over medium heat, and saute the shallots and garlic until tender. Pour in the chicken broth, and bring to a boil. In a small bowl, mix the milk and flour. Stir the mixture into the pot, and continue cooking until soup is slightly thickened.

Season the soup with cayenne pepper, salt, and pepper. Mix in the crab and whiskey, and cook until heated through.

Creamy Tomato-Basil Soup

Ingredients

1/4 cup butter
1/4 cup olive oil
1 1/2 cups chopped onions
3 pounds tomatoes - cored,
peeled, and quartered
1/2 cup chopped fresh basil
leaves
salt to taste
ground black pepper to taste
1 quart chicken broth
1 cup heavy cream
8 sprigs fresh basil for garnish

Directions

Heat the butter and olive oil in a large pot over medium heat. Stir in onions and cook until tender. Mix in tomatoes and chopped basil. Season with salt and pepper. Pour in the chicken broth, reduce heat to low, and continue cooking 15 minutes.

Transfer soup to a blender (or use an immersible hand blender), and blend until smooth. Return to the pot, and bring to a boil. Reduce heat to low, and gradually mix in the heavy cream. Pour soup through a strainer before serving. Garnish each serving with a sprig of basil.

Creamy Potato With Rosemary Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled russet (Idaho) potatoes, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 teaspoons minced fresh rosemary
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: crumbled bacon

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add potatoes, then onion; saute, stirring very little at first, then more frequently, until squash start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until potatoes are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree (adding fresh rosemary) until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Scotch Broth Soup

Ingredients

2 pounds meaty beef soup bones
2 quarts water
6 whole peppercorns
1 1/2 teaspoons salt
1 cup chopped carrots
1 cup turnips, chopped
1 cup chopped celery
1/2 cup chopped onion
1/4 cup medium pearl barley

Directions

In a large kettle, combine soup bones, water, peppercorns and salt. Cover and simmer for 2-1/2 hours or until the meat comes easily off the bones. Remove bones. Strain broth; cool and chill. Skim off fat. Remove meat from bones; dice and return to broth along with remaining ingredients. Bring to a boil. Reduce heat; cover and simmer about 1 hour or until vegetables and barley are tender.

Hearty Hash Brown Soup

Ingredients

2 pounds frozen shredded hash brown potatoes
4 cups water
1 large onion, chopped
3/4 cup sliced celery
4 cubes chicken bouillon
1/2 teaspoon celery seed
1/4 teaspoon pepper
4 (10.75 ounce) cans condensed cream of chicken soup, undiluted
1 quart milk
2 cups cubed fully cooked ham
1 tablespoon dried parsley flakes
1 1/2 teaspoons garlic salt
8 slices bacon, cooked and crumbled

Directions

In a Dutch oven or soup kettle, combine the first seven ingredients; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Mash vegetables with cooking liquid. Add soup and milk; stir until smooth. Add ham, parsley and garlic salt; simmer for 10 minutes or until heated through. Garnish with bacon.

Chicken and Rice Soup II

Ingredients

1/2 cup chopped celery
1 pound boneless chicken breast halves, cooked and diced
3 (14.5 ounce) cans chicken broth
1/2 cup water
2 cups frozen mixed vegetables
3/4 cup converted long-grain white rice
1 tablespoon dried parsley
2 teaspoons lemon and herb seasoning

Directions

Combine celery, chicken pieces, chicken broth, water, mixed vegetables, rice, parsley and herb seasoning in a slow cooker. Cover, and cook on low 6 to 8 hours. If soup is too thick, add more water to dilute and allow 15 minutes of additional cooking time.

Carrot Zucchini Soup

Ingredients

2 small onions
2 cups water
1/2 pound carrots, cut into 1-inch pieces
1/8 teaspoon celery salt
1/8 teaspoon pepper
2 cups diced zucchini
1 1/2 teaspoons olive oil or vegetable oil
1 1/2 teaspoons butter or margarine
1/2 cup diced, seeded peeled tomato
2/3 cup evaporated milk
2 tablespoons minced fresh parsley

Directions

Chop one onion; set aside. Quarter the other onion and place in a 3-qt. saucepan. Add water, carrots, celery salt and pepper; bring to a boil. reduce heat; cover and simmer for 20 minutes or until carrots are tender. Transfer to a blender or food processor; cover and process until pureed. Return to the pan.

In a skillet, saute the zucchini and chopped onion in oil and butter until tender; add to carrot mixture. Stir in tomatoes. Cover and simmer for 10 minutes or until tomatoes are tender. Stir in milk and parsley; heat through.

Herbed Potato Soup

Ingredients

2 medium potatoes, peeled and diced
2 cups water
1 large onion, chopped
1/4 cup butter, cubed
1/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon dried thyme
1/4 teaspoon dried rosemary, crushed
1/4 teaspoon pepper
1 1/2 cups milk

Directions

Place potatoes and water in a large saucepan; cook over medium heat until tender. Meanwhile, in another saucepan, saute onion butter until tender. Stir in the flour, salt, thyme, rosemary, and pepper. Gradually add milk. Bring to a boil; cook and stir for 2 minutes. Add potatoes with cooking liquid; heat through.

Paul's Apple, Lamb and Lentil Soup

Ingredients

3 pounds lamb shoulder steak
1 pound lamb neck bones
1 (16 ounce) package dried lentils
2 medium yellow onion, chopped
5 cloves garlic, finely chopped
2 teaspoons fresh thyme leaves, finely chopped
2 Red Delicious apples - peeled, cored and diced
1 cup Cabernet Sauvignon wine
1 cup fresh cilantro leaves, chopped
salt and freshly ground black pepper

Directions

Trim lamb shoulder steak from bones and set aside bones. Cut steak into 1 inch cubes and set aside. Place shoulder and neck bones in a large stockpot and cover with water; simmer bones over medium high heat for 1 to 1 1/2 hours. Remove bones from stockpot and discard. Reserve liquid.

Add the cubed lamb, lentils, onions, garlic and thyme to the liquid in the stockpot; cook over medium heat for 15 minutes. Add apples and wine to the stockpot and cook another 15 minutes, or until lentils and lamb are tender. Season with salt and pepper. Serve in bowls sprinkled with cilantro.

Spicy Cucumber Soup

Ingredients

- 2 tablespoons olive oil
- 1/2 onion, chopped
- 2 teaspoons minced garlic
- 2 cucumbers, peeled, seeded and chopped
- 1 cup vegetable broth
- 1/2 cup milk
- 2 tablespoons soy sauce
- 1 teaspoon dried parsley
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon cayenne pepper
- 2 teaspoons curry powder
- 1 teaspoon sesame oil

Directions

Heat the olive oil in a saucepan over medium heat. Stir in the onions and garlic, and cook until the onion is very soft, about 10 minutes. Stir in the cucumber, vegetable broth, and milk. Season with soy sauce, parsley, red pepper flakes, cayenne pepper, curry powder, and sesame oil. Bring to a simmer over medium-high heat, then reduce the heat to medium-low, cover, and simmer 10 minutes more. Transfer the hot soup to a blender, and carefully puree until the soup is creamy yet slightly grainy.

Chilled Kale and Potato Soup

Ingredients

1 1/2 cups beef broth
1 cup water, or more as needed
1 large red potato, peeled and diced
1 clove garlic, sliced
1/2 onion, finely chopped
1 fresh red chile pepper, seeded and chopped (optional)
6 leaves kale, finely chopped, stems included
1 pinch ground nutmeg, or to taste
1 pinch ground cinnamon, or to taste
1 pinch ground allspice, or to taste
salt and ground black pepper to taste
2 slices bacon
2 dried sage leaves, crushed

Directions

Combine beef broth, water, potato, garlic, onion, and red chile pepper in a dutch oven or large saucepan and bring to a boil over medium-high heat. Stir in the kale, and season with nutmeg, cinnamon, allspice, salt, and pepper. Reduce heat to medium and simmer for 20 minutes, until potato is tender, adding more water if necessary.

Meanwhile, place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally, until slightly browned, but still tender, about 5 minutes. Drain the bacon slices on a paper towel-lined plate. Chop bacon, and stir into the soup until just incorporated. Simmer no more than 3 minutes. Serve chilled for at least 2 hours, topped with crushed sage leaves. Soup can also be served hot.

White Bean Soup with Quinoa, Spinach, and

Ingredients

1 pound dry cannellini beans
1 tablespoon canola oil
8 shiitake mushrooms, stemmed and sliced
1 tablespoon canola oil
1 large onion, sliced into thin rings
1/2 cup dry white wine (optional)
2 teaspoons dried rosemary
1/2 cup quinoa
1 (10 ounce) bag washed fresh spinach, chopped
salt and pepper to taste

Directions

Place the cannellini beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse the beans before using.

Heat 1 tablespoon of the canola oil in a large pot over medium heat. Stir in the mushrooms, and cook until they soften and begin to give up their juices, about 4 minutes. Remove the mushrooms from the pot, and set aside. Heat the remaining tablespoon of canola oil in the pot, and stir in the sliced onions. Cook and stir until the onions have caramelized to a dark brown, about 15 minutes.

Pour in the wine and rosemary, and bring to a boil over high heat. Once boiling, add the drained beans, and enough water to cover the beans by 1 inch. Return to a boil, then reduce heat to medium-low, cover, and simmer for 30 minutes.

Stir in the cooked mushrooms and quinoa; continue cooking until the beans and the quinoa are tender, about 20 minutes more. Remove from the heat, and stir in the spinach leaves until wilted. Season to taste with salt and pepper before serving.

Tomato Dill Soup

Ingredients

2 tablespoons butter
2 cloves garlic, minced
1 onion, chopped
1 (28 ounce) can peeled and diced tomatoes
1/2 teaspoon dried dill weed
1/4 teaspoon salt
1/4 teaspoon pepper
1 (10.5 ounce) can condensed chicken broth
1 bay leaf

Directions

Melt butter in a saucepan over medium heat. Add onion and garlic, and cook, stirring until tender. Stir in the tomatoes and condensed chicken broth, and season with dill weed, salt, pepper and the bay leaf. Bring to a boil, then reduce heat and simmer for 45 minutes.

Remove from heat, and discard bay leaf. Use a food processor or blender to puree the soup in small batches until smooth. Serve immediately, or chill and serve cold.

Beef Barley Soup

Ingredients

1/2 cup chopped carrot
1/2 cup chopped celery
1/2 cup chopped onion
1 tablespoon butter or margarine
4 cups beef broth
4 cups water
2 cups chopped cooked roast beef
1 (14.5 ounce) can diced tomatoes, undrained
1 cup quick-cooking barley
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 cup frozen peas

Directions

In a soup kettle or Dutch oven, saute carrot, celery and onion in butter until tender, about 5 minutes.

Add the broth, water, beef, tomatoes, barley, salt, pepper, basil and oregano; bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Add the peas. Simmer, uncovered, for 5 minutes.

Reduced Fat Potato Soup

Ingredients

1 (16 ounce) package frozen loose-pack hash brown potatoes with onion and peppers
2 (10.5 ounce) cans fat-free chicken broth
1 (2.5 ounce) package fat free country-style gravy mix
1/2 cup water

1/2 cup chopped green onion for topping
1 cup shredded reduced-fat Cheddar cheese (optional)

Directions

In a stockpot or Dutch oven, combine the hash browns and chicken broth. Bring to a boil, then turn heat to medium-low, and simmer for about 10 minutes.

In a separate bowl, stir together the gravy mix and water. Stir the gravy mixture into the potatoes, and allow to simmer until thickened. Remove from heat and let stand for a few minutes before serving.

Serve hot topped with chopped green onions and grated cheese.

Feta Cheese and Roasted Red Pepper Soup

Ingredients

- 2 red bell peppers
- 1 1/2 cups diced onion
- 1 1/2 cups diced celery
- 2 tablespoons minced garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper
- 1 teaspoon salt
- 3 tablespoons sour cream
- 3 fluid ounces Merlot wine
- 3/4 cup milk
- 1/4 cup soy sauce
- 2 tablespoons lemon juice
- 8 ounces crumbled feta cheese
- 8 large mint leaves

Directions

Preheat your oven's broiler. Place red bell peppers a few inches from the heat, and broil until blackened, turning frequently to roast evenly. Remove from the oven, cool slightly, and peel. Remove seeds, and chop into 1 inch pieces.

Heat a skillet over medium-high heat, and spray with cooking spray. Add onions, garlic and celery, and saute with the cumin, coriander, cayenne pepper and salt until onions and celery are tender. Stir in the sour cream, Merlot, milk, soy sauce, lemon juice, feta cheese, roasted pepper, and mint leaves. Transfer portions of the soup to a blender, and process until smooth. Do not fill the blender more than halfway to prevent overflow. Heat puree in a saucepan until warm.

Cheese Vegetable Soup II

Ingredients

2 cups chopped carrots
2 cups chopped celery
2 cups chopped onion
2 cups chicken broth
1 cup margarine, softened
10 tablespoons cornstarch
1 gallon milk
4 pounds processed cheese food,
cubed

Directions

Place the carrots, celery, onions and chicken broth in a large pot. Cook over medium high heat until tender, about 15 minutes. Mix the cornstarch with the butter until smooth and set aside.

In a separate pot heat the milk, but do not boil. Slowly add the cornstarch/butter mixture to the milk and stir together until smooth. Add this mixture to the vegetables and continue to cook over medium heat. Slowly add the cheese to the soup, stirring constantly, until cheese is melted. Serve hot or cold.

Fresh Vegetable Soup

Ingredients

1 bunch celery, chopped
1 medium head cabbage,
chopped
1 large green bell pepper,
chopped
1 zucchini, chopped
6 onions, chopped
8 tomatoes, chopped
2 (1 ounce) packages dry onion
soup mix
2 cloves garlic, minced
8 whole peppercorns
1 bay leaf

Directions

In a large pot, combine celery, cabbage, bell pepper, zucchini, onions and tomatoes. Pour in enough water to cover by one inch. Stir in onion soup mix, garlic, peppercorns and bay leaf. Bring to a boil, then reduce heat and simmer 90 minutes to 2 hours, until vegetables are tender and flavors are well blended.

Strawberry Soup III

Ingredients

2 cups strawberries
1 cup buttermilk
1 teaspoon granulated sugar

Directions

Place strawberries and buttermilk into a blender or food processor and puree. Sweeten with sugar to taste, blend and either serve immediately or chill in the refrigerator.

Peruvian Chicken Soup (Aguadito de Pollo)

Ingredients

4 skinless, boneless chicken breast halves - cut in half
salt and pepper to taste
1/2 cup olive oil
1 medium onion, chopped
1 teaspoon minced garlic
1 tablespoon seeded, minced serrano chile
1/2 cup chopped cilantro
1 cup green peas
1 cup corn
1/2 red bell pepper, chopped
10 cups chicken broth
4 Yukon Gold potatoes, cut in half
1 cup uncooked white rice

Directions

Season the chicken with salt and pepper. Heat the olive oil in a large, heavy pot over medium-high heat. Stir in the onion, garlic, and serrano chili; cook until the onion has softened, about 1 minute. Add the chicken, and continue to cook for 5 minutes.

Stir in the cilantro, peas, corn, and red pepper; cook for 1 minute. Pour in the chicken broth, potatoes, and rice. Bring to a boil, then reduce heat to medium-low, and simmer until the chicken is opaque and the potatoes are tender, about 40 minutes.

Portobello Mushroom Lentil Soup

Ingredients

2 cups chopped portobello mushrooms
1 green bell pepper, chopped
1 small red onion, chopped
1 tablespoon olive oil
4 cloves garlic, chopped
1 (6 ounce) can tomato paste
6 cups chicken broth
4 teaspoons dried basil, or to taste
1 1/2 cups dried brown lentils, rinsed and drained
salt and pepper to taste
1/4 cup cooking sherry
grated Parmesan cheese

Directions

Heat oil in a large pot over medium heat. Add mushrooms, green pepper, onion and garlic, and saute until tender, about 5 minutes. Pour in the chicken broth, and stir in the tomato paste. Bring to a boil, and add the lentils. Reduce heat to low, cover, and simmer for about 15 minutes. Season with basil, salt and pepper. Cover and simmer for another 15 minutes.

Ladle into bowls, and top each bowl with 1 tablespoon of sherry and sprinkle with Parmesan cheese to taste.

Shiitake Mushroom and Cheddar Soup

Ingredients

4 slices bacon, chopped
1/2 white onion, chopped
1 pound shiitake mushrooms,
sliced
2 cloves garlic, minced
black pepper to taste
2 leaves fresh sage, chopped
6 cups beef broth
1 cup shredded Cheddar cheese

Directions

Place the bacon in a large saucepan, and cook over medium-high heat, stirring occasionally until crisp, about 5 minutes. Stir the onion into the pan; cook until soft, about 5 minutes. Stir in the mushrooms, garlic, pepper, and sage; cook over medium heat until the mushrooms begin to brown, about 10 minutes.

Pour in broth; bring to simmer. Simmer soup for 10 minutes. Reduce heat to low, sprinkle in Cheddar cheese; stir until melted.

Chinese Lion's Head Soup

Ingredients

- 1 pound ground pork
- 1 egg
- 1 tablespoon cornstarch
- 2 teaspoons sesame oil
- 1 tablespoon minced fresh ginger root
- 1/4 teaspoon monosodium glutamate (MSG) (optional)
- 1 teaspoon salt
- 2 green onions, chopped and divided
- 1 tablespoon vegetable oil
- 1 head napa cabbage, cored and cut into chunks
- 2 cups low-sodium chicken broth
- 2 cups water, or as needed
- 1 tablespoon soy sauce
- 2 teaspoons sesame oil

Directions

Mix the ground pork, egg, cornstarch, 2 teaspoons of sesame oil, ginger, monosodium glutamate, salt, and half of the chopped green onions together in a bowl. Use your hands to mix until the ingredients are evenly distributed. Set aside.

Heat the vegetable oil in a wok or large skillet over high heat. When the oil is hot, fry the napa cabbage, stirring constantly, until cabbage begins to wilt, 2 to 3 minutes. Pour in the chicken broth, water, and soy sauce. Bring to a boil, then lower the heat to medium.

Use a spoon to form the meat mixture into 1 inch balls. Drop them into the boiling soup. When the last ball has been added, cover with a lid and simmer for 10 minutes. Taste, and adjust salt before serving. Garnish with remaining green onions and a drizzle of sesame oil.

Crabmeat and Corn Soup

Ingredients

1/4 cup butter
1/4 cup all-purpose flour
2 cups whole milk
2 cups half-and-half
1 3/4 cups whole kernel corn
1 cup chopped green onions
1 pound fresh crab meat
1/2 teaspoon ground white pepper
1/2 teaspoon seasoning salt
1 tablespoon soy sauce
1/4 cup chopped parsley

Directions

In a heavy-bottomed pot, melt butter, add flour, and stir gently until blended; do not burn or let it darken. Add milk gradually, stirring all the while, then add half and half, stirring gently while blending. Add corn and green onions, and cook for a few minutes until tender.

Add crabmeat, pepper, salt, and soy sauce and simmer until very hot and small bubbles form around the edge; do not let boil. Adjust seasonings to taste. Garnish with sprinkles of chopped fresh parsley when serving and serve hot.

Variations: You may use 4 cobs of fresh corn instead of frozen or canned. Cut the kernels off the cob, scrape cob for juices, and then add to soup. Cook until corn is tender. Canned crabmeat or imitation crab may be used instead of fresh crabmeat. Use one 7 1/2-ounce can crabmeat (drained) and 8 ounces imitation crab (cut into small pieces). Combine the two and cook as noted above.

Easy Avgolemono Soup

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 1/4 cups milk
1/2 cup uncooked white rice
1 cup water
2 fluid ounces lemon juice

Directions

In a medium sauce pan combine soup and milk. Heat through while whisking.

In a small sauce pan boil 1 cup water and uncooked rice. Reduce heat and simmer 20 minutes, or until tender.

Add rice to soup and cook until heated through. Add lemon juice in small increments until a subtle lemon taste develops. Serve warm.

Becca's Taco Soup

Ingredients

1 pound ground beef
1 onion, chopped
4 cups tomato juice
1 (15 ounce) can whole kernel corn, drained
1 (15 ounce) can kidney beans
1 (8 ounce) can tomato sauce
1/2 (1.25 ounce) package taco seasoning mix

Directions

In a large pot over medium high heat, combine the ground beef and the onions. Saute for about 5 minutes, or until onions are tender. Add the tomato juice, corn, beans, tomato sauce and taco seasoning. Stir well and heat throughout, but do not boil.

Zucchini Soup with Herbs

Ingredients

10 cups zucchini chunks
4 tablespoons margarine
2 large potatoes, peeled and chopped
1 onion, chopped
1 cup chicken broth
1 tablespoon chopped fresh tarragon
1 tablespoon dried savory
1 tablespoon fresh basil
1 tablespoon chopped fresh parsley
1 cup milk

Directions

Heat the butter in a large saucepan. Add the zucchini, potatoes and onion. Cover and cook for 2 minutes on high heat, shaking pan occasionally to prevent sticking on bottom.

Add chicken broth. Lower heat to medium low. Simmer until potatoes are tender, about 15 to 20 minutes.

Add the freshly chopped herbs and milk. Heat. Serve hot with a spoonful of sour cream on top of each serving.

Slow Cooker Potato Broccoli Soup

Ingredients

4 potatoes, peeled and cubed
2 potatoes, peeled and diced
1 head broccoli, diced
1 onion, minced
7 cups milk
2 tablespoons garlic powder
2 tablespoons minced fresh chives
2 cups instant potato flakes
1/4 cup dry bread crumbs

Directions

Combine the cubed potatoes, diced potatoes, broccoli, onion, milk, garlic powder, and chives in a slow cooker; cover, and cook on High for 4 hours.

Stir the instant potato flakes and bread crumbs into the soup. Reduce heat to Low and simmer another 30 minutes. Serve hot.

Sauerkraut Meatball Soup

Ingredients

2 pounds ground beef
1 cup bread crumbs
1 egg, lightly beaten
1 tablespoon white wine (optional)
1 teaspoon onion powder
1/4 teaspoon ground nutmeg
1/4 teaspoon salt

3 quarts water
9 cubes chicken bouillon
1 (12 fluid ounce) can evaporated milk
1 1/4 cups water
3/4 cup margarine
1 1/2 cups all-purpose flour
1 (16 ounce) can sauerkraut with juice

Directions

In a large bowl, combine ground beef, bread crumbs, egg, onion powder, nutmeg and salt. If you are using white wine also add at this time. Using your hands shape mixture into small balls. Cook in a large skillet over medium heat until brown; set aside.

In a large stock pot bring 3 quarts water and bouillon cubes to a boil.

In a small saucepan, heat milk, water and butter until butter is melted and mixture is warm.

Place flour in a medium bowl. Whisk a small amount of the warm milk mixture into the flour to form a smooth paste. Then whisk the flour mixture into the remaining warm milk mixture in the saucepan.

Pour milk mixture into stock pot and then add sauerkraut and meat balls to soup. Simmer over low heat 30 minutes. Serve hot.

French Onion Soup V

Ingredients

4 onions, chopped
3 tablespoons butter
3 tablespoons all-purpose flour
1 teaspoon ground black pepper
1 teaspoon white sugar
3 (10.5 ounce) cans beef broth
1 1/4 cups water
1/2 teaspoon dried parsley
1/4 teaspoon dried thyme
1 cup white wine
1 French baguette, cut into 1/2 inch slices
8 ounces shredded mozzarella cheese

Directions

In a large pot over medium heat, saute the onions in the butter or margarine for 10 minutes, or until onions are tender. Stir in the flour, ground black pepper and the sugar to form a pasty mixture.

Now add the beef broth, water, parsley and thyme and simmer for 10 minutes, Then add the wine and simmer for 10 more minutes.

Preheat oven to broil.

Fill individual oven safe bowls 3/4 full with the soup. Place a slice of bread on top of the soup and cover with the cheese. Place bowls in the oven.

Broil in the oven until the cheese is melted and bubbly

Jewish Chicken Soup

Ingredients

1 whole chicken
1 medium yellow onion, chopped
8 carrots, peeled and sliced
1 parsnip, chopped
3 cloves garlic, crushed
2 stalks celery, chopped
1 bunch fresh dill weed, chopped
salt and pepper to taste

2 1/2 cups matzo meal
6 eggs
6 tablespoons vegetable oil
2 teaspoons salt

Directions

Place the chicken into a large pot with the breast side down. Fill with enough cold water to reach about 3 inches from the top of the pot. Add the onion, carrot, parsnip, celery and dill. Bring to a simmer over medium heat, and cook, partially covered for 2 hours. Do not let the soup boil. Skim any fat from the top of the soup, and add the garlic cloves. Partially cover, and simmer for another 2 hours for best flavor.

In a medium bowl, mix together the matzo meal, eggs, oil, salt, and 1/4 cup of the broth from the chicken soup. Refrigerate for about 20 minutes to set up.

Bring a separate pot of water to a rolling boil. Roll the matzo mixture into about 16 balls. Wet your hands to keep the dough from sticking to them. Drop the balls into boiling water, cover, and cook for about 35 minutes.

While the matzo balls are cooking, strain the broth from the chicken soup. Return the broth to the pot. Remove the bones and skin from the chicken and cut into pieces. Return to the soup, or leave the soup as a broth, and reserve the chicken for other uses. Remove the matzo balls from the water, and serve in the hot chicken soup.

Chicken Wild Rice Soup I

Ingredients

1/2 cup butter
1 finely chopped onion
1/2 cup chopped celery
1/2 cup sliced carrots
1/2 pound fresh sliced mushrooms
3/4 cup all-purpose flour
6 cups chicken broth
2 cups cooked wild rice
1 pound boneless skinless chicken breasts, cooked and cubed
1/2 teaspoon salt
1/2 teaspoon curry powder
1/2 teaspoon mustard powder
1/2 teaspoon dried parsley
1/2 teaspoon ground black pepper
1 cup slivered almonds
3 tablespoons dry sherry
2 cups half-and-half

Directions

Melt butter in a large saucepan over medium heat. Stir in the onion, celery and carrots and saute for 5 minutes. Add the mushrooms and saute for 2 more minutes. Then add the flour and stir well. Gradually pour in the chicken broth, stirring constantly, until all has been added. Bring just to a boil, reduce heat to low and let simmer.

Next, add the rice, chicken, salt, curry powder, mustard powder, parsley, ground black pepper, almonds and sherry. Allow to heat through, then pour in the half-and-half. Let simmer for 1 to 2 hours. (Note: Do not boil or your roux will break.)

Split Pea Soup without Pork

Ingredients

1 pound dried split peas
1 stalk celery, diced
2 large carrots, peeled and diced
2 (14.5 ounce) cans low-fat, low sodium chicken broth
3 cups water
salt and pepper to taste

Directions

Rinse and pick through peas. Place them in a large pot with the celery, carrots, broth and water. Bring to a boil, then reduce heat, cover and simmer until peas have fallen apart, 1 to 2 hours. Season with salt and pepper before serving.

Strawberry Soup I

Ingredients

2 pints strawberries
2 cups plain yogurt
1/2 cup orange juice
1/2 cup white sugar
1/2 cup water
1/8 teaspoon ground cardamom

Directions

In a blender, combine the strawberries, yogurt, orange juice, sugar, water and cardamom. Puree until well mixed. Chill and serve.

Slow Cooker Vegetable Soup

Ingredients

1 pound boneless round steak,
cut into 1/2 inch cubes
1 (14.5 ounce) can diced
tomatoes, undrained
3 cups water
2 medium potatoes, peeled and
cubed
2 medium onions, diced
3 celery ribs, sliced
2 carrots, sliced
3 beef bouillon cubes
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 cups frozen mixed
vegetables

Directions

In a slow cooker, combine the first 12 ingredients. Cover and cook on high for 6 hours. Add vegetables; cover and cook on high 2 hours longer or until the meat and vegetables are tender.

Butter Soup

Ingredients

8 cups water
6 potatoes, cubed
1 yellow onion
1 tablespoon butter
1 bay leaf
2 teaspoons dried parsley
salt to taste
ground black pepper to taste
1 cup all-purpose flour
2 eggs
1/2 cup half-and-half cream

Directions

Quarter the onion and separate the layers.

Boil 8 cups water with the potato, onion, butter, bay leaf, parsley, and salt and pepper to taste.

When the potatoes are done, mix the flour, eggs, and about 1 teaspoon salt in a separate bowl. Add water until it is a thick dough.

Spoon or cut noodles into soup--I tilt the bowl over the soup and use a butter knife to cut strips as it pours.

After noodles are fluffy, pour in the cream. Heat and serve. This soup is even better the next day!

Mongo Guisado (Mung Bean Soup)

Ingredients

1/2 pound raw mung beans
2 cups water
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1/4 pound boneless pork loin, cut into 1-inch cubes
salt and ground black pepper to taste
1/4 pound peeled and deveined prawns
1 small tomato, diced
3 cups chicken broth, or more as needed
1/2 pound fresh spinach leaves

Directions

Bring the mung beans and the water to a boil in a pot; cook at a boil until the beans are soft, about 40 minutes. Mash the beans; set aside.

Heat the olive oil in a large pot; cook and stir the onion and garlic in the hot oil over medium heat until softened, 5 to 7 minutes. Add the pork; season with salt and pepper. Continue cooking the mixture another 3 minutes. Gently stir the prawns into the mixture; cook 2 minutes more. Add the tomatoes; cook another 3 minutes. Reduce heat, and pour the chicken broth over the mixture; allow the mixture to simmer in the broth for 5 minutes.

Add the mashed beans to the soup; mix well. Cook another 5 minutes, stirring frequently to prevent any of the mixture from sticking to the bottom of the pot. Add more chicken broth or water if the soup is too thick. Stir the spinach leaves into the soup and cook 2 minutes more before serving hot.

Rich Viennese Potato Soup

Ingredients

7 cups plus 3 tablespoons beef
broth OR chicken broth, divided
2 cups onion, sliced
2 1/2 cups sliced leeks
1 1/2 teaspoons dried marjoram
8 cups russet potatoes, peeled
and cubed
3/4 cup heavy cream
1/2 teaspoon ground black
pepper
1 pinch ground cardamom
1/2 pound fresh mushrooms,
sliced
salt and pepper to taste
1/2 cup chopped and precooked
carrots
1 cup cooked and diced potatoes

Directions

Place 1 tablespoon oil and 2 tablespoons broth in a large, non-stick pot over medium heat. Add the onions, leeks and marjoram and saute for 15 minutes, or until vegetables are tender.

Add the potatoes and 7 cups broth, reduce heat to low, cover and simmer for 25 minutes. Add the heavy cream, ground black pepper and cardamom. Puree the soup in small batches in a blender or food processor.

Place the mushrooms and the remaining 1 tablespoon of broth in a large skillet over medium heat and saute until the liquid evaporates and the mushrooms are golden in color. Season with salt and pepper to taste. Add the mushrooms, precooked carrots and precooked potatoes to the pureed soup. Stir together and serve.

Italian Peasant Bread Soup

Ingredients

5 slices Wonder® Classic White Bread
3 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
1 carrot, peeled and chopped
1 rib celery, chopped
3 cloves garlic, minced
2 (14.5 ounce) cans diced tomatoes, with liquid
2 cups low sodium vegetable juice cocktail or tomato juice
2 cups water
1/3 cup minced fresh basil
2 tablespoons minced fresh flat-leaf parsley
1/2 teaspoon salt
1/4 teaspoon pepper
6 tablespoons shredded Parmesan cheese

Directions

Preheat oven to 275 degrees F. Cut bread into 3 strips; cut each strip into thirds, making 9 cubes. Place bread cubes in a single layer on a baking sheet. Bake 15 minutes or until very crisp. Set bread aside to cool.

Heat olive oil in a Dutch oven. Add onion, carrot, celery and garlic. Cook, stirring occasionally, until vegetables are quite tender, about 8 to 10 minutes.

Stir in remaining ingredients, except crisp bread cubes and Parmesan cheese. Heat to a boil, reduce heat and simmer 25 to 30 minutes.

To serve, ladle soup into individual serving bowls and top each with crisp bread cubes. Top with shredded Parmesan cheese. Serve immediately.

Spicy Shrimp and Red Bean Soup

Ingredients

2 tablespoons olive oil
3 cloves garlic, chopped
1 medium celery rib, chopped
2 green onions, chopped
1 (15 ounce) can red kidney beans, drained
1 (10 ounce) can tomatoes with green chilies
1 (10 ounce) can condensed cream of mushroom soup
3/4 cup water
1 sprig fresh dill
12 ounces medium shrimp - peeled and deveined

Directions

Warm the oil in a large saucepan over medium heat. Stir in the garlic, celery, and green onions. Cook, stirring frequently, until tender, about 3 minutes. Stir in beans, tomatoes, cream of mushroom soup, and water. Bring to a boil. Stir in dill, reduce heat to medium, and simmer 10 minutes. Stir in shrimp, and simmer until shrimp are pink, about 5 minutes.

Honeydew Blueberry Soup

Ingredients

1 honeydew melon
1 pint blueberries
6 oatmeal cookies

Directions

Cut the melon from the rind and into chunks. Puree until smooth in a food processor or blender. Pour into a large bowl and stir blueberries into pureed melon. Chill until quite cold.

To serve, ladle soup into individual bowls and crumble an oatmeal cookie over each serving.

Best Butternut Squash Soup Ever

Ingredients

1 1/2 tablespoons butter
1/2 onion, sliced
2 cloves garlic
2 sprigs fresh thyme
1/2 butternut squash - peeled,
seeded, and cut into 1-inch cubes
4 cups chicken stock
1/2 cube chicken bouillon
1 pinch ground cumin
1 pinch ground allspice
salt and ground black pepper to
taste

Directions

Melt the butter in a large pot over medium heat; cook the onion, garlic, and thyme in the hot butter until the onion has softened, about 5 minutes. Add the squash and chicken stock; bring to a simmer and cook until the squash is tender, 10 to 15 minutes. Crumble the bouillon into the soup; season with cumin, allspice, salt, and pepper; remove from heat.

Pour the soup into a blender, filling the pitcher no more than halfway. Hold the lid of the blender in place with a 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 serving bowl. Alternately, you can use a stick blender and puree the soup in the pot.

Mummy's Ginger Soup

Ingredients

3 tablespoons butter
2 tablespoons vegetable oil
2 tablespoons minced fresh ginger root
1 tablespoon all-purpose flour
1/2 teaspoon ground turmeric
black pepper to taste
2 cups water
2 cups whole milk
1 teaspoon salt

Directions

Melt the butter and vegetable oil in a saucepan over medium heat. Stir in the ginger, and cook for five minutes. Sprinkle in the flour, turmeric, and pepper; stir for 1 minute. Whisk in water and milk. Increase heat to medium-high, and bring to a simmer. Simmer for 3 minutes whisking constantly as the mixture thickens. Season to taste with salt, and strain through a mesh sieve before serving.

Turkey Soup with Slickers

Ingredients

- 1 turkey carcass
- 5 quarts water
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 3 tablespoons dried parsley flakes
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 bay leaves
- 1 egg
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon dill weed
- 1/2 teaspoon poultry seasoning
- 1 cup frozen peas

Directions

Place the first nine ingredients in a Dutch oven or soup kettle. Bring to a boil; skim fat. Reduce heat; cover and simmer for 2 hours. Remove bay leaves. Remove carcass; allow to cool. Remove turkey from bones and cut into bite-size pieces; set aside. Pour 1 cup of the broth into a bowl; add egg and beat. Stir in enough flour to form a stiff dough. Turn onto a floured surface; knead 8-10 times or until smooth. Divide dough in half; roll out each piece to 1/8-in. thickness. Cut into 2-in. x 1/4-in. strips. Add dill and poultry seasoning to remaining broth; bring to a gentle boil. Drop slickers into broth; cover and cook for 30-35 minutes or until tender. Add peas and reserved turkey; heat through.

Asparagus Soup II

Ingredients

1 1/2 pounds fresh asparagus,
trimmed and cut into 2 1/2 inch
pieces
1 leek, sliced
6 cups water
1 tablespoon olive oil
1 tablespoon unsalted butter
1 onion, chopped
2 1/2 tablespoons long-grain
white rice
1 to taste salt
1 pinch ground black pepper
1/2 teaspoon lemon juice

Directions

In a large stockpot, combine the water or stock, asparagus ends and separated leek greens. Heat over low heat and allow to simmer while you prepare the rest of the ingredients.

In a medium saute pan, heat the butter and oil. Add the leek 'whites', onion and rice and cook until the onion begins to color (about 8 minutes). Add 1 cup of the warm stock and cook 10 more minutes.

Strain the stock of the asparagus and leek ends and return to the stockpot. Add the contents of the saute pan to the strained stock along with the asparagus middles and partially cover the pot. Cook 12 more minutes.

Transfer soup to a food processor and puree. Strain this back into the stockpot. Season and add salt, pepper and lemon juice to taste. Meanwhile, drop the asparagus tips into boiling salted water and cook until tender (about 4 minutes). Serve the soup with a few asparagus tips on top for garnish.

Greek Squid (Soupies)

Ingredients

2 pounds squid - tentacles and tubes, cleaned and cut into chunks
2 medium onions, finely chopped
2 bay leaves
5 whole cloves
1 (3 inch) cinnamon stick
2 cups dry red wine
1/3 cup olive oil
1/3 cup malt vinegar
1/4 teaspoon ground black pepper

Directions

Place the squid and onions into a large saucepan with the cinnamon stick, cloves, and bay leaves. Cover, and simmer over low heat for about 10 minutes. During this time the squid will release its juices. Uncover the pan, and simmer until the juice has mostly evaporated. Remove the cinnamon stick, cloves, and bay leaves.

Stir in the wine, olive oil, malt vinegar and pepper. Cover and cook over low heat for about 1 hour, stirring occasionally. If necessary, remove the lid shortly before the end of cooking to allow the sauce to thicken. Ladle into bowls to serve.

Be Prepared Five-Bean Soup Mix

Ingredients

1 1/2 cups dried pinto beans
1 1/2 cups white kidney beans
1 cup dry kidney beans
1 cup dry lima beans
1 cup dry garbanzo beans
1/2 cup dried minced onion
1 tablespoon paprika
2 teaspoons salt
1 teaspoon mustard powder
1/2 teaspoon granulated garlic
1 tablespoon chicken bouillon powder
3 cubes beef bouillon
1 tablespoon dried parsley
1/4 cup bacon bits
1/4 cup mixed vegetable flakes
4 quarts water
1/4 cup vegetable oil (optional)
4 (14.5 ounce) cans whole peeled tomatoes

Directions

To make bean mix: Measure pinto, navy, kidney, lima, and garbanzo beans, and combine in a large airtight container or bag.

To make seasoning mix: Combine onion, paprika, salt, mustard powder, garlic, chicken bouillon powder, beef broth, parsley, bacon bits, and vegetable flakes in plastic bag and shake to mix. Place bag in bean container. Store at room temperature.

To make one batch (6 bowls) soup, start 2 1/2 hours before. Rinse 1 1/2 cups bean mix in sieve under running water. Place beans in a three-quart saucepan. Add 5 cups water, 1 tablespoon oil, and 1/4 cup seasoning mix. (You can add 1 can tomatoes and juice at this time, or you can add the juice and reserve the tomatoes to add near the end of the simmering time.) Bring to a boil, reduce heat and cover. Simmer for 2 to 2 1/2 hours until beans are tender.

German Lentil Soup

Ingredients

2 cups dried brown lentils, rinsed and drained
3 cups chicken stock
1 bay leaf
1 cup chopped carrots
1 cup chopped celery
1 cup chopped onion
1 cup cooked, cubed ham
1 teaspoon Worcestershire sauce
1/2 teaspoon garlic powder
1/4 teaspoon freshly grated nutmeg
5 drops hot pepper sauce
1/4 teaspoon caraway seed
1/2 teaspoon celery salt
1 tablespoon chopped fresh parsley
1/2 teaspoon ground black pepper

Directions

Place lentils in a 5 to 6 quart slow cooker. Add chicken stock, bay leaf, carrots, celery, onion, and ham. Season with Worcestershire sauce, garlic powder, nutmeg, hot pepper sauce, caraway seed, celery salt, parsley, and pepper.

Cover, and cook on Low for 8 to 10 hours. Remove bay leaf before serving.

Butternut Vegetable Soup

Ingredients

- 1/4 cup vegetable oil
- 1 cup finely diced onion
- 2 teaspoons minced garlic
- 4 large carrots, thinly sliced
- 2 cups peeled and cubed butternut squash
- 12 cups vegetable broth
- 2 red potatoes, cubed
- 1/2 teaspoon dried thyme
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 4 cups finely chopped kale leaves
- 1 (16 ounce) can great Northern beans, rinsed and drained

Directions

Heat the vegetable oil in a large Dutch oven over medium heat. Stir in the onion and garlic; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrots and butternut squash; cook and stir until squash begins to brown, about 15 minutes.

Pour in the broth. Stir in the red potatoes, thyme, salt, and pepper, and bring to a boil. Reduce heat and simmer until vegetables are tender, about 45 minutes. Stir in the kale and great Northern beans, and simmer until the kale is tender, about 10 minutes.

Pour about 3 cups of the soup into a blender, filling the pitcher no more than halfway full (you may have to do this in two batches). 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. Return the pureed portion of the soup to the soup pot, leaving the remaining soup chunky. Alternately, you can use a stick blender and partially puree the soup right in the cooking pot.

Bean and Sausage Soup

Ingredients

12 ounces dry mixed beans
1 1/2 pounds Italian turkey
sausage links
1 (29 ounce) can diced tomatoes
2 (14 ounce) cans chicken broth
1 cup white wine
1 red bell pepper, chopped
1 onion, chopped
2 stalks celery, chopped
2 large carrots, chopped
2 cups frozen green peas, thawed

Directions

Pick through and rinse beans. Place in a 4 quart pot, and cover with at least 2 inches of water. Bring to a boil for 2 to 3 minutes. Cover, and let stand in the refrigerator overnight.

Drain and rinse beans. Place beans in slow cooker with canned tomatoes, broth, white wine, and vegetables. Cover, and cook on low for 7 to 8 hours.

In a skillet, cook the sausage over medium heat until done. Slice links into 1/2 inch pieces. Add meat to slow cooker, and cook soup another 30 to 60 minutes.

Italian Style Winter Soup

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
2 tablespoons chopped onion
4 (3.5 ounce) links Italian sausage, sliced
8 cups chicken stock
1 teaspoon dried oregano
1 tablespoon dried basil
1/4 cup chopped fresh parsley
2 cups uncooked white rice
1/2 cup heavy cream

Directions

Heat oil in a large pot over medium heat. Add garlic and onion and saute for 3 minutes, or until tender. Add the sausage, browning well on all sides, about 5 minutes.

Add the chicken stock, oregano, basil and parsley. Bring to a boil, reduce heat to low and simmer for 1 hour.

Add the rice and simmer for 30 more minutes. Finally, add the cream, stirring well. Remove from heat and let soup rest for 5 minutes before serving.

Chi Tan T'ang (Egg Drop Soup)

Ingredients

8 cubes chicken bouillon
6 cups hot water
2 tablespoons cornstarch
2 tablespoons soy sauce
3 tablespoons distilled white vinegar
1 green onion, minced
3 eggs, beaten

Directions

In a large saucepan, dissolve bouillon in hot water. Mix cornstarch with a small amount of water, and stir into bouillon. Add soy sauce, vinegar, and green onion. Bring to a boil, then simmer, stirring occasionally. Gradually pour the beaten eggs into the saucepan while stirring. Serve at once.

Turkey Noodle Soup Mix

Ingredients

1/4 cup red lentils
2 tablespoons dried minced onion
1 1/2 tablespoons chicken
bouillon granules
1/2 teaspoon dried dill weed
1/8 teaspoon celery seed
1/8 teaspoon garlic powder
1 bay leaf
1 cup uncooked medium egg
noodles

Directions

In a small (1 pint), glass jar, layer from bottom to top, lentils, minced onion, bouillon, dill, celery seed, garlic powder, bay leaf and noodles. Seal jar.

Attach a card with the following instructions: Bring 8 cups water to boil in a large saucepan over high heat. Stir in jar of soup mix. Cover, reduce heat and simmer 15 minutes. Remove and discard bay leaf. Stir in 1 (10 ounce) package frozen mixed vegetables and 2 cups cooked, diced turkey meat. Cook 5 minutes more, or until vegetables and turkey are heated through and tender.

Easy Chicken Fajita Soup

Ingredients

2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts, cut into strips
1 (1.27 ounce) packet fajita seasoning
1 red bell pepper, cut into thin strips
1 green bell pepper, cut into thin strips
1 poblano pepper, cut into thin strips
1 large onion, cut into thin strips
1 (14.5 ounce) can fire roasted diced tomatoes
1 (15 ounce) can seasoned black beans
1 (14 ounce) can chicken broth
1 dash hot sauce
salt and pepper to taste

Directions

Heat oil in a large soup pot over medium heat. Place chicken in the hot oil; cook, stirring only occasionally, until brown, about 10 minutes. Sprinkle fajita seasoning over the browned chicken and stir well to coat. Add the red and green bell pepper, poblano pepper, and onion to the seasoned chicken. Stir and cook over medium heat until the vegetables are soft, about 10 minutes.

Pour the fire roasted tomatoes, black beans, and chicken broth into the pot with the chicken and vegetables. Bring the soup to a boil over high heat, then reduce the heat to medium-low, and simmer uncovered for 30 minutes, stirring occasionally.

Season the soup with hot sauce, salt, and pepper to taste before serving.

Potato Soup

Ingredients

1 tablespoon butter
1 large onion, chopped
6 cups mashed cooked potatoes
2 (14.5 ounce) cans chicken broth
1/2 cup milk

Directions

In a medium soup pot melt butter over low heat, and saute onions until tender. Stir in the mashed potatoes, and then slowly add the chicken broth. Stirring, add milk (use more or less to achieve desired creaminess). Cook until heated through and season with salt and pepper to taste.

Carrot Soup Indienne II

Ingredients

8 cups water
6 large carrots, chopped
3 potatoes, peeled and cubed
3 stalks celery, chopped, with leaves
1 onion, chopped
1/4 cup soy sauce
1/4 teaspoon ground cumin
1/4 teaspoon ground cayenne pepper
1/4 teaspoon chili powder
1/4 teaspoon garlic powder
3 tablespoons chopped fresh dill weed
2 1/2 cups whole milk
6 tablespoons dry potato flakes

Directions

In a large pot, add water and bring to a boil. Add carrots, potatoes, celery, and onion, and return to boil. Reduce heat, cover and simmer for 1/2 hour or until carrots are tender. Remove from heat and let cool for about 5 minutes.

Puree soup in blender or food processor in batches until smooth.

Return pureed soup to pot, add soy sauce, cumin, cayenne pepper, chili powder, garlic powder, dill, milk, and potato flakes and return to boil. Reduce heat and cook for 5 minutes, stirring occasionally. Adjust seasonings to taste. Serve hot.

Cream of Artichoke Soup II

Ingredients

5 whole artichokes
2 leeks, finely chopped
1 tablespoon butter
6 cups chicken broth
2 cups milk
salt and pepper to taste

Directions

In a steamer or in a colander over boiling water, steam artichokes 45 minutes, until tender.

While artichokes are steaming, heat butter in a large pot over medium heat. Sauté leeks in butter until translucent. Remove from heat.

Scrape the flesh from each artichoke leaf and place in the pan with the leeks. Scrape the prickly choke away from the heart of the artichokes, chop the hearts and add to the leek mixture. Return to medium heat and stir to combine. Pour in broth and heat through. Slowly stir in milk, but do not boil. Season with salt and pepper. Serve hot.

Harvest Sweet Potato Soup

Ingredients

1 cup chopped celery
1/2 cup chopped onion
1 tablespoon vegetable oil
3 medium sweet potatoes, peeled
and cubed
3 cups chicken broth
1 bay leaf
1/2 teaspoon dried basil
1/4 teaspoon salt

Directions

In a Dutch oven or soup kettle, saute celery and onion in oil until tender. Add remaining ingredients; bring to a boil over medium heat. Reduce heat; simmer for 25-30 minutes or until tender. Discard the bay leaf. Cool slightly. In a blender or food processor, process soup in batches until smooth. Return all to pan and heat through.

Best Ever Creamy Soup

Ingredients

1/4 cup butter
4 medium onions, chopped
2 heads broccoli, separated into florets
1 head cauliflower, separated into florets
6 cups water
5 pounds potatoes, peeled and cubed
1 (6 ounce) package baby spinach, coarsely chopped
6 cubes chicken bouillon
2 cups shredded Cheddar cheese

Directions

Melt the butter in a large pot over medium heat. Add onions, and saute until tender. Meanwhile, place the broccoli and cauliflower into a large pot with at least 6 cups of water. Bring to a boil, and cook until fork tender, but broccoli is still a vibrant green. Drain, and reserve 5 cups of the water.

Pour the 5 cups of reserved water into the pot with the onions. Bring to a boil, and add potatoes, spinach and bouillon cubes. Cook for about 15 minutes, until potatoes are tender. Remove half of the soup, and puree in small batches using a food processor or blender. Return to the pan, and stir in the broccoli, cauliflower, and Cheddar cheese. Stir until cheese is melted, and serve immediately.

Curried Zucchini Soup

Ingredients

2 tablespoons extra virgin olive oil
1 large onion, halved and thinly sliced
1 tablespoon curry powder
sea salt to taste
4 small zucchini, halved lengthwise and cut into 1 inch slices
1 quart chicken stock

Directions

Heat the oil in a large pot. Stir in the onion, and season with curry powder and salt. Cook and stir until onion is tender. Stir in zucchini, and cook until tender. Pour in the chicken stock. Bring to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Remove soup from heat. Use a hand blender, or transfer in batches to a blender, and blend until almost smooth.

Pumpkin and Shrimp Soup

Ingredients

1 small sugar pumpkin
1/4 teaspoon celery salt
1/2 teaspoon curry powder
3 cups milk
1 cup chicken broth
salt and pepper to taste
1/3 pound small shrimp - peeled and deveined
1 whole (6 pound) pumpkin, for serving

Directions

Clean out the cooking pumpkin; remove the skin and cut into 1/2 inch dice. Measure 3 cups of cut-up pumpkin.

In a saucepan, simmer the pumpkin, celery salt, curry powder, milk, and broth for about 30 minutes. Stir to keep the milk from burning. Season with salt and pepper.

If you are going to serve the soup in a pumpkin, boil 2 quarts of water. Cut the top off of the pumpkin and clean out carefully. Cut a notch in the top for the ladle to stick through. Pour the boiling water into the pumpkin and swish around and then pour into sink. Pour the soup into the pumpkin and serve with lemon wedges.

Add half the shrimp to the pumpkin mixture and process in a food processor or blender until smooth. Return to saucepan and simmer. Add the remaining whole shrimp and simmer for 5 more minutes.

Sopa de Lentejas (Andalucian Lentil Soup)

Ingredients

1 1/4 cups dry brown lentils,
soaked overnight and drained
2 slices bacon, chopped
1 tablespoon extra-virgin olive oil
1 onion, chopped
1 green bell pepper, chopped
1 clove garlic, minced
2 roma (plum) tomatoes, chopped
2 links Spanish chorizo sausage,
casing removed, chopped
1 bay leaf
2 cups water, or as needed
2 potatoes, peeled and cubed

Directions

Heat olive oil in a large pot over medium heat. Cook the bacon just until it starts to brown a bit, 5 to 8 minutes. Add the olive oil, onion, and bell pepper; cook and stir until vegetables begin to soften, about 5 minutes.

Stir in the garlic, tomatoes, sausage, and bay leaf; cook about 4 minutes. Add lentils and water (water should be about an inch deeper than the level of the lentils). Bring to a boil over high heat. Reduce heat to low; simmer, uncovered, until lentils are just cooked, 15 to 20 minutes.

Put the potatoes into the soup and continue simmering until potatoes are cooked through, 12 to 15 minutes.

Baked Potato Soup

Ingredients

3 bacon strips, diced
1 small onion, chopped
1 clove garlic, minced
3 tablespoons all-purpose flour
1 teaspoon salt
1 teaspoon dried basil
1/2 teaspoon pepper
3 cups chicken broth
2 large baked potatoes, peeled
and cubed
1 cup half-and-half cream
1/2 teaspoon hot pepper sauce
Shredded Cheddar cheese
Minced fresh parsley

Directions

In a large saucepan, cook bacon until crisp. Drain, reserving 1 tablespoon drippings. Set bacon aside. Saute onion and garlic in the drippings until tender. Stir in flour, salt, basil and pepper; mix well. Gradually add broth. Bring to boil; boil and stir for 2 minutes. Add the potatoes, cream and hot pepper sauce; heat through but do not boil. Garnish with bacon, cheese and parsley.

Homemade Potato Soup

Ingredients

6 medium white potatoes, peeled and chopped
2 onions, chopped
1 carrot, peeled and diced
3 stalks celery, diced
1 tablespoon oil-packed minced garlic
4 cubes chicken bouillon
1 quart water
1 tablespoon parsley flakes
1 tablespoon salt-free herb seasoning blend
1 tablespoon Italian seasoning
1 1/2 cups soy milk
2 cups chopped broccoli

Directions

In a slow cooker, place the potatoes, onions, carrot, celery, oil-packed garlic, and bouillon cubes. Pour in the water, and season with parsley, herb seasoning blend, and Italian seasoning.

Cover slow cooker, and cook soup 3 to 4 hours on High, or 10 to 12 hours on Low. Stir in soy milk during the final 30 minutes of cook time.

Place broccoli over boiling water in a pot fitted with a steamer basket, and steam 5 minutes, or until tender but firm. Spoon into the soup to serve.

Old-Fashioned Fruit Soup

Ingredients

3/4 cup chopped dried apricots
3/4 cup chopped prunes
6 cups cold water
1 cinnamon stick
2 slices lemon
3 tablespoons instant tapioca
1 cup white sugar
2 tablespoons raisins
1 tablespoon dried currants
1 tart apple - peeled, cored and chopped

Directions

In a large pot combine apricots, prunes and water and let rest 30 minutes.

Stir in the cinnamon stick, lemon slices, tapioca and sugar and bring to a boil over medium-high heat. Cover, reduce heat and simmer 10 minutes. Stir in raisins, currants and apple and simmer 5 minutes more, until apples are tender. Remove from heat and let cool completely. Remove cinnamon stick and refrigerate until cold.

Bouja Soup

Ingredients

2 (6 pound) whole chickens
7 pounds beef stew meat, diced
into 1 inch pieces
2 stalks celery, chopped
1 medium head cabbage,
chopped
8 onions, chopped
4 (16 ounce) packages frozen
mixed vegetables
2 (14.5 ounce) cans rutabagas
2 (15 ounce) cans lima beans,
drained
2 cups cut yellow beans, drained
2 (14.5 ounce) cans crushed
tomatoes
salt and pepper to taste
1 tablespoon pickling spice

Directions

Boil chicken and beef in a large soup pot 15 to 20 minutes, until tender. Use enough water to cover. Remove meat and cut into bite-size pieces. Discard fat and skin.

Add celery, cabbage and onions to broth and boil for 10 to 15 minutes or until almost tender. Add frozen vegetable mix, rutabagas, lima beans, yellow beans, and tomatoes and continue to cook until soup has reached desired thickness.

Add meat and simmer until meat breaks apart, stirring occasionally with a wooden paddle. Salt and pepper to taste. IMPORTANT: Put dry pickling spice in a strong cloth bag and tie firmly with string so it will not come apart. Drop the bag into the simmering bouja, plunging it in and out for a short time until the soup tastes just right for you.

Tomato and Beef Soup

Ingredients

2 (14.5 ounce) cans beef broth
2 celery ribs, chopped
2 large carrots, sliced
1 medium onion, chopped
2 garlic cloves, minced
1 (46 fluid ounce) bottle V-8 juice
1 (14.5 ounce) can Italian diced tomatoes, undrained
1 (6 ounce) can Italian tomato paste
2 tablespoons sugar
1 tablespoon dried oregano
1 1/2 teaspoons beef bouillon granules
1 teaspoon pepper
1/2 teaspoon dried basil
1/4 teaspoon garlic powder
2 cups cubed cooked beef
2 cups small pasta shells, cooked and drained

Directions

In a Dutch oven, combine the broth, celery, carrots, onion and garlic; bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until the vegetables are crisp-tender. Stir in the next nine ingredients. Cover and simmer for 10 minutes. Add beef and pasta; heat through.

Creamy Corn With Cumin Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds frozen corn, thawed and drained
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
2 teaspoons ground cumin
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1/4 cup fresh cilantro leaves
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: corn chips and chopped tomato

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add frozen corn, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add cumin and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until vegetables are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree (adding fresh cilantro) until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.) Strain through a colander (the corn kernels don't puree).

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Oriental Hot 'n' Sour Soup

Ingredients

8 cups chicken broth
5 slices fresh ginger root
1 teaspoon whole black peppercorns
6 fresh green onions, chopped
1 red bell pepper, diced
1 cup fresh sliced mushrooms
1/2 cup bamboo shoots
1/2 cup rice vinegar
2 teaspoons chili powder
2 teaspoons sesame oil

Directions

In a large cooking pot, add chicken broth, ginger root, and peppercorns, and bring to boil. Reduce heat to low and simmer uncovered for 20 minutes.

Strain broth, discard ginger root and peppercorns. Return strained broth to pot. Add green onions, red pepper, mushrooms, bamboo shoots, rice wine vinegar, chili powder, and sesame oil. Simmer for 10 minutes or until vegetables are just tender. Serve in soup bowls over cooked white or brown rice.

Tomato and Bread Soup

Ingredients

4 tablespoons olive oil
1 pinch crushed red pepper flakes
4 cups stale white bread, cut into cubes
2 tablespoons olive oil
2 cloves garlic, minced
1 onion, chopped
2 (12 ounce) cans diced tomatoes
6 cups low-sodium chicken broth
1 tablespoon chopped fresh parsley
1/4 cup grated Parmesan cheese
3 tablespoons chopped fresh basil

Directions

Heat 4 tablespoons olive oil in a large stockpot over medium heat. Stir the pepper flakes into the oil and add the bread cubes. Cook the bread cubes until lightly brown. Remove bread cubes to paper towels, reserving the oil in the stockpot.

Pour 2 tablespoons olive oil into the stockpot. Cook the garlic and onion in the oil until the onion has softened, about 5 minutes. Stir in the tomatoes, basil and drained bread cubes; cook about 10 minutes. Add the broth, parsley, and Parmesan cheese to the tomato mixture; bring to a boil. Reduce heat to low and simmer 20 to 30 minutes. Garnish with basil before serving.

Sweet Potato Soup

Ingredients

2 sweet potatoes
2 white potatoes
1 turnip
1/2 cup heavy whipping cream
6 cups chicken broth
1 tablespoon brown sugar
1 1/2 teaspoons ground nutmeg
2 tablespoons margarine
salt to taste
ground black pepper to taste

Directions

Peel and cut vegetables into small, uniform pieces. Place in a pot, and cover with the chicken stock; use only the amount of stock needed to cover. Bring to a boil, and cook until vegetables are tender.

Place vegetables and liquid into a food processor. Puree.

Return pureed vegetables to the saucepan. Slowly stir in the cream, brown sugar, nutmeg, and butter. Add salt and pepper to taste.

Broccoli Potato Soup

Ingredients

2 cups broccoli florets
1 onion, sliced
1 tablespoon margarine
1 (10.75 ounce) can condensed cream of potato soup
1 cup milk
1/2 cup water
3/4 teaspoon chopped fresh basil
1/4 teaspoon ground black pepper
1/3 cup shredded Cheddar cheese

Directions

In a large saucepan over medium heat, saut E the broccoli and onion in the butter or margarine, about 5 minutes, or until tender. Stir in the soup, milk, water, basil and pepper. Mix well and heat through, about 15 minutes. Add cheese and stir until melted.

Quick Spicy Tomato Soup

Ingredients

1 red bell pepper, cut into 1 inch pieces
1 onion, sliced into rings
1 quart chicken stock
1 (10.75 ounce) can condensed tomato soup
1 (10 ounce) can diced tomatoes with green chile peppers
1 (6 ounce) can black olives, drained and chopped
salt and pepper to taste
1/4 tablespoon garlic powder
1 teaspoon hot pepper sauce

Directions

In a large stock pot, cook and stir red bell pepper strips and onion slices in a little oil until soft but not brown.

Stir in chicken stock and about 1/2 can condensed cream of tomato soup, stewed tomatoes with chilies, olives, salt, pepper, garlic powder, parsley, and hot pepper sauce if desired. Heat through. Ladle hot soup into bowls over broken tortilla chips. Serve with shredded cheese and dollops of sour cream.

Potluck Pasta Soup

Ingredients

- 1 1/2 pounds ground beef
- 8 cups water
- 2 (14.5 ounce) cans Italian stewed tomatoes
- 2 cups diced carrots
- 1 1/2 cups diced celery
- 1 cup chopped onion
- 1 (8 ounce) can tomato sauce
- 1 envelope onion soup mix
- 1 tablespoon sugar
- 1 teaspoon Italian seasoning
- 2 garlic cloves, minced
- 2 bay leaves
- 1/2 teaspoon pepper
- 3 cups cooked elbow macaroni
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1/2 cup chopped green pepper

Directions

In a soup kettle or Dutch oven, cook beef over medium heat until no longer pink; drain. Add water, tomatoes, carrots, celery, onion, tomato sauce, soup mix and seasonings; bring to a boil. Reduce heat; simmer, uncovered, for 1 hour. Stir in macaroni, beans and green pepper; heat through. Discard bay leaves before serving.

Spicy Pizza Soup

Ingredients

1 3/8 pounds hot Italian sausage, sliced
1 pound pepperoni sausage, sliced
3 green bell peppers, chopped
2 onions, chopped
2 cups chopped fresh mushrooms
3 cups crushed tomatoes with garlic
1 (15 ounce) can tomato sauce
1 (6 ounce) can tomato paste
4 cups water
1 1/2 cups uncooked elbow macaroni
2 cups shredded mozzarella cheese

Directions

In a large saucepan, place the hot Italian sausage, pepperoni sausage, green bell peppers, onions, mushrooms, diced tomatoes, tomato sauce, tomato paste and water. Bring to a boil. Boil 30 minutes, reduce heat and simmer 90 minutes.

During the final 15 minutes of cooking, stir in the elbow macaroni.

Top with mozzarella and serve.

Tomato and Bean Soup

Ingredients

2 tablespoons butter
1 tablespoon vegetable oil
2 onions, chopped
1 cup water
1 (15 ounce) can baked beans
1 (16 ounce) can whole peeled tomatoes
1 dash hot pepper sauce
1 teaspoon ketchup
salt and pepper to taste

Directions

In a small skillet over medium heat, cook onions in butter and oil until tender.

Meanwhile, in a medium saucepan, bring water to a boil. Pour beans and tomatoes into water. Stir cooked onions into mixture and simmer 5 minutes. Puree with the pepper sauce and ketchup in a blender or food processor, or using an immersion blender. Return to heat, season with salt and pepper, and heat through.

Pineapple, Lime, and Ginger Soup

Ingredients

- 1 tablespoon minced fresh ginger root
- 1 teaspoon ground cumin
- 1 minced hot green chile peppers
- 2 cups water
- 1 cup crushed pineapple
- 1 tomato, diced (optional)
- 1 1/2 teaspoons salt
- 1 tablespoon fresh cilantro leaves
- 2 limes, juiced
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons cumin seeds

Directions

Use a blender to grind the ginger, 1 teaspoon cumin, and green chile peppers.

In a medium saucepan, add 1 cup water, pineapple, tomato, and salt. Place over a low heat. When the pineapple and water have come to boil, add the ground mixture. Raise and lower the heat to bring to a boil several times. Add the remaining water, and bring to a boil again. Add cilantro, and remove from heat. Mix in lime juice.

In a small pan, heat oil over medium heat, and add the remaining cumin seeds. Fry till golden, and add to the soup as a garnish.

Smoky Potato Cheese Soup

Ingredients

1 onion, chopped
1/4 cup margarine
2 (14.5 ounce) cans chicken broth
6 potatoes, peeled and cubed
1 pound smoked sausage
1 pound processed cheese,
cubed
2 (12 fluid ounce) cans evaporated
milk
ground black pepper to taste
1 tablespoon cornstarch

Directions

Saute the onions in butter or margarine in a large pan.

Add the chicken broth and the cubed potatoes. Slice the smoked sausage into bite size pieces, and add to the soup. Simmer over medium heat until the potatoes are soft.

Using a potato masher, lightly mash the potato mixture to break up the cubes a little bit, but not mashing as completely as you would for mashed potatoes.

Add the cubed cheese, and stir until melted. Stir in the evaporated milk. Season with black pepper. The soup should be pretty thick, but you can thicken it further with a paste of cornstarch and water. Use about 1 tablespoon of cornstarch at a time, and add it to the soup until you have reached the desired thickness.

Celery and Stilton Soup

Ingredients

2 tablespoons margarine
1 onion, thinly sliced
3/4 cup chopped celery
4 1/4 cups water
3 3/4 ounces Stilton cheese,
crumbed and divided
4 sprigs watercress, for garnish

Directions

Melt the butter or margarine in a large pot over medium low heat. Add the onions and saute for 10 minutes, or until onion is translucent.

Add the celery and the water. Cover and bring to a boil, then reduce heat to low and simmer for 30 minutes, or until celery is soft.

Add 2 1/2 ounces of the Stilton cheese to the soup and mix well. Puree the soup in small batches in a blender or food processor and return it to the pot. Season with salt and pepper to taste.

Pour into individual bowls, sprinkle with the remaining cheese and garnish with the watercress.

Angela's Oriental Chicken Noodle Soup

Ingredients

3 cups water
1 (3 ounce) package chicken
flavored ramen noodles
2 cups chopped cooked chicken
breast
2 leaves bok choy, sliced
1 carrot, sliced
1 teaspoon sesame oil

Directions

In a large saucepan, bring water to a boil. Break up block of noodles and stir into pot, reserving seasoning packet. Stir in chicken, bok choy and carrot. Bring to a boil again, then reduce heat and simmer 3 minutes. Stir in contents of seasoning packet and sesame oil.

Comfy Potato Soup

Ingredients

5 beer bratwursts
2 cups water
2 large carrots, chopped
1/4 large onion, chopped
2 (10.75 ounce) cans condensed
cream of potato soup
2 cups milk

Directions

Place the bratwursts and water into a large skillet, and set over medium heat. Bring to a boil, then cover and simmer for 10 minutes. Turn brats, and add more water if needed. Add carrots to the water. Cover and simmer for 10 more minutes. Drain, and slice the bratwurst.

While the bratwurst is cooking, pour the milk and potato soup into a saucepan, and set over medium heat. Simmer until the bratwurst are cooked. Stir in the onion, and add the carrots and bratwurst. Cook, stirring occasionally for about 10 minutes.

Mexican Chicken Soup

Ingredients

1 1/4 pounds skinless, boneless chicken breast halves
2 tablespoons taco seasoning mix
1 tablespoon vegetable oil
1/2 cup chopped onions
1/2 cup chopped celery
2 teaspoons ground cumin
1/4 teaspoon ground black pepper
1 cup water
3 (14 ounce) cans chicken broth
1 cup diced tomatoes
1 tablespoon chopped fresh cilantro
1 cup shredded Cheddar cheese
1 cup crushed tortilla chips
1 avocado - peeled, pitted and diced

Directions

Preheat oven to 350 degrees F (175 degrees C). Lay chicken breasts onto a baking sheet and sprinkle with 1 tablespoon taco seasoning mix. Bake for 30 to 35 minutes, cool and shred or cut into strips.

While the chicken is cooking, heat oil in a stockpot and cook the onions and celery until soft. Stir in the water and chicken broth. Season with cumin, black pepper and remaining taco seasoning mix. Simmer for 30 minutes for the flavors to mingle. Add the tomatoes, cilantro and chicken, simmer for 5 more minutes. Serve hot topped with avocado, shredded cheese and crushed tortilla chips.

Quick Chicken Soup

Ingredients

2 (14.5 ounce) cans chicken broth
2 cups baby carrots
1 onion, chopped
1 clove garlic, minced
1/8 teaspoon celery salt
2 skinless, boneless chicken breast halves
1 tablespoon chopped fresh cilantro (optional)

Directions

Bring the chicken broth to a boil in a medium saucepan over medium high heat. Add the carrots, onion, garlic and celery salt.

Reduce heat to low and add the chicken breast. Cover and simmer for 20 minutes.

Carefully remove the chicken breast, cut it into chunks and return it to the pot. Stir in the cilantro OR dill to taste.

Black-Eyed Pea and Bacon Soup

Ingredients

1/2 pound bacon, diced
1 onion, chopped
3 quarts water
4 cubes chicken bouillon
2 1/2 cups dry black-eyed peas
1/2 teaspoon salt
1/2 teaspoon pepper
6 small potatoes, diced

Directions

Brown the bacon in a large pot over medium heat. Drain grease, and place onion in the pot. Cook and stir until tender. Pour in the water. Mix in the bouillon cubes until dissolved. Stir in black-eyed peas, and season with salt and pepper. Bring to a boil, reduce heat to low, and simmer 45 minutes.

Place the potatoes in the pot, and continue cooking 15 minutes, or until beans and potatoes are tender. Serve warm.

Senate Bean Soup

Ingredients

6 1/4 cups dry great Northern beans
3/4 pound smoked ham shank
12 cups water
3 tablespoons ham base
1 onion, chopped
1 carrot, chopped
2 stalks celery, chopped
1 teaspoon garlic powder
salt and pepper to taste

Directions

Put beans in a large bowl, add water to cover and soak overnight. In a large saucepan over medium heat, combine the ham shank and 4 cups water and simmer for about 45 minutes. When cool enough to handle, remove meat from bone and shred meat. Set bone and meat aside for later. (Note: reserve the stock, if desired, to replace the ham base.)

Drain the beans. In an 8 quart pot over high heat, combine the beans, 12 cups fresh water and ham base. (Note: At this point, if desired, measure reserved stock from step 1, add water to total 12 cups liquid, and use this mixture to eliminate the ham base.) Add the onion, carrot, celery, garlic powder, ham, ham bone and salt and pepper to taste.

Bring the mixture to a boil, reduce heat to medium, cover and simmer for 1 1/2 hours, or until beans are tender. Add additional water as needed. (Note: Soup should be thick enough to heavily coat a spoon.)

Creamy Cauliflower With Ginger Soup

Ingredients

2 tablespoons olive oil
1 small head cauliflower, cut into large florets
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 teaspoon ground ginger
1/2 teaspoon ground turmeric
1/8 teaspoon saffron threads
1/2 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: 1 seared sea scallop for each bowl of soup*

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add cauliflower, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add ginger, turmeric, saffron and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until cauliflower is tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Chinese Creamy Corn Soup

Ingredients

1/2 pound skinless, boneless chicken breast meat - finely chopped
1 tablespoon sherry
1/4 teaspoon salt
2 egg whites
1 (14.75 ounce) can cream-style corn
4 cups chicken broth
2 teaspoons soy sauce
1/4 cup water
2 tablespoons cornstarch
4 slices crisp cooked bacon, crumbled

Directions

Mince chicken. Mix together with sherry, salt, and egg whites in a large mixing bowl. Add cream style corn, and mix well to blend.

Preheat a wok or large frying pan to medium high. Add chicken broth and soy sauce, and bring to a boil. Add chicken mixture, and return to boil. Reduce heat. Simmer for 3 minutes, stirring frequently to prevent burning.

In a cup, mix together water and cornstarch until well blended. Add cornstarch mixture to simmering soup, stirring constantly. Cook for an additional 2 minutes; soup will thicken slightly. Crumble cooked bacon over individual servings.

Garden Cheese Soup

Ingredients

1 cup chopped onion
1 cup chopped celery
2 cloves garlic, minced
2 tablespoons margarine
2/3 cup all-purpose flour
4 cups water
1 cup chopped carrots
1 large potato, peeled and diced
6 cubes chicken bouillon
1 tablespoon chopped fresh chives
salt to taste
ground black pepper to taste
2 1/2 cups shredded Cheddar cheese
3 cups milk

Directions

In a 6-quart pot, saute celery, onion, and garlic in butter or margarine until soft.

Stir in flour. Gradually add water, and then vegetables, bouillon cubes, and chives. Bring to a boil, and then reduce heat. Cover the soup, and simmer for 15 minutes.

Stir in cheese and milk, and stir until melted. Do not boil. Season to taste with salt and pepper.

Creamy Potato Soup

Ingredients

4 slices bacon
3 potatoes, peeled and chopped
1 onion, chopped
1 carrot, chopped
1 cup chopped celery
water to cover
4 cups milk
2 teaspoons salt
1 teaspoon ground black pepper
1 cup sour cream
2 tablespoons all-purpose flour
2 teaspoons paprika

Directions

In a large saucepan cook bacon until crisp. Set bacon aside, along with 3 tablespoons of bacon drippings.

Add potatoes, onion, carrot and celery to drippings. Add enough water to cover vegetables and cook over low heat until tender, stirring occasionally.

Stir in milk, salt and pepper. Bring to a boil.

In separate bowl, stir together sour cream, flour and paprika. Gradually stir 1 cup of hot soup mixture into sour cream mixture.

Pour sour cream mixture into soup mixture. Cook until small bubbles break soups service. Top with chopped bacon pieces.

Kidney Bean Soup

Ingredients

3 pork chops
3 carrots, sliced
3 celery, chopped
1 cup canned whole tomatoes, chopped
1 onion, chopped
2 (19 ounce) cans kidney beans
2 potatoes, cubed
2 cubes beef bouillon cube
salt to taste

Directions

Place meat, carrots, celery, and tomatoes in a large pot over medium heat. Fill with water to completely cover meat, almost to the top of the pot. Bring to a boil, then reduce heat and simmer 90 minutes.

In a frying pan, fry chopped onions until browned; put aside.

To the soup pot, add kidney beans with their liquid, potatoes and fried onions; cook until potatoes are tender, about 20 minutes. Add the beef bouillon cubes, and cook for 5 minutes. Add salt to taste. Serve.

Easy Tortilla Soup

Ingredients

2 (10.5 ounce) cans condensed chicken and rice soup
1 (10 ounce) can diced tomatoes with green chile peppers
1 (8 ounce) can tomato sauce
8 ounces tortilla chips
4 ounces shredded Cheddar cheese

Directions

In a medium saucepan over medium high heat, combine the soup, tomatoes and chilies and tomato sauce. Bring just to a boil and remove from heat. Place some tortilla chips in the bottom of an individual bowl and sprinkle cheese over the chips. Pour soup over the chips and cheese.

Reuben Soup

Ingredients

1/2 cup chopped onion
1/4 cup chopped celery
3 tablespoons butter
1/4 cup all-purpose flour
3 cups water
4 cubes beef bouillon
8 ounces shredded corned beef
1 cup sauerkraut, drained
3 cups half-and-half cream
3 cups shredded Swiss cheese
8 slices rye bread, toasted and cut into triangles

Directions

In a large saucepan, cook onion and celery in butter until tender; stir in flour until smooth. Gradually stir in water and bouillon, and bring to a boil. Reduce heat to low, and simmer for 5 minutes.

Stir in corned beef, sauerkraut, cream, and 1 cup of the cheese. Cook and stir for 30 minutes or until slightly thickened.

Preheat broiler.

Ladle soup into 8 ovenproof bowls. Top each serving with a slice of bread and sprinkle 1/4 cup of the cheese on top of each slice of bread. Place in oven under broiler until the cheese melts and lightly browns.

Ramen Noodle Soup

Ingredients

3 1/2 cups vegetable broth
1 (3.5 ounce) package ramen
noodles with dried vegetables
2 teaspoons soy sauce
1/2 teaspoon chili oil
1/2 teaspoon minced fresh ginger
root
2 green onions, sliced

Directions

In a medium saucepan combine broth and noodles. Cover and bring to a boil over high heat; stir to break up noodles. Reduce heat to medium and add soy sauce, chili oil and ginger. Simmer, uncovered, for 10 minutes. Stir in sesame oil and garnish with green onions.

Campfire Bean 'N' Ham Soup

Ingredients

1 pound dry navy beans
2 small onions
8 cups water
4 cups cubed fully cooked ham
2 smoked ham hocks
2 cups chopped celery
1 cup chopped carrots
1/2 teaspoon dried basil
1/2 teaspoon pepper

Directions

Place beans in an ovenproof Dutch oven; add enough water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Chop one onion; slice the second onion and separate into rings.

Drain and rinse beans, discarding liquid. Return beans to the pan. Add onions and remaining ingredients. Cover pan and place on the grill rack over indirect medium heat. Cover grill; cook for 1 hour or until beans are almost tender. Uncover the Dutch oven; cover grill and cook 30 minutes longer or until beans are tender. Discard ham hocks.

Tortilla Chicken Vegetable Soup

Ingredients

1 (3 pound) whole chicken, cut into pieces
4 quarts water
3 stalks celery, chopped
2 cloves garlic
1 onion, finely diced
2 (14 ounce) cans peeled and diced tomatoes with juice
2 cubes chicken bouillon
1 red bell pepper, chopped
1/2 teaspoon ground cumin
1/4 teaspoon ground cayenne pepper
1/4 teaspoon ground white pepper
1 (10 ounce) package frozen corn kernels
1 bunch green onions, thinly sliced
2 bunches chopped fresh cilantro
2 cups cooked white rice
salt to taste

Directions

Place chicken and water in a stockpot, and add onion, celery, and garlic. Cover, and bring to a boil. Reduce heat, and simmer until chicken is tender, about 45 minutes.

Remove chicken from broth, and set aside to cool. Skim off fat. Smash cooked garlic cloves against side of pot. Add undrained tomatoes, carrots, cumin, cayenne pepper, white pepper, and bouillon cube to the broth. Cover, and simmer 30 minutes.

Add corn, green onion, and cilantro. Simmer 10 minutes longer.

Skin and bone chicken, then dice or shred into bite-size pieces. Add chicken to soup along with cooked rice. Heat through. Season with salt to taste. Ladle into bowls, and garnish with cheese and tortilla chips.

Southwestern Chicken and White Bean Soup

Ingredients

1 tablespoon vegetable oil
1 pound skinless, boneless
chicken breast, cut into 1-inch
pieces
1 3/4 cups Swanson® Chicken
Broth (Regular, Natural
Goodness®, or Certified Organic)
1 cup Pace® Thick & Chunky
Salsa
3 cloves garlic, minced
2 teaspoons ground cumin
1 (16 ounce) can small white
beans, rinsed and drained
1 cup frozen whole kernel corn
1 large onion, chopped

Directions

Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook until it's well browned, stirring often.

Stir the chicken, broth, salsa, garlic, cumin, beans, corn and onion in a 3 1/2-quart slow cooker. Add the chicken.

Cover and cook on LOW for 8 to 9 hours* or until the chicken is cooked through.

Jackie's Sausage Soup

Ingredients

6 (4 ounce) links sweet Italian sausage
1 green bell pepper, chopped
1 onion, chopped
2 teaspoons chopped garlic
1 (28 ounce) can whole peeled tomatoes with liquid, chopped
1/2 cup chopped fresh parsley
2 teaspoons dried basil
8 cups chicken broth
1/2 pound dried orzo pasta
1 (10 ounce) package chopped frozen spinach, thawed and squeezed dry
freshly grated Parmesan cheese to taste

Directions

Place the sausage in a large skillet over medium heat, and cook until evenly brown. Remove from skillet, and crumble into a large pot. Add bell pepper, onion, garlic, and tomatoes with their liquid. Stir in parsley, basil, and chicken broth. Cover, place over medium heat, and bring to a boil. Reduce heat to low, and cook for 30 minutes.

Stir orzo pasta and spinach into the pot. Continue cooking soup 10 minutes, or until pasta is al dente. Serve topped with Parmesan cheese.

Cheddar and Onion Soup Chicken

Ingredients

4 skinless, boneless chicken breast halves
1/2 cup all-purpose flour for coating
1 tablespoon vegetable oil
1 (1 ounce) package dry onion soup mix
2 cups boiling water
2 cups shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place flour in a shallow dish or bowl; heat oil in a medium skillet over medium high heat. Dredge chicken in flour, then brown in hot oil; place browned chicken in a 9x13 inch baking dish.

Combine soup mix and boiling water in a small bowl; top chicken with cheese, then water/soup mix.

Bake at 350 degrees F (175 degrees C) for 45 minutes, or until chicken is cooked through and cheese is bubbly and brown.

Delicata Creamy Squash Soup

Ingredients

3 delicata squash, halved
lengthwise and seeded
1 onion, chopped
3 cups vegetable broth
1 1/2 cups heavy whipping cream
2 tablespoons butter
salt to taste
ground black pepper to taste

Directions

Preheat oven to 325 degrees F (165 degrees C). Place the squash, cut sides down, in a baking dish. Add 1/8 inch water in baking dish, cover with foil and bake 35-40 minutes or until tender. Cool.

In a large saucepan, melt butter. Add onion and cook over low heat, stirring occasionally until onion is softened but not brown.

Scrape the squash out of the flesh and add to onions. Add the stock and heavy cream. Cook over moderate heat, stirring occasionally, about 25 minutes.

Puree the soup in a blender or food processor. Season with salt and pepper to taste and serve.

Vidalia Onion Soup

Ingredients

6 large Vidalia onions
6 tablespoons butter
4 tablespoons all-purpose flour
2 cups chicken broth
1 cup heavy cream
1/2 cup milk
chopped fresh parsley for garnish
(optional)

Directions

Slice onions thinly. Place half of the onions in a skillet with half of the butter; cook, covered, over medium-high heat until soft, about 10 minutes. Remove to a platter, and cook remaining onions with butter. Return two-thirds of the reserved onions to the skillet. (Reserve the rest for garnish.)

Stir in flour until well combined with onions. Slowly stir in chicken broth. Remove from heat, and let cool about 10 minutes. Stir in cream and milk.

Pour into a blender, and blend until smooth and creamy. Return to stovetop, and heat through over medium-low heat. Pour into bowls, and garnish with reserved onions and chopped parsley.

Corn Soup

Ingredients

4 ears fresh corn, shucked and desilked
1 tablespoon olive oil
1 medium onion, chopped
2 cloves garlic, minced
1/4 pound pork, cubed
1/4 pound uncooked prawns, peeled and deveined
salt and pepper to taste
4 cups chicken broth
1 bunch fresh spinach, washed and dried

Directions

Slice the kernels from the cob and scrape off the remaining bits and juice into a bowl. Set aside.

Heat the olive oil in a large pot over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Add the pork and cook until no longer pink, about 5 minutes; add the prawns and cook until bright pink on the outside and the meat is no longer transparent in the center, about 5 minutes more. Stir the corn into the pot; season with salt and pepper. Pour the chicken broth over the mixture; bring to a simmer and cook another 10 minutes. Add the spinach to the soup and cook until just wilted, 2 to 3 minutes. Serve hot.

Tortilla Soup

Ingredients

2 (14.5 ounce) cans COLLEGE
INN® Chicken Broth
1 (14.5 ounce) can DEL MONTE®
Stewed Tomatoes, Mexican
Recipe, coarsely chopped
1 medium onion, chopped
1 clove garlic, minced
1/4 teaspoon ground cumin
2 cups cooked chicken or turkey,
diced
1 1/2 cups crushed baked tortilla
chips
Cilantro
1/4 cup Shredded Monterey Jack
cheese

Directions

Combine tomatoes with juice, broth, onion, garlic and cumin in large pot; simmer 10 minutes. Add chicken or turkey; simmer 3 to 5 minutes. Top individual servings with tortilla chips, cilantro and cheese.

Tropical Coconut Black Bean Soup

Ingredients

1 (15.5 ounce) can Mexican-seasoned black beans
1 (14 ounce) can light coconut milk
1 (6 ounce) package frozen green peas
2 cups chicken stock or water
1 tablespoon fresh lime juice

Directions

In a stock pot or large saucepan, combine the black beans, coconut milk, peas and stock or water. Bring to a boil, then simmer over low heat for 10 minutes. Pour into a blender and puree until smooth. Return to the pan and stir in the lime juice.

Cream Of Chicken Soup

Ingredients

4 cups milk
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
2 tablespoons white sugar
2 cups finely chopped, cooked chicken meat
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder

Directions

In a 3 quart saucepan, heat oil. Gradually stir in flour. Let this form a paste, or roux. Then, gradually stir in the milk and continue stirring until thickened.

Add chicken to white sauce mixture. Add sugar, salt, pepper, and garlic powder. Mix well and simmer for 20 minutes over low heat.

If soup is not as thick as desired, mix a small amount of corn starch with a small amount of water and add to soup. Simmer for 10 minutes.

Mushroom and Chicken with Sour Cream Soup

Ingredients

3 tablespoons unsalted butter
1/2 teaspoon dried tarragon
1/4 teaspoon ground nutmeg
1 bunch green onions, lighter half
chopped thin and darker green
half discarded
2 pinches salt
2 cups chopped button
mushrooms
1 cup chopped rotisserie chicken
1/4 cup flour
3 cubes beef bouillon
3 1/2 cups hot water
1 cup sour cream
1 1/2 teaspoons cornstarch
1 cup cold milk
1 teaspoon lemon juice
1/4 teaspoon cayenne pepper hot
sauce
salt and pepper to taste

Directions

Melt the butter in a large skillet over medium heat. Stir the tarragon, nutmeg, green onions, and 2 pinches of salt into the melted butter; cook and stir until the green onions are softened, about 4 minutes. Add the mushrooms, stir to coat, and continue cooking until the mushrooms are tender, about 5 minutes more. Fold the chicken into the mixture and cook together until the chicken gets hot, about 1 minute. Sprinkle the flour over the mixture; stir until completely absorbed into the mixture, 3 to 4 minutes.

Dissolve the beef bouillon cubes in the hot water; pour into the chicken mixture about 1/2 cup at a time, stirring to dissolve any clumps of flour between batches. Increase heat to bring the mixture to a boil; return heat to medium. Stir the sour cream into the mixture until well integrated.

Dissolve the cornstarch into the cold milk; stir into the soup. Increase the heat to medium-high and cook the soup until it begins to bubble on the sides, but not boiling; again return heat to medium, stirring continually. Add the lemon juice, cayenne pepper sauce, salt, and pepper; stir. Serve hot.

Delicious Ham and Potato Soup

Ingredients

3 1/2 cups peeled and diced potatoes
1/3 cup diced celery
1/3 cup finely chopped onion
3/4 cup diced cooked ham
3 1/4 cups water
2 tablespoons chicken bouillon granules
1/2 teaspoon salt, or to taste
1 teaspoon ground white or black pepper, or to taste
5 tablespoons butter
5 tablespoons all-purpose flour
2 cups milk

Directions

Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.

In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.

Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

Mexican Oxtail Beef Soup

Ingredients

2 tablespoons olive oil
2 pounds beef oxtail, cut into pieces
1 pound cubed beef stew meat (optional)
1 cube beef bouillon
1 onion, chopped
2 stalks celery, chopped
1/2 teaspoon chili powder
3/4 teaspoon ground cumin
salt and pepper to taste
4 ears corn on the cob, broken in half
3 carrots, coarsely chopped
2 russet potatoes, cut into bite-sized pieces
1/3 cup lentils, picked over and rinsed
1/3 cup long grain rice
1 cup frozen mixed vegetables (optional)
1 head cabbage, cored and cut into 8 wedges
8 corn tortillas (optional)

Directions

Heat the olive oil in a large soup pot over medium heat, and brown the oxtails and beef stew meat on all sides. Add water to cover the meat, bring to a boil, reduce heat to a simmer, and cook for 30 minutes. Skim off and discard any foam that collects at the top.

Drop in the bouillon cube, onion, celery, chili powder, cumin, salt, pepper, and corn ears, stir to combine, and simmer the soup until the meat is very tender, about 2 hours. Stir in the carrots and potatoes, simmer for 30 more minutes, then stir in the lentils, rice, mixed vegetables, and cabbage. Simmer until the rice, lentils, and cabbage are tender, about 30 more minutes. Serve with a half ear of corn in each bowl, with hot steamed tortillas for dipping in the broth.

Rivel Soup

Ingredients

2 cups all-purpose flour
1/2 teaspoon salt
1 egg, beaten
4 cups chicken broth
1 cup whole corn kernels, crushed

Directions

Combine the flour, salt, and beaten egg and mix together with the fingers until mixture is crumbly.

Pour this mixture into the gently boiling broth, add the corn and cook about 10 minutes. The rivels will look like boiled rice when cooked.

Caldo De Res (Beef Soup)

Ingredients

- 1 pound beef shank
- 1 tomato, quartered
- 2 potatoes, cubed
- 1 onion, chopped
- 3 carrots, chopped
- 1/2 medium head cabbage, chopped
- 4 cloves garlic, minced
- 6 teaspoons chopped fresh cilantro
- 1 tablespoon salt
- 1/4 teaspoon ground cumin
- 2 fluid ounces fresh lime juice

Directions

In a large pot over low heat combine the beef, tomato, potatoes, onion, carrots, cabbage, garlic, 5 teaspoons cilantro, salt and cumin. Add water to cover and stir well. Cover and simmer for 2 hours.

Remove lid, stir, and simmer for another hour with lid off. Serve hot. Just before eating, squeeze in fresh lime juice to taste and sprinkle with remaining cilantro.

Scrumptious Spring Soup

Ingredients

2 quarts beef broth
1 tablespoon olive oil
2 cups minced green onions
5 ounces pancetta, minced
1/2 pound ground veal
2 cups frozen artichoke hearts, thawed
2 cups peas
2 cups shelled fava beans
2 cups sliced fresh asparagus
1 1/2 teaspoons salt
8 slices day-old crusty bread, cut into 1-inch cubes
7 sprigs fresh thyme, leaves stripped
2 cloves garlic, crushed
1/2 cup olive oil
1/2 teaspoon salt
ground black pepper to taste
13 sprigs fresh thyme, leaves stripped
1/2 cup grated Parmesan cheese
1/4 cup extra-virgin olive oil

Directions

Preheat an oven to 425 degrees F (220 degrees C). Bring beef broth to a boil in a saucepan over medium-high heat, then reduce heat to medium-low and keep hot.

Heat 1 tablespoon olive oil in a large pot over medium heat. Cook and stir the green onion until tender, and stir in the pancetta. Cook and stir until the pancetta is browned, then increase heat to medium-high heat and stir in the ground veal. Cook and stir until the veal is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the artichoke hearts, and cook for 1 minute. Stir in the peas, fava beans, and asparagus. Season with 1 1/2 teaspoons salt. Pour in the hot beef broth, and allow soup to simmer until the vegetables are tender and cooked through, 7 to 10 minutes.

Meanwhile, toss the slices of bread with leaves from 7 sprigs of thyme, garlic, 1/2 cup olive oil, 1/2 teaspoon salt, and pepper. Place bread on a baking sheet.

Toast in the preheated oven until golden brown, about 10 minutes. Set aside.

Stir the leaves of 13 sprigs of thyme into the soup, and season with pepper. Serve hot soup in bowls topped with croutons, Parmesan cheese, and a drizzle of extra-virgin olive oil.

Sicilian Sausage Soup

Ingredients

1 teaspoon olive oil
1/2 pound Italian sausage
1 large onion, diced
1/8 teaspoon fennel seeds
3 carrots, peeled and sliced
2 stalks celery, sliced
1 (28 ounce) can crushed tomatoes
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh basil
4 cups chicken broth
1/2 cup ditalini pasta
salt and pepper to taste
1/2 cup freshly grated Parmesan cheese

Directions

In a large pot over medium heat, heat the olive oil. Stir in sausage, onion and fennel seeds and cook until sausage is brown, 10 minutes. Stir in carrots and celery and continue to cook and stir until vegetables begin to color, 5 minutes. Stir in tomatoes, parsley, basil and chicken broth. Bring to a boil, then reduce heat and simmer 20 minutes, until vegetables are tender.

Stir in pasta, salt and pepper, cook until pasta is tender, 10 minutes more. Serve topped with grated Parmesan.

Parmesan Potato Soup

Ingredients

4 potatoes, cubed
3/4 cup chopped onion
1/2 cup all-purpose flour
1/2 teaspoon seasoning salt
1/4 teaspoon sage
4 1/2 cups chicken broth
1 cup grated Parmesan cheese
1/2 cup margarine
1/2 teaspoon dried basil
1/4 teaspoon celery salt
1/4 teaspoon onion salt
1/4 teaspoon ground black pepper
1/4 teaspoon dried thyme
6 cups milk
12 slices crisp cooked bacon, crumbled

Directions

Cook the potatoes in boiling water until tender.

In a soup kettle, saute onion in butter or margarine until tender.

Stir in flour and spices. Gradually add broth, stirring constantly. Bring to a boil; cook and stir for 2 minutes. Add potatoes, and return to a boil. Reduce heat, cover, and simmer for 10 minutes.

Stir in milk and cheese. Heat through. Stir in bacon.

Southwestern Chicken Soup

Ingredients

1 (10.5 ounce) can condensed beef broth
1 (12 ounce) can tomato paste
1 (15.5 ounce) can kidney beans, rinsed and drained
1 (11 ounce) can Mexicorn, drained
1 1/2 cups diced cooked chicken
3 green onions, sliced
2 tablespoons chili powder
1 (4 ounce) can chopped green chilies
1 2/3 cups water

Directions

In a large saucepan, combine beef broth and tomato paste. Add remaining ingredients. Cover and simmer for 10 minutes.

Chunky Cheese Soup

Ingredients

2 cups water
2 cups peeled and diced potatoes
1/2 cup diced carrots
1/2 cup chopped celery
1/4 cup chopped onions
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1 cup cooked ham, cubed
1/4 cup butter
1/4 cup all-purpose flour
2 cups milk
2 cups shredded Cheddar cheese

Directions

In a large saucepan, mix the water, potatoes, carrots, celery, onions, salt and pepper. Bring to boil. Reduce heat and simmer 30 minutes, or until vegetables are tender.

Mix the ham into the vegetable mixture.

In a medium saucepan, melt the butter. Stir in the flour until smooth. Slowly pour in the milk. Bring to a boil. Cook and stir 2 minutes, or until thickened. Stir in the Cheddar cheese until melted.

Mix the melted cheese mixture with the vegetable mixture and serve.

Lentil Soup I

Ingredients

1/2 cup brown lentils
1/2 cup red lentils
4 cups water
2 potatoes, peeled and quartered
1 stalk celery, finely chopped
1 carrot, finely chopped
3 tablespoons chicken bouillon powder
3 whole cloves
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Rinse lentils in cold water several times before adding to cooking pot. In a medium-size cooking pot, add lentils and water and boil for about 30 minutes.

Add quartered potatoes and cook until tender.

When potatoes are cooked, remove into a mixing bowl; mash and set aside.

Add carrots, onion, celery, and chicken soup base to pot and simmer, covered, for about 30 minutes or until lentils are soft.

Add cloves, salt, and pepper and simmer for another 15 minutes.

Now add mashed potatoes, mix well and just bring to boil. Adjust seasonings to taste. Remove and discard cloves before serving.

Rhinelanders Lentil Soup

Ingredients

4 tablespoons olive oil
5 slices bacon, cut into small pieces
1 cup chopped carrots
1 cup chopped onions
1 cup chopped celery
3/4 cup all-purpose flour
3 1/2 quarts water
2 bay leaves
2 teaspoons salt
1 cup dry lentils
2 cubes beef bouillon
1 teaspoon dried thyme
1 pinch ground nutmeg
1 pinch ground white pepper
1 cup potatoes, diced

Directions

In a large pot over medium high heat, combine the oil, bacon, carrots, onions and celery. Saute for 5 minutes, or until bacon is crisp. Stir in the flour until it's dissolved and mixture is pasty.

Slowly add the water, stirring constantly. Then add the bay leaves, salt, lentils, beef base, thyme, nutmeg, white pepper and potatoes. Stir all together well, bring just to a boil, reduce heat to low and simmer for 3 hours.

Creamy Chicken Rice Soup

Ingredients

1/2 cup chopped carrot
1/3 cup finely chopped onion
1/3 cup chopped celery
2 tablespoons butter or stick margarine
1/4 cup all-purpose flour
2 (14.5 ounce) cans reduced sodium chicken broth
2 cups cooked long-grain rice
1 cup cubed cooked chicken
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon garlic powder
1 cup 2% milk
2 tablespoons lemon juice
1 tablespoon white wine

Directions

In a large saucepan, saute the carrot, onion and celery in butter until tender. Stir in flour until blended. Gradually stir in broth. Add the rice, chicken, salt, pepper and garlic powder; bring to a boil. Reduce heat; cover and simmer for 10-15 minutes or until vegetables are tender. Reduce heat to low. Stir in the milk, lemon juice and wine if desired. Cook and stir for 5 minutes or until heated through.

Hong Kong Walnut Sweet Soup

Ingredients

1/2 cup uncooked white rice
1 cup chopped walnuts
4 1/4 cups milk, divided
1/4 cup sweetened condensed milk

Directions

Soak rice in water for an hour, then drain. Place rice and walnuts into a blender with 1 1/4 cup of milk and blend until smooth. Pour the walnut mixture into a saucepan and bring to a boil over medium heat. Slowly stir in the remaining 3 cups of milk, adding more milk if the soup becomes too thick. Stir in the sweetened condensed milk.

Curried Wild Rice and Squash Soup

Ingredients

1 cup uncooked wild rice
3 cups water
2 1/2 pounds butternut squash -
peeled, seeded, and cubed
2 1/2 cups chicken broth
1/2 cup orange juice
2 tablespoons butter
1 medium onion, chopped
1 clove garlic, finely chopped
1 1/2 teaspoons curry powder
1 1/4 teaspoons salt
1/2 teaspoon ground black
pepper

Directions

In a pot, bring the wild rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

Place the squash in a medium pot with enough water to cover, and bring to a boil. Cook 15 minutes, or until tender. Drain, return to the pot, and mash. Mix in the chicken broth and orange juice.

Melt the butter in a skillet over medium heat, and saute the onion and garlic until tender. Season with the curry powder. Reduce heat to low, and continue cooking about 12 minutes, stirring occasionally.

In a blender or food processor, blend the squash and broth with the onion and garlic mixture until smooth. Return to the medium pot, mix in the cooked wild rice, and cook until heated through. Season with salt and pepper to serve.

Lentil and Cactus Soup (Mom's Recipe)

Ingredients

14 cups water
3 cloves garlic, cut into thirds
1 pound lentils, picked over and rinsed
1 1/2 tablespoons chicken bouillon (such as Knorr®)
1 teaspoon extra-virgin olive oil
1/2 small onion, chopped
2 cloves garlic, chopped
1 tomato, chopped
1/4 teaspoon ground cumin, or to taste
2 teaspoons chicken bouillon (such as Knorr®), or to taste
1 cup cooked nopales (cactus), drained
3 small potatoes, peeled and chopped

Directions

Bring the water to a boil in a soup pot with 3 cloves of garlic. Stir in the lentils and 1 1/2 tablespoons of chicken bouillon. Simmer over medium-low heat until lentils are almost soft, about 1 hour.

Heat extra-virgin olive oil in a skillet, and cook and stir the onion and 2 chopped cloves of garlic until the onion becomes translucent, about 5 minutes. Add the tomato and continue to cook and stir until the tomato releases its juice, about 5 more minutes. Stir the tomato mixture into the lentil soup along with cumin and 2 more teaspoons of chicken bouillon, or to taste. Bring the soup to a simmer, stir in the nopales and potatoes, and cook over low heat until the potatoes are tender, about 20 minutes.

Mediterranean Fish Soup

Ingredients

1 onion, chopped
1/2 green bell pepper, chopped
2 cloves garlic, minced
1 (14.5 ounce) can diced tomatoes, drained
2 (14 ounce) cans chicken broth
1 (8 ounce) can tomato sauce
2 1/2 ounces canned mushrooms
1/4 cup sliced black olives
1/2 cup orange juice
1/2 cup dry white wine
2 bay leaves
1 teaspoon dried basil
1/4 teaspoon fennel seed, crushed
1/8 teaspoon ground black pepper
1 pound medium shrimp - peeled and deveined
1 pound cod fillets, cubed

Directions

Place onion, green bell pepper, garlic, tomatoes, chicken broth, tomato sauce, mushrooms, olives, orange juice, wine, bay leaves, dried basil, fennel seeds, and pepper into a slow cooker. Cover, and cook on low 4 to 4 1/2 hours or until vegetables are crisp tender.

Stir in shrimp and cod. Cover. Cook 15 to 30 minutes, or until shrimp are opaque. Remove and discard bay leaves. Serve.

Asian Chicken Noodle Soup

Ingredients

4 ounces dry Chinese noodles
1 (14.5 ounce) can chicken broth
6 shiitake mushrooms, sliced
2 green onions, chopped
1 skinless, boneless chicken
breast half
2 eggs

Directions

Bring a large pot of water to a boil. Stir noodles into boiling water and cook until al dente, 8 to 10 minutes. (For a chewier texture, shock the noodles by pouring 1 cup cold water into the pot when it starts to foam, then letting it come to a boil again to finish cooking.) Drain and divide into two serving bowls.

Meanwhile, bring chicken broth to boil in a medium saucepan with mushrooms and green onions. Cut chicken into bite-sized pieces and stir into boiling broth. When broth returns to a boil, crack eggs into broth. Continue to cook until chicken is no longer pink and eggs are cooked, about 10 minutes. Pour the chicken soup over the noodles in the bowls and serve immediately.

Butternut Shrimp Soup with Sherry

Ingredients

3 cups peeled and cubed
butternut squash
3 cups milk
1 cup chicken broth
salt and pepper to taste
1/2 teaspoon curry powder
1/4 teaspoon celery salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/3 pound small shrimp - peeled
and deveined
2 pears - peeled, cored and diced
1 tablespoon sherry wine, or to
taste

Directions

Combine the cubed squash, milk and chicken broth in a saucepan. Season with salt, pepper, curry powder, celery salt, cinnamon and nutmeg. Bring to a boil, then reduce heat to low, and simmer for about 30 minutes, until squash is tender, stirring frequently to prevent the milk from scorching.

Add 1/2 the shrimp, and 1/2 the pears to the soup, and bring to a boil. Cook for 5 minutes, or until shrimp is opaque. Transfer the soup to a blender or food processor, and blend until smooth. Return to the saucepan and bring to a simmer over medium-low heat.

Add the remaining shrimp and remaining pears to the soup, and simmer for another 5 minutes, or until shrimp is opaque. Stir in sherry wine, and remove from heat. Ladle into bowls, and garnish with a light sprinkle of cinnamon or nutmeg.

Country Cabbage Soup

Ingredients

2 pounds ground beef
2 (28 ounce) cans stewed tomatoes
1 medium head cabbage, shredded
2 large onions, chopped
6 celery ribs, chopped
salt and pepper to taste

Directions

In a large saucepan or Dutch oven, cook beef over medium heat until no longer pink; drain. Add the tomatoes, cabbage, onions and celery; bring to a boil. Reduce heat; simmer, uncovered, for 25 minutes or until vegetables are tender. Add salt and pepper.

Zucchini/Potato Soup

Ingredients

5 cups chicken broth
4 small zucchinis, thinly sliced
1 large potato, peeled, halved and
thinly sliced
1 large onion, thinly sliced
3 eggs
2 tablespoons lemon juice
2 teaspoons dried dill weed
salt and pepper to taste

Directions

In a saucepan, bring broth to a boil. Stir in zucchini, potato and onion. Reduce heat and simmer, covered, 15 minutes or until vegetables are tender. In a small bowl, beat eggs; blend in lemon juice and 1/2 cup hot broth. Stir back into the saucepan. Heat over medium for 1 minute, stirring constantly. Do not boil. Stir in dill; season with salt and pepper. Serve immediately.

Beef and Lentil Soup

Ingredients

2 tablespoons olive oil
1 pound beef chuck, cut into 1-inch cubes
salt and pepper to taste
2 large stalks celery, chopped
2 large carrots, chopped
1 large onion, chopped
6 cloves garlic, chopped
1 1/2 teaspoons dried cilantro
1 teaspoon dried oregano
2 (32 ounce) cartons chicken broth
1 (28 ounce) can diced tomatoes
2 cups dry lentils
1/4 cup chopped fresh parsley
1/2 cup grated Parmesan cheese, or to taste

Directions

Heat the olive oil in a large pot over medium-high heat until it begins to smoke. Season the beef with salt and pepper, then gently place into the hot oil, and brown on all sides, about 8 minutes. Once browned, remove the beef and set aside, reserving the remaining oil in the pot. Stir in the celery, carrot, onion, garlic, cilantro, and oregano; cook and stir until the onion has softened and turned translucent, about 8 minutes more.

Pour in the chicken broth, tomatoes, and browned beef. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the meat is beginning to turn tender, about 1 hour.

After the soup has simmered 1 hour, add the lentils, recover, and continue simmering until the lentils are tender, about 40 minutes. Season to taste with salt and pepper, then stir in the parsley. Sprinkle with Parmesan cheese to serve.

Crab and Red Pepper Soup

Ingredients

1 red bell pepper, seeded and quartered
1 teaspoon olive oil
1 large stalk celery, diced
1 clove garlic, diced
1/2 small sweet onion, chopped
1 (6 ounce) can white crabmeat, drained, flaked
1/2 teaspoon dried rosemary
1/8 teaspoon lemon-pepper seasoning
1 cup chicken stock
1/2 cup dry potato flakes
1/4 cup fat-free milk
2 tablespoons sour cream
2 tablespoons grated Asiago cheese, for garnish (optional)

Directions

Preheat the oven's broiler, and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Place the peppers, cut sides down, onto the prepared baking sheet.

Cook under the preheated broiler until the skin of the peppers has blackened and blistered, about 5 minutes. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove the skins and dice. Set aside.

Heat the olive oil in a large saucepan over medium heat. Stir in the celery, garlic, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the roasted red bell pepper and crabmeat, and season with rosemary and lemon pepper. Pour in the chicken stock, and simmer for 10 minutes. Slowly stir in the dry potato flakes, and cook until thickened.

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.

Return the pureed soup to the saucepan. Stir in the milk and sour cream, and cook over medium-low heat until heated through, about 5 minutes. Top with Asiago cheese before serving.

Crawfish Potato Soup

Ingredients

3 slices bacon
1 onion, chopped
1 green bell pepper, seeded and chopped
1 red bell pepper, seeded and chopped
2 stalks celery, finely chopped
2 tablespoons minced garlic
5 cups diced red potatoes
1 cup grated carrot
1 pound crawfish tails
3 cups chicken broth
1 quart half-and-half cream
salt and pepper to taste
1 cup shredded Cheddar cheese

Directions

Place the bacon into a large pot over medium-high heat. Cook until crisp, turning as needed. Crumble, and return to the pot.

Reduce the heat to medium, and add the onion, green pepper, red pepper, celery, and garlic. Cook and stir until the onion is transparent, and the peppers are soft. Add the crawfish, and cook until the liquid evaporates, and the crawfish begin to brown. Remove the contents of the pot, and set aside.

Pour the chicken broth into the pot, and add the potatoes. If the chicken broth does not cover the potatoes, add enough water to compensate. Bring to a boil, and cook for 8 to 10 minutes, or until the potatoes are soft. Add the carrots, and cook for about 8 more minutes.

Reduce the heat to low, and return the vegetables and crawfish to the pot. Stir in the half-and-half, and heat through. Do not boil. Season with salt and pepper to taste. Ladle into bowls and garnish with Cheddar cheese to serve.

Chinese Chicken Soup

Ingredients

3 (14.5 ounce) cans chicken broth
1 (14 ounce) package frozen stir
fry vegetable blend
2 cups cubed, cooked chicken
1 teaspoon minced fresh
gingerroot
1 teaspoon soy sauce
1/4 teaspoon sesame oil

Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until heated through.

Butternut and Acorn Squash Soup

Ingredients

1 butternut squash, halved and seeded
1 acorn squash, halved and seeded
3 tablespoons butter
1/4 cup chopped sweet onion
1 quart chicken broth
1/3 cup packed brown sugar
1 (8 ounce) package cream cheese, softened
1/2 teaspoon ground black pepper
ground cinnamon to taste (optional)
fresh parsley, for garnish

Directions

Preheat oven to 350 degrees F (175 degrees C). Place the squash halves cut side down in a baking dish. Bake 45 minutes, or until tender. Remove from heat, and cool slightly. Scoop the pulp from the skins. Discard skins.

Melt the butter in a skillet over medium heat, and saute the onion until tender.

In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. This may be done in several batches.

Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through. Garnish with parsley, and serve warm.

Hearty Homemade Chicken Noodle Soup Express

Ingredients

2 (10.75 ounce) cans
Campbell's® Condensed Chicken
Broth
1 cup water
Generous dash ground black
pepper
1 medium carrot, sliced
1 stalk celery, sliced
1/2 pound skinless, boneless
chicken breast, cut up
1/2 cup uncooked medium egg
noodles

Directions

Mix broth, water, black pepper, carrot, celery and chicken in
saucepan. Heat to a boil.

Stir in noodles. Cook over medium heat 10 minutes or until noodles
are done.

Sunset Tomato Soup

Ingredients

4 medium carrots, sliced
1 medium onion, chopped
1 tablespoon olive or canola oil
3 large yellow tomatoes, peeled and coarsely chopped
4 plum tomatoes, peeled and coarsely chopped
1 (14.5 ounce) can reduced sodium chicken broth or vegetable broth
1/2 teaspoon salt
1/4 teaspoon pepper
1 1/2 teaspoons snipped fresh dill

Directions

In a Dutch oven or large kettle, saute carrots and onion in oil until onion is tender. Add the tomatoes, broth, salt and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 45-60 minutes or until liquid is slightly reduced. stir in dill; simmer 15 minutes longer.

Spicy Chunks of Stewed Beef Soup

Ingredients

1 cup dry mixed beans
1 1/2 pounds cubed beef stew meat
5 cups beef broth
1 cup red wine
1 (28 ounce) can whole peeled tomatoes
4 large carrots, cut into 2 inch pieces
3 stalks celery, cut into 2 inch pieces
3 potatoes, peeled and cubed
3 cloves garlic, minced
4 green onions, chopped
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon ground cayenne pepper
1/2 teaspoon crushed red pepper flakes
1 tablespoon dried oregano
1 tablespoon ground dry mustard
1 dash hot sauce

Directions

Rinse and pick through beans and place in a medium saucepan with water to cover by 2 inches. Bring to a boil for 10 minutes, then remove from heat, cover and let soak 2 hours. Drain and rinse.

In a 5 quart slow cooker, combine beans, stew meat, broth, wine, tomatoes, carrots, celery, potatoes, garlic and onions. Season with salt, pepper, cayenne, red pepper flakes, oregano, mustard and hot sauce. Cover and cook on low 10 to 12 hours.

Chicken and Potato Soup

Ingredients

2 tablespoons butter
2 1/2 pounds skinless, boneless chicken breast halves - diced
1 large onion, diced
6 medium potatoes, diced
1 (15 ounce) can carrots, drained
1 (10 ounce) can peas, drained
1 (11 ounce) can corn, drained
1 cup milk
2 cups water, or as needed
hot pepper sauce to taste
salt to taste
ground black pepper to taste

Directions

Melt the butter in a large pot over medium heat, and cook the chicken 10 minutes, or until evenly browned and juices run clear.

Mix the onion into pot with the chicken. Mix in potatoes, carrots, peas, and corn. Pour in milk and enough water to cover all ingredients. Season with hot sauce, salt, and pepper. Bring to a boil. Reduce heat to low, and continue cooking 30 minutes, stirring occasionally, until potatoes are tender.

Hearty Sausage Soup II

Ingredients

2 tablespoons olive oil
1 (1 pound) package smoked sausage, chopped
2 onions, chopped
1 green bell pepper, chopped
2 cloves garlic, minced
10 cups water
3 cups chopped cabbage
2 carrots, thinly sliced
1 (15.5 ounce) can diced tomatoes
1 (6 ounce) can tomato paste
4 beef bouillon cubes
1 teaspoon seasoned salt
1/2 teaspoon dried thyme leaves
1 dash cayenne pepper
2 small zucchini, chopped
1 (15 ounce) can kidney beans, rinsed and drained
1 (8 ounce) package thin egg noodles
grated Parmesan cheese

Directions

Heat the olive oil in a large stockpot over medium-high heat; cook the sausage, onions, bell pepper, and garlic in the hot oil until the onion is tender, 5 to 7 minutes. Add the water, cabbage, carrots, diced tomatoes, tomato paste, beef bouillon cubes, seasoned salt, thyme, and cayenne pepper to the stockpot and bring to a boil. Reduce heat to medium-low, place a cover on the stockpot, and cook the soup at a simmer for 45 minutes. Stir the zucchini and beans into the soup; cook another 10 minutes.

Bring a large pot with lightly salted water to a rolling boil. Cook the egg noodles in boiling water until cooked yet firm to the bite, about 5 minutes. Drain and stir into the soup. Ladle the soup into bowls, and top with Parmesan cheese to serve.

The Best Thai Coconut Soup

Ingredients

1 tablespoon vegetable oil
2 tablespoons grated fresh ginger
1 stalk lemon grass, minced
2 teaspoons red curry paste
4 cups chicken broth
3 tablespoons fish sauce
1 tablespoon light brown sugar
3 (13.5 ounce) cans coconut milk
1/2 pound fresh shiitake mushrooms, sliced
1 pound medium shrimp - peeled and deveined
2 tablespoons fresh lime juice
salt to taste
1/4 cup chopped fresh cilantro

Directions

Heat the oil in a large pot over medium heat. Cook and stir the ginger, lemongrass, and curry paste in the heated oil for 1 minute. Slowly pour the chicken broth over the mixture, stirring continually. Stir in the fish sauce and brown sugar; simmer for 15 minutes. Stir in the coconut milk and mushrooms; cook and stir until the mushrooms are soft, about 5 minutes. Add the shrimp; cook until no longer translucent about 5 minutes. Stir in the lime juice; season with salt; garnish with cilantro.

Veggie Cheddar Soup

Ingredients

1/2 cup chopped red onion
1/4 cup chopped celery
1 teaspoon garlic powder
2 tablespoons margarine
1/2 cup all-purpose flour
4 cups chicken broth
1 1/2 cups chopped baby carrots
2 potatoes, peeled and diced
1 tablespoon chopped fresh parsley
1 teaspoon freshly ground black pepper
1 pinch chopped fresh dill weed
3 cups milk
3 cups shredded Cheddar cheese

Directions

Using a large stock pot, saute onions, celery and garlic powder in butter, over low heat until onions are tender.

Slowly stir in flour with 1 cup of chicken broth to make a roux. Stir until well mixed.

Add 3 cups chicken broth, carrots, potatoes, parsley, pepper and dill. Bring to a boil and then add milk and cheese. Stir until cheese is melted, reduce heat to low and simmer for one hour, stirring occasionally.

German Apple-Onion Soup

Ingredients

2 pounds onions, halved and thinly sliced
1/4 cup butter
1 (49.5 fluid ounce) can chicken broth
1 (14 ounce) can beef consomme
1 (12 fluid ounce) can frozen apple juice concentrate, thawed
2 cups apple juice
1/4 cup applejack brandy or Calvados
1 pinch white pepper, or to taste
1 Granny Smith apple - peeled, cored and thinly sliced

Directions

Set aside about 1/2 cup of the onions to use later as a garnish. Melt the butter in a large pot over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent but not browned, about 10 minutes. Pour in the chicken broth, beef consomme, apple juice concentrate, apple juice, and applejack liquor. Bring to a simmer over medium-high heat and season with the white pepper. Reduce heat to medium-low, cover, and simmer 1 hour.

To serve, place a pinch of the reserved raw onions in the bottom of a soup bowl. Ladle the soup into the bowls, and float a few slices of apple on top to serve.

French Onion Soup

Ingredients

3 tablespoons butter
6 large sweet yellow onions,
halved and thinly sliced
2 cloves garlic, minced
1/2 teaspoon salt
2 (26 ounce) cartons reduced-
sodium beef stock
1 (14.5 ounce) can reduced-
sodium chicken broth
1/4 cup dry white wine (or water)
1/2 teaspoon dried thyme leaves
1 bay leaf
Salt and pepper, to taste
8 slices Wonder® Classic White
Sandwich Bread
3 cups shredded Gruyere or Swiss
cheese

Directions

Melt butter in a Dutch oven over low heat. Add onion, garlic, and salt and cook, stirring occasionally, for 20 to 30 minutes or until onions are very tender and are lightly golden in color.

Stir in stock, broth, wine, thyme and bay leaf. Simmer 20 to 30 minutes. Season to taste with salt and pepper.

Meanwhile, arrange oven rack so it is about 6 inches away from broiler element. Line a baking sheet with aluminum foil. Cut each slice of bread into quarters. Arrange cubes in a single layer on baking sheet and broil until it is quite crisp, turning to brown evenly. Set bread aside.

Remove and discard bay leaf. Ladle soup into individual, oven-safe, soup bowls and place bowls on foil-lined baking sheet. Place 4 toasted bread cubes over each bowl of soup. Sprinkle bread and soup with cheese. Place bowls of soup, on baking sheet, under broiler, and broil 3 to 4 minutes or until cheese has melted.

Creamy Carrot Soup

Ingredients

1 tablespoon butter
1 cup diced carrots
1/4 cup chopped onion
1/2 teaspoon grated fresh ginger root
1/4 cup cubed potatoes
2 cups vegetable broth
2 1/2 tablespoons chopped fresh dill
1/4 cup heavy cream
salt and pepper to taste

Directions

Melt butter in a small saucepan. Sweat the carrots, onion and ginger with the butter. Add potatoes and broth, then bring to a boil. Reduce heat, and simmer until potatoes are tender. Strain liquid into a separate container. Put vegetables into a blender along with the dill, and pour in just enough of the liquid to cover the vegetables. Puree in stages if necessary. Discard excess broth. Return vegetable puree to pan.

Stir heavy cream into the pan with the vegetables. Season with salt and pepper. Heat, but do not boil, and serve immediately.

Dylan's Potato, Carrot, and Cheddar Soup

Ingredients

2 tablespoons olive oil
6 yellow potatoes, cubed
3 large carrots, peeled and diced
1 pinch salt, to taste
1 teaspoon garlic powder
1 teaspoon onion powder
1 (32 ounce) carton chicken broth
(such as Swanson®)
3/4 cup shredded sharp Cheddar
cheese
1/4 cup chopped fresh flat-leaf
parsley

Directions

Heat the olive oil in a pot over medium heat; cook and stir the potatoes and carrots in the hot oil until hot, about 10 minutes. Season with salt, garlic powder, and onion powder. Pour the chicken broth over the mixture; continue cooking until the potatoes and carrots are soft, 10 to 15 minutes more.

Pour about half of the potato-and-carrot mixture into a blender. Hold 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. Return the pureed soup to the pot. Stir the Cheddar cheese into the soup until melted. Ladle the soup into bowls and garnish with parsley to serve.

Chicken Meatball Soup

Ingredients

1 pound ground chicken breast
1/2 teaspoon ground black pepper
1/2 teaspoon salt
5/8 cup Italian seasoned bread crumbs
1 egg, beaten
1 tablespoon vegetable oil
1 cup chopped onion
1 1/2 teaspoons minced garlic
4 cups water
1 (32 fluid ounce) container chicken broth
1 1/2 cups sliced carrots
1 1/2 cups chopped celery
1 1/2 cups sliced parsnip
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 bay leaves

Directions

Turn cold water on in sink to fine stream. Using wet, bare hands, mix together ground chicken, 1/2 teaspoon salt, 1/2 teaspoon pepper, bread crumbs, and beaten egg. Shape into small meatballs, wetting hands as necessary. Place on a greased cookie sheet.

Bake at 400 degrees F (205 degrees C) for approximately 15 minutes. Drain on paper towels.

Meanwhile, saute onions and garlic in oil until tender/ clear in a large pot. Add water, broth, carrots, celery, parsnips, 1/2 teaspoon salt, 1/2 teaspoon pepper, and bay leaves. Bring to a boil. Reduce heat, and simmer about 15 to 20 minutes. Add meatballs after 10 minutes.

Pasta Fagioli Soup II

Ingredients

1 (29 ounce) can diced tomatoes
2 (14 ounce) cans great Northern beans, undrained
1 (14 ounce) can chopped spinach, drained
2 (14.5 ounce) cans chicken broth
1 (8 ounce) can tomato sauce
3 cups water
1 tablespoon minced garlic
8 slices crisp cooked bacon, crumbled
1 tablespoon dried parsley
1 teaspoon garlic powder
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon dried basil
1/2 pound seashell pasta

Directions

In a large stock pot, combine diced tomatoes, beans, spinach, chicken broth, tomato sauce, water, garlic, bacon, parsley, garlic powder, salt, pepper, and basil. Bring to a boil, and let simmer for 40 minutes, covered.

Add pasta and cook uncovered until pasta is tender, approximately 10 minutes. Ladle soup into individual serving bowls, sprinkle cheese on top, and serve.

Dark Beer Cheese Soup

Ingredients

2 potatoes, chopped
2 onions, chopped
3 celery ribs, chopped
1 1/2 cups baby carrots
2 cups cauliflower florets
6 cups water
6 chicken bouillon cubes
1 teaspoon Worcestershire sauce
1/2 teaspoon ground black pepper
1 clove garlic, minced
1 (16 ounce) package processed cheese
2/3 cup Parmesan cheese
2/3 cup shredded Cheddar-Monterey Jack cheese blend
1 (12 fluid ounce) bottle dark beer

Directions

Place the potatoes, onions, celery, carrots, and cauliflower in a food processor; puree until smooth. Combine the vegetable mixture, water, bouillon cubes, Worcestershire sauce, pepper, and garlic in a large pot over medium heat. Cook until the the liquid reduces to about 1/2 its original volume, about 90 minutes. Add the processed cheese, Parmesan cheese, Cheddar-Monterey Jack cheese, and beer; heat until the cheese is completely melted. Serve immediately.

Carrot Apple Soup

Ingredients

1 tablespoon reduced fat
margarine
8 medium carrots, thinly sliced
2 medium tart apples, peeled and
chopped
1 medium onion, chopped
1 celery rib, thinly sliced
5 cups low-sodium chicken broth
1/2 teaspoon rubbed sage
1/4 teaspoon pepper
1 bay leaf

Directions

In a large saucepan, melt the margarine. Add carrots, apples, onion and celery; cook and stir until onion is tender, about 5 minutes. Add broth, sage, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until carrots are tender. Remove bay leaf. Cool soup for 5 minutes. Puree one-third at a time in a blender or food processor. Return to the saucepan; cover and cook over medium until heated through.

Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
7 cups water
1 ham bone
2 cups diced ham
1/4 cup minced onion
1/2 teaspoon salt
1 pinch ground black pepper
1 bay leaf
1/2 cup sliced carrots
1/2 cup sliced celery

Directions

Place rinsed beans into a large stock pot. Add water and bring to a boil. Boil gently for 2 minutes; remove from heat, cover and let stand for 1 hour.

Add ham bone, cubed ham, onion, salt, pepper and bay leaves. Bring to a boil; reduce heat, cover and simmer for 1 hour and 15 minutes or until beans are soft. Occasionally skim surface of soup while it is cooking.

Add carrots and celery, cook until tender. Remove ham bone, scrape any meat from bone and place back into soup and serve.

French Tomato Soup

Ingredients

- 1 tablespoon butter
- 1 large onion, chopped
- 6 tomatoes, peeled and quartered
- 1 large potato, peeled and quartered
- 6 cups water
- 1 bay leaf
- 1 clove garlic, pressed
- 1 teaspoon salt
- 1/2 cup long-grain rice

Directions

Melt butter in a large saucepan over medium heat. Saute onions in butter until tender and lightly browned, about 10 minutes. Add tomatoes, and continue cooking for 10 more minutes, stirring frequently. Add the potato, and 2 cups of water. Season with the bay leaf, garlic and salt. Bring to a boil, then reduce heat and simmer, covered, for about 20 minutes.

Stir in the remaining water, and bring to a boil again. Discard bay leaf, and strain the solids from the broth, reserving both. Puree the vegetables in a food processor or blender, and stir them back into the broth. Bring to a boil, and add the rice. Cover and simmer over low heat for about 15 minutes, or until rice is tender. Serve hot.

Mushroom and Endive Soup

Ingredients

1 1/2 teaspoons olive oil
1 1/2 teaspoons butter
1/2 white onion, chopped
1 cup chopped fresh cilantro, divided
3 cups chopped fresh mushrooms
1/2 teaspoon salt
1/2 teaspoon ground black pepper
6 cups chicken broth
5 cups chopped endive
2 cups milk
1/2 teaspoon cayenne pepper, or to taste
2 cups plain yogurt

Directions

Heat olive oil and butter in a Dutch oven or soup pot over medium heat. Add the onion, 1/2 cup of cilantro, and mushrooms; cook and stir until tender. Season with salt and pepper.

Pour in the chicken broth, and bring to a boil. Stir in the endive and remaining cilantro. Add the milk, and simmer for about 30 minutes over low heat. Season with cayenne pepper to taste.

Place the yogurt in a separate pan or bowl, and gradually ladle in about 2 cups of the hot broth while stirring constantly. Stir this mixture back into the main soup pot, and remove from heat. If this procedure is not followed, the yogurt will break down into little bits. It will still taste good, but does not look the same. Ladle into bowls, and garnish with additional fresh cilantro.

Potato Cheese Soup

Ingredients

4 potatoes, peeled and quartered
1 small carrot, finely chopped
1/2 stalk celery, finely chopped
1 small onion, minced
1 1/2 cups vegetable broth
1 teaspoon salt
2 1/2 cups milk
3 tablespoons butter, melted
3 tablespoons all-purpose flour
1 tablespoon dried parsley
1 teaspoon ground black pepper
1 cup shredded Swiss cheese

Directions

In a large saucepan, bring potatoes, carrots, celery, onion, vegetable broth and salt to a boil. Reduce heat; cover and simmer until potatoes are just tender. Do not rinse; mash mixture slightly. Stir in milk.

In a small mixing bowl, blend butter, flour, parsley, and pepper; stir into potato mixture. Cook and stir over medium heat until thickened and bubbly.

Remove from heat: add cheese and stir until cheese is almost melted. Let soup stand for 5 minutes.

Mother's Potato Soup

Ingredients

RIVELS:

1 egg white

Pinch salt

6 tablespoons all-purpose flour

SOUP:

1 1/2 cups cubed peeled potatoes
(3/4 inch cubes)

1 large carrot, sliced

1/2 cup chopped onion

1/2 teaspoon salt

1/8 teaspoon pepper

1 1/2 cups water

1 egg yolk

1/2 cup milk

Minced fresh parsley

Directions

In a small bowl, beat egg white lightly with a fork. Stir in salt and flour (mixture will be slightly dry); set aside. In a 1-1/2-qt. saucepan, combine potatoes, carrot, onion, salt, pepper and water. Cover but keep the lid ajar and bring to a boil; cook for 3 minutes. With a knife, cut rivels into soup. Cook, partially covered, for 10 minutes. Beat egg yolk and milk; add to the soup. Bring to a boil. Remove from the heat and sprinkle with parsley. Serve immediately.

Country Chicken Soup

Ingredients

3 (14 ounce) cans SwansonB®
Chicken Broth
1/8 teaspoon poultry seasoning
1/8 teaspoon dried thyme leaves,
crushed
1 medium carrot, sliced
1 stalk celery, sliced
1 small onion, finely chopped
1/2 cup uncooked regular long-
grain white rice
2 (5 ounce) cans SwansonB®
Premium Chunk Chicken Breast in
Water, drained

Directions

Mix broth, poultry seasoning, thyme, carrot, celery and onion in
saucepan. Heat to a boil. Stir in rice. Cover.

Cook over low heat 20 minutes or until rice is done.

Add chicken and heat through.

Swiss-Topped Cauliflower Soup

Ingredients

2 medium onions
4 whole cloves
4 cups water
2 (10.5 ounce) cans condensed chicken broth, undiluted
3 medium leeks (white portion only), sliced
3 medium carrots, sliced
1 teaspoon salt
1 teaspoon dried marjoram
1/2 teaspoon celery seed
1/2 teaspoon ground nutmeg
1/4 teaspoon white pepper
1 medium head cauliflower, broken into florets and sliced
1 tablespoon cornstarch
1/2 cup whipping cream
2 egg yolks, beaten
1/2 pound sliced Swiss cheese, cut into 4 inch x 1/2 inch strips

Directions

Quarter one onion; stuff the cloves into the second onion. In a large saucepan, combine water and broth; add onions, leeks, carrots and seasonings. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add cauliflower; simmer, uncovered, for 30 minutes or until vegetables are tender. Remove from the heat.

In a bowl, combine cornstarch and cream until smooth. Stir in egg yolks. Stir in a small amount of hot soup into cream mixture; return all to the pan, stirring constantly. Simmer, uncovered, for 15 minutes. Discard the whole onion.

Ladle soup into individual ramekins. Top with cheese strips. Broil 4-6 in. from the heat for 3-5 minutes or until cheese is bubbly. Serve immediately.

Zucchini and Pork Soup

Ingredients

4 pork chops
1/2 cup all-purpose flour
2 teaspoons vegetable oil
1 onion, chopped
2 teaspoons chopped garlic
1 cup chopped red bell pepper
2 zucchinis, quartered and sliced
1/8 cup chopped sun-dried tomatoes
8 ounces fresh mushrooms, sliced
1 (14.5 ounce) can diced tomatoes
2 (14.5 ounce) cans chicken broth
2 tablespoons oyster sauce
2 teaspoons dried basil
1 teaspoon dried oregano
salt and pepper to taste
4 tablespoons grated Parmesan cheese

Directions

Place flour in a resealable plastic bag. Add pork cubes. Seal bag and shake to coat. In a large skillet, heat 1 teaspoon oil over medium high heat. Add pork and brown in oil for about 8 to 10 minutes. Set aside.

In a 5 to 8 quart soup pot, heat remaining teaspoon of oil over medium heat. Add the onions, garlic and bell pepper. Saute for just a few minutes until tender, but not browned.

Add reserved pork, zucchini, sun-dried tomato bits, mushrooms, diced tomatoes, chicken broth, oyster sauce, basil, oregano, salt and pepper. Heat until almost boiling, then reduce heat and simmer for 10 to 15 minutes. Sprinkle with cheese and serve.

Prime Rib Soup

Ingredients

4 beef ribs, trimmed from a
cooked prime rib roast
2 cups beef stock
1 potato, peeled and cut into 3/4
inch pieces
1 (8 ounce) package sliced fresh
mushrooms
1 teaspoon salt
1 teaspoon black pepper
1/4 cup chopped fresh chives

Directions

Place the ribs in a large pot and cover with water. Bring to a boil; reduce heat to medium-low, cover, and simmer until the meat is falling from the bones, about 2 hours. Remove the ribs and allow to cool. Trim the meat from the ribs and cut into bite sized pieces; refrigerate. Continue simmering the broth until reduced to 1 cup; refrigerate until the fat congeals to the top.

Skim and discard the congealed fat. Pour the broth into a saucepan along with the meat trimmings, beef stock, potato, mushrooms, salt, and pepper. Bring to a boil; reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Sprinkle with chives to serve.

Tomato Soup Spice Cake

Ingredients

2 cups all-purpose flour
1 1/3 cups sugar
4 teaspoons baking powder
1 1/2 teaspoons ground allspice
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1/2 cup vegetable shortening
2 eggs
1/4 cup water
Cream Cheese Frosting:
1 (8 ounce) package cream
cheese, softened
2 tablespoons milk
1 teaspoon vanilla
1 (16 ounce) package
confectioners' sugar

Directions

Preheat oven to 350 degrees F. Grease 13x9 inch baking pan.

Mix flour, sugar, baking powder, allspice, baking soda, cinnamon and cloves in bowl. Add soup, shortening, eggs and water. Beat until mixed, using mixer at low speed. Beat 4 minutes, using high speed. Pour into prepared pan.

Bake 40 minutes or until done. Cool in pan on wire rack. Frost with Cream Cheese Frosting.

Cream Cheese Frosting: Combine the cream cheese, milk and vanilla in a medium bowl. Using a mixer at medium speed, beat until creamy. Slowly add the confectioners' sugar, mixing until smooth and of spreading consistency. (Add a little more milk if needed.) Makes 3 cups.

Savory Mushroom-Barley Soup

Ingredients

4 cups water
3/4 cup uncooked pearl barley
4 medium onions, chopped
2 celery ribs, chopped
1 tablespoon olive oil
1 1/2 pounds sliced fresh mushrooms
6 cups reduced-sodium beef broth or vegetable broth
2 cups sliced carrots
1 (6 ounce) can tomato paste
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup minced fresh parsley

Directions

In a large saucepan, bring water and barley to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is partially cooked. (Do not drain.)

Meanwhile, in a soup kettle or Dutch oven, saute onions and celery in oil until tender. Add mushrooms; cook and stir for 5 minutes. Stir in the broth, carrots, tomato paste and barley mixture.

Bring to a boil over medium heat. Reduce heat; cover and simmer for 30 minutes, stirring occasionally. Stir in salt and pepper. Sprinkle with parsley.

Japanese Spaghetti Soup

Ingredients

1 pound uncooked spaghetti
1 pound beef sirloin, sliced into strips
32 ounces chicken broth
1 cucumber, peeled and chopped
red wine vinegar to taste
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to boil. Add pasta, and cook until al dente, about 8 to 10 minutes. Drain, and set aside.

Meanwhile, in a skillet over medium heat, brown steak strips, about 5 minutes.

Pour chicken broth into a sauce pan and warm over medium heat.

Divide cooked spaghetti into large bowls, top with cucumber and steak. Then pour chicken broth over the top to create a soup. Season to taste with red wine vinegar, salt, and pepper.

Cabbage Fat-Burning Soup

Ingredients

5 carrots, chopped
3 onions, chopped
2 (16 ounce) cans whole peeled tomatoes, with liquid
1 large head cabbage, chopped
1 (1 ounce) envelope dry onion soup mix
1 (15 ounce) can cut green beans, drained
2 quarts tomato juice
2 green bell peppers, diced
10 stalks celery, chopped
1 (14 ounce) can beef broth

Directions

Place carrots, onions, tomatoes, cabbage, green beans, peppers, and celery in a large pot. Add onion soup mix, tomato juice, beef broth, and enough water to cover vegetables. Simmer until vegetables are tender. May be stored in the refrigerator for several days.

Chicken and Asparagus in Cream Soup

Ingredients

5 skinless, boneless chicken breast halves
20 spears fresh asparagus, trimmed, or as needed
2 (10.75 ounce) cans cream of asparagus soup
1 1/2 cups milk
Italian seasoned bread crumbs

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish. Place the chicken breasts into the prepared baking dish.

Bake in the preheated oven until the chicken is cooked through and no longer pink in the center, about 30 minutes.

While the chicken is baking, bring a saucepan of lightly salted water to a boil, and simmer the asparagus spears until bright green, about 5 minutes. Remove the asparagus and set aside. Mix together the soup and milk in a bowl until well blended. Remove the chicken from the baking dish and set aside. Line the bottom of the dish with asparagus spears, arrange the chicken on top, and pour the soup mixture over the chicken. Sprinkle the top with bread crumbs.

Return to oven and bake until the casserole is hot and bubbling, an additional 25 minutes.

Creole Fish Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
1 (15 ounce) can tomato sauce
1/2 cup chopped onion
1/2 teaspoon garlic powder
1/2 teaspoon celery salt
1/4 teaspoon dried thyme
1/8 teaspoon cayenne pepper
2 bay leaves
1 (16 ounce) package frozen mixed vegetables
1 pound fresh or frozen cod, cut into 3/4-inch pieces

Directions

In a soup kettle, combine the first eight ingredients; cover and simmer for 10 minutes. Add vegetables; cover and simmer for 10 minutes. Add fish; cover and simmer for 8-10 minutes or until the fish flakes easily with a fork. Discard the bay leaves.

Grilled Chicken Noodle Soup

Ingredients

1 tablespoon vegetable oil
3 skinless, boneless chicken breast halves - cut into bite size pieces
1 cup sliced carrots
1/3 cup frozen green peas
4 cups chicken broth
1 cup chopped celery
1/2 red onion, chopped
3/4 cup chopped fresh mushrooms
1 cup uncooked egg noodles

Directions

Heat oil in a medium skillet over medium high heat. Fry chicken pieces in the oil until slightly browned and the juices run clear. Remove from the pan and drain on a paper towel.

In a large saucepan or Dutch oven, heat chicken broth over medium heat. Add the carrots, peas, celery, onion and mushrooms. Bring to a boil, then reduce heat and let simmer for 20 to 25 minutes. Add the noodles and cook for 10 more minutes or until noodles are al dente.

Vietnamese Beef Noodle Soup

Ingredients

4 ounces dried rice noodles
6 cups cold water
3 (10.5 ounce) cans condensed beef broth
1 teaspoon chopped fresh ginger root
1/2 teaspoon kosher salt
1 Thai chile, chopped
1/2 pound boneless top round steak, sliced very thin
1/4 pound fresh basil
4 tablespoons snipped fresh cilantro
1/4 pound mung bean sprouts
4 green onions, thinly sliced
4 wedges lime
hot pepper sauce (optional)
oyster sauce (optional)

Directions

Soak noodles in cold water for 30 minutes. Drain. Bring water to a boil in large pot. Add noodles, and boil 3 to 5 minutes - don't overcook. Drain, and rinse with cold water. Set aside.

Meanwhile, combine beef broth, ginger, salt, and Thai pepper in a saucepan. Bring to a boil, and simmer for 15 minutes.

Place equal portions of noodles into 4 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Garnish with lime wedges, basil leaves, cilantro, mung beans, and green onions, and serve with hot pepper sauce and oyster sauce.

Beef and Wine Soup with Dumplings

Ingredients

2 tablespoons margarine
1 cup chopped onion
1 clove garlic, chopped
3 carrots, chopped
1 1/2 cups chopped celery
2 (10.5 ounce) cans condensed beef broth
2 cups red wine
2 cups tomato juice
2 cups diced cooked beef
salt to taste
ground black pepper to taste
2 tablespoons margarine, softened
2 eggs
6 tablespoons all-purpose flour
1/4 teaspoon salt

Directions

In a large pot, saute onion, garlic, carrots, and celery in 2 tablespoons butter or margarine until soft, about 5 to 6 minutes. Stir in broth, wine, tomato juice, and beef. Simmer covered for 15 to 20 minutes, or until vegetables are tender. Season to taste with salt and pepper.

In a bowl, mix 2 tablespoons butter or margarine, eggs, flour, and salt until smooth. Drop mixture into soup by small teaspoonfuls. Cover, and simmer for 10 minutes.

Canned Soup

Ingredients

1 (28 ounce) can stewed tomatoes
1 (16 ounce) can vegetarian refried beans
1 (15 ounce) can whole kernel corn, drained and rinsed
1 (15 ounce) can green beans
1 (14.5 ounce) can vegetable broth
1 tablespoon dried oregano
1 tablespoon garlic powder
salt and pepper to taste
1 teaspoon dried basil
1 tablespoon dried parsley
2 tablespoons dried minced onion

Directions

Puree stewed tomatoes in an electric blender or mixer. Place tomatoes, refried beans, corn, green beans, and vegetable broth in a large pot. Cook over a medium heat. Refried beans and tomatoes will cook down to create a base for the soup. Stir occasionally to prevent stickiness.

Add water as needed to prevent over-thickening. Add oregano, garlic powder, salt and pepper, basil, parsley, and minced onion. Cover and cook until mixture is heated through. Add the onions, and continue cooking until the soup is just boiling.

Creamy Butternut Squash With Cinnamon Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled and seeded butternut squash , cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 1/2 teaspoons cinnamon
1 teaspoon ground ginger
1/4 teaspoon ground cloves
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: store-bought apple chips

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add butternut squash, then onion; saute, stirring very little at first, then more frequently, until squash start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add cinnamon, ginger, cloves, and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until squash is tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Mexican Soup

Ingredients

3 cooked, boneless chicken breast halves, shredded
1 (15 ounce) can kidney beans
1 cup whole kernel corn
1 (14.5 ounce) can stewed tomatoes
1/2 cup chopped onion
1/2 green bell pepper, chopped
1/2 red bell pepper, chopped
1 (4 ounce) can chopped green chile peppers
2 (14.5 ounce) cans chicken broth
1 tablespoon ground cumin

Directions

Place cooked chicken, kidney beans, corn, tomatoes, onion, red and green bell peppers, chiles, broth and cumin in a large pot over medium heat. Simmer 45 minutes.

Cream of Broccoli Cheese Soup II

Ingredients

2 quarts chicken broth
4 heads broccoli, chopped
1 small onion, chopped
2 carrots, chopped
1 bay leaf
1 (8 ounce) package processed cheese, cubed
1 pint half-and-half cream

Directions

In a large pot over medium heat, combine broth, broccoli, onion, carrots and bay leaf. Bring to a boil, then reduce heat and simmer until vegetables are tender. Remove bay leaf. (At this point, you may remove the broccoli stalks, carrots and onion and puree in a food processor, then return them to the pot, if desired.)

Stir in the cheese until melted. Adjust seasonings. Stir in half-and-half and heat through.

Creamy Irish Potato Soup

Ingredients

2 tablespoons butter or margarine
4 green onions, sliced
1 stalk celery, sliced
1 3/4 cups Swanson® Chicken
Broth (regular, Natural Goodness®
„Ÿ or Certified Organic)
1/8 teaspoon ground black
pepper
3 medium potatoes, peeled and
sliced 1/4 inch thick
1 1/2 cups milk

Directions

Heat butter in saucepan. Add onions and celery and cook until tender.

Add broth, black pepper and potatoes. Heat to a boil. Cover and cook over low heat 15 minutes or until potatoes are tender.

Place half the broth mixture and half the milk in blender or food processor. Cover and blend until smooth. Repeat with remaining broth mixture and remaining milk. Return to saucepan. Heat through.

Lisa's Co-op Kale Soup

Ingredients

2 teaspoons cooking oil
1 onion, diced
2 bunches kale, stems and center ribs discarded and leaves coarsely chopped
2 cloves garlic, minced, or more to taste
1 large carrot, chopped
1 (15 ounce) can garbanzo beans, drained
6 cups chicken broth
2 tablespoons crushed red pepper flakes
salt and ground black pepper to taste
1/2 pound spicy bulk pork sausage (optional)

Directions

Heat the oil in a large pot over medium heat. Cook the onion and kale in the hot oil until the kale is soft, about 10 minutes. Add the garlic, carrot, and garbanzo beans and cook together for about 5 minutes. Pour the chicken broth into the pot. Season with the red pepper, salt, and black pepper. Simmer until the carrot and garbanzo beans are tender, about 20 minutes.

As the soup simmers, crumble the sausage into a skillet over medium heat. Cook until entirely browned, breaking the sausage into small pieces with a wooden spoon as it cooks. Stir the cooked sausage into the soup just before serving.

Carrot and Cilantro Soup

Ingredients

- 1 tablespoon olive oil
- 2 large onions, chopped
- 5 medium carrots, chopped
- 2 cloves garlic, chopped
- 1 fresh red chile pepper, chopped
- 3 (28 ounce) cans roma tomatoes, with juice
- 1 cup vegetable stock
- 1 bunch chopped fresh cilantro
- 2 tablespoons balsamic vinegar
- 1 tablespoon white sugar
- 1 tablespoon brown sauce
- 1 tablespoon Worcestershire sauce
- salt and pepper to taste
- 1 cup heavy cream

Directions

Heat the olive oil in a large pot over medium heat, and cook the onions, carrots, garlic, and chile pepper until tender. Mix in tomatoes, vegetable stock, 1/2 the cilantro, balsamic vinegar, sugar, brown sauce, and Worcestershire sauce. Season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 30 minutes.

Transfer the soup in batches to a blender or food processor, and blend until smooth. Return to the pot, and continue cooking until heated through.

Remove soup from heat, and mix in the cream. Finely chop the remaining cilantro, and mix into the soup to serve.

Tomato Soup II

Ingredients

14 quarts ripe tomatoes, chopped
7 onions, chopped
2 stalks celery, chopped
3 tablespoons chopped fresh parsley
3 bay leaves
1/4 cup salt
3/8 cup white sugar
2 teaspoons seasoning salt
1 teaspoon ground black pepper
1 teaspoon garlic salt

Directions

Place tomatoes, onions, celery, parsley and bay leaves in a large pot and cook, covered, on low heat for 1 to 2 hours, until quite soft and fragrant.

Remove bay leaves and blend tomato mixture in batches in a food processor or blender, then run through a sieve and return juice to pot. Stir in salt, sugar, seasoning salt, pepper and garlic salt. Bring to a boil, then reduce heat and cook, uncovered, 1 to 2 hours, until thickened.

Hearty Potato, Bacon and Onion Soup

Ingredients

4 slices bacon, diced
2 tablespoons margarine
3 onions, chopped
2 tablespoons all-purpose flour
4 1/4 cups water
1 cube vegetable bouillon
4 potatoes, cubed
2 egg yolks
1 1/3 cups sour cream
1 tablespoon chopped fresh parsley

Directions

In a large saucepan over medium high heat, saute the bacon for about 7 minutes, or until lightly browned. Reduce heat to medium, add the butter or margarine and onions and saute for about 5 minutes, or until onions are tender. Add the flour and stir well for one minute.

Remove saucepan from heat and gradually add the water, stirring well. Return to stovetop, raising heat to high. Add the bouillon and potatoes, bring to a boil and then reduce heat to low. Simmer uncovered for about 10 minutes, or until potatoes are tender.

In a small bowl, combine the egg yolks and the sour cream and mix together. Gradually add this mixture to the soup, stirring well. Heat through, but do not boil. Stir in the parsley just before serving.

Potato Soup with a Kick

Ingredients

1 pound ground beef
6 potatoes, peeled and cubed
1 onion, chopped
1 (16 ounce) can whole peeled tomatoes, with liquid
1 (8 ounce) can tomato sauce
3 cups water
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon hot pepper sauce

Directions

In a skillet, brown ground beef and onion. Drain

In a large saucepan, combine hamburger mixture, tomatoes (in juice), potatoes, and tomato sauce. Mix well. Stir in water, salt, pepper, and hot pepper sauce, and bring to a boil. Reduce heat, cover and simmer for 45 minutes or until potatoes are fork tender.

Vietnamese Style Vegetarian Curry Soup

Ingredients

2 tablespoons vegetable oil
1 onion, coarsely chopped
2 shallots, thinly sliced
2 cloves garlic, chopped
2 inch piece fresh ginger root, thinly sliced
1 stalk lemon grass, cut into 2 inch pieces
4 tablespoons curry powder
1 green bell pepper, coarsely chopped
2 carrots, peeled and diagonally sliced
8 mushrooms, sliced
1 pound fried tofu, cut into bite-size pieces
4 cups vegetable broth
4 cups water
2 tablespoons vegetarian fish sauce (optional)
2 teaspoons red pepper flakes
1 bay leaf
2 kaffir lime leaves
8 small potatoes, quartered
1 (14 ounce) can coconut milk

2 cups fresh bean sprouts, for garnish
8 sprigs fresh chopped cilantro, for garnish

Directions

Heat oil in a large stock pot over medium heat. Saute onion and shallots until soft and translucent. Stir in garlic, ginger, lemon grass and curry powder. Cook for about 5 minutes, to release the flavors of the curry. Stir in green pepper, carrots, mushrooms and tofu. Pour in vegetable stock and water. Season with fish sauce and red pepper flakes. Bring to a boil, then stir in potatoes and coconut milk. When soup returns to a boil, reduce heat and simmer for 40 to 60 minutes, or until potatoes are tender. Garnish each bowl with a pile of bean sprouts and cilantro.

German Tomato Soup

Ingredients

2 pounds ground beef
4 (10.75 ounce) cans condensed tomato soup
2 1/2 cups milk
1 1/8 cups water, or as needed
6 white potatoes, peeled and sliced 1/4 inch thick
1 small head cabbage, cored and sliced
3 carrots, sliced
1 small onion, chopped

Directions

Heat a large Dutch oven or soup pot over medium-high heat. Crumble in the ground beef. Cook, stirring frequently, until evenly browned. Drain excess grease. Stir in the cabbage, potatoes, carrots, onion, tomato soup, milk and water. Bring to a boil, then simmer over medium heat for 30 minutes. Reduce heat to low, and cook for 1 1/2 hours before serving.

Just Cheese Soup

Ingredients

1/2 cup butter
3/4 cup finely chopped onion
1/2 cup chopped carrot
1/2 cup all-purpose flour
2 tablespoons cornstarch
1 quart chicken stock
1 quart milk
1/8 teaspoon baking powder
3 cups shredded Cheddar cheese
salt and pepper to taste
chopped fresh parsley for garnish

Directions

Melt butter in a large pot over medium heat. Add the onion and carrot, and cook, stirring frequently until tender. Whisk in the flour and cornstarch, and cook for about a minute stirring constantly. Gradually whisk in the chicken stock and milk so that no lumps form.

Cook over medium heat, stirring constantly until the mixture is starting to thicken, 10 to 15 minutes. Remove from heat. Stir in the baking powder, and shredded cheese, and season with salt and pepper. Garnish with parsley before serving.

Crawfish and Corn Soup

Ingredients

1/2 cup butter
2 tablespoons all-purpose flour
1 medium onion, chopped
1/4 cup chopped green onion
4 cups milk
2 (15 ounce) cans cream-style corn
1 (15 ounce) can whole kernel corn
1 (10.75 ounce) can condensed cream of potato soup
1/4 teaspoon Creole seasoning
1/2 teaspoon Worcestershire sauce
1 dash pepper sauce (such as Frank's Red Hot®)
salt to taste
1 pound crawfish, peeled

Directions

Melt butter in a large pot over low heat, and stir in flour. Cook, stirring constantly to make a light roux, about 5 minutes.

Add onions, and cook until wilted. Pour in milk, creamed corn, whole kernel corn, and cream of potato soup. Season with Creole seasoning, Worcestershire sauce, pepper sauce, and salt. Stir to blend, and cook over medium heat for 20 minutes. Add the crawfish, and cook for 20 more minutes.

Red Bean 'N' Sausage Soup

Ingredients

1 pound turkey Italian sausage links, casings removed
1 medium onion, diced
3 cups chicken broth
3 medium tart apples, peeled and chopped
1 (14.5 ounce) can crushed tomatoes, undrained
2 tablespoons cider vinegar
2 tablespoons chopped green pepper
2 tablespoons chopped sweet red pepper
2 tablespoons brown sugar
1/2 teaspoon seasoned salt
1/2 teaspoon ground mustard
1/4 teaspoon rubbed sage
1/4 teaspoon chili powder
1/4 teaspoon pepper
1 (16 ounce) can kidney beans, rinsed and drained

Directions

In a large saucepan or soup kettle, cook the sausage and onion until meat is no longer pink; drain. Add the next 12 ingredients. Bring to a boil. Reduce heat; cover and simmer for 45 minutes, stirring occasionally. Add beans; heat through.

Cream of Artichoke Soup I

Ingredients

4 whole artichokes
2 cups water
2 cups chicken stock
1/2 cup dry vermouth
1 potato, diced
1 small carrot, diced
1 onion, chopped
1 small stalk celery, diced
2 cloves garlic, minced
2 bay leaves
1/2 teaspoon dried marjoram
1 cup heavy whipping cream
4 tablespoons grated Romano cheese
salt to taste
ground black pepper to taste

Directions

Steam the artichokes in 2 cups water until tender (about 45 minutes) and reserve the liquid afterwards. Allow the artichokes to cool.

Scrape the flesh from the bottom third of each leaf and place in medium soup pot along with the artichoke liquid.

Remove fuzzy choke from each artichoke bottom and discard.

Coarsely dice the artichoke bottoms and place in the soup pot. Next add chicken stock, vermouth, potato, carrot, onion, celery, garlic, bay leaves, and marjoram. Simmer until the vegetables are very tender and the liquid is reduced by 1/3, about 45 minutes.

Next puree the soup in a blender and return to the pot.

Add the cream and the cheese and heat through but don't boil. Add salt and pepper to taste. Serve with croutons on top.

Party Hit Creamy Pumpkin Soup

Ingredients

4 1/2 pounds sugar pumpkin
2 cups chicken broth
1 cup heavy cream
salt and pepper to taste
1 dash ground nutmeg
4 cups seasoned croutons

Directions

Cut the top off of the pumpkin and remove the seeds and strings. Carve out the flesh of the pumpkin until the shell is about 1/2 inch thick. Be careful not to make any holes in the skin - the pumpkin is the serving bowl. Steam the pumpkin flesh in a saucepan with an inch of water, over medium heat for 20 minutes. Remove from heat, drain and set aside to cool slightly.

In a saucepan over medium heat, cook the chicken broth until warm. Puree the pumpkin flesh and gradually stir into the pumpkin broth. Slowly bring the mixture to a boil. Mix in the cream then season with salt, pepper and nutmeg. Remove from heat. Pour soup into the pumpkin shell and garnish with croutons. Top with the pumpkin cap.

Swiss-Barley Mushroom Soup

Ingredients

1/2 pound fresh mushrooms,
sliced
1/2 cup chopped onion
1/2 cup butter or margarine,
melted
1/2 cup all-purpose flour
3 cups water
1/2 cup quick-cooking barley
3 chicken bouillon cubes
3 cups milk
2 cups shredded Swiss cheese
2 tablespoons Worcestershire
sauce
1 tablespoon dried parsley flakes
1/4 teaspoon pepper

Directions

In a 3-qt. saucepan, saute mushrooms and onion in butter until tender. With a slotted spoon, transfer mushrooms and onion to a bowl; set aside. Stir flour into pan drippings; cook over medium heat until lightly browned. Stir in water until smooth. Add barley; bring to a boil. Reduce heat; simmer, uncovered, stirring constantly, for 15 minutes or until barley is tender. Add bouillon, milk, cheese, Worcestershire sauce, parsley and pepper; cook and stir until bouillon is dissolved and cheese is melted. Add the mushroom mixture; heat through.

Squash and Apple Soup

Ingredients

2 teaspoons butter
1 onion, chopped
1 pound butternut squash, peeled and chopped
2 apples, peeled and chopped
1 small potato, peeled and chopped
1 teaspoon grated fresh ginger root
1 pinch white pepper
4 cups water
1/4 cup apple cider
1 teaspoon packed brown sugar
1/2 cup plain yogurt
1 tablespoon finely chopped toasted pecans

Directions

In a large saucepan melt butter over medium heat; cook onion, stirring occasionally, for 4 minutes or until softened. Add squash, apples, potato, ginger and pepper; stir in water. Cover and bring to boil; reduce heat to low and simmer for 12 to 15 minutes or until potatoes are tender.

In food processor or blender, puree soup, in batches if necessary, until smooth. Return to saucepan. Stir in apple cider and brown sugar; heat to boiling. Garnish with dollop of yogurt and sprinkle with pecans.

Curry Beef Soup

Ingredients

2 tablespoons butter
2 onions, chopped
1 pound cubed beef stew meat
6 cups beef stock
2 tablespoons curry powder
2 bay leaves
2 potatoes, sliced
2 tablespoons distilled white vinegar
2 teaspoons salt

Directions

Melt the butter in a large saucepan. Cook onions and beef cubes until beef is browned and onions are tender.

Add the beef stock, curry and bay leaves. Cook over low heat for 30 minutes.

Add the potatoes, vinegar and salt. Simmer for 45 minutes to 1 hour until all is tender. Remove bay leaves, and serve hot.

Broccoli-Walnut Soup

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 cup white wine
- 1 quart almond milk
- 2 teaspoons vegetarian chicken-flavored bouillon granules
- 1 small head broccoli, chopped
- 1/2 cup coarsely chopped walnuts
- 1 tablespoon honey
- 2 tablespoons soy sauce
- 2 tablespoons cornstarch
- 1/4 cup cold water
- 3 tablespoons toasted sesame seeds

Directions

Heat the olive oil in a large saucepan over medium heat, stir in the garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Pour in the wine, and bring to a simmer over medium-high heat. Cook for 3 minutes, then add the almond milk, and return to a simmer.

Once the almond milk is simmering, stir in the bouillon and broccoli. Cook until the broccoli is very tender, about 10 minutes. Stir in the walnuts, honey, and soy sauce. Dissolve the cornstarch in the water, then stir into the simmering soup until thickened. Serve sprinkled with sesame seeds.

Hearty Cabbage Soup

Ingredients

2 tablespoons vegetable oil
1 cup thinly sliced onions
2 apples - peeled, cored and finely diced
3 cups shredded cabbage
2 cloves garlic, minced
1 large potato, shredded
1 1/2 cups vegetable broth
2 teaspoons Italian seasoning
1 teaspoon white sugar
1/2 cup half-and-half cream
salt and pepper to taste

Directions

In a large heavy pot, cook onion and apple in oil over medium-high heat until lightly browned. Stir in cabbage and garlic, then reduce heat. Stir in potato, broth, Italian seasoning and sugar; cover and simmer 30 minutes.

Stir in cream, salt and pepper. Heat through and serve.

Buffalo Chicken Soup

Ingredients

1/4 cup butter
3 stalks celery, diced
1 small onion, diced
1/4 cup all-purpose flour
3/4 cup half-and-half cream
3 cups water
1 cube chicken bouillon
2 cups cubed cooked chicken
1/4 cup buffalo wing sauce, or
more to taste
1 1/2 cups shredded Cheddar
cheese
salt and pepper to taste

Directions

Melt the butter in a large pot over medium-high heat; cook the celery and onion in the melted butter until tender, about 5 minutes. Add the flour and allow to cook until absorbed, about 2 minutes more. Slowly stir the half-and-half and water into the mixture. Dissolve the bouillon in the liquid. Stir in the chicken, buffalo wing sauce, and Cheddar cheese. Season with salt and pepper. Reduce heat to medium-low. Stirring occasionally, allow the soup to simmer until the the cheese has melted completely, about 10 minutes.

Colombian Ahuyama Soup

Ingredients

2 tablespoons butter
1 onion, chopped
2 cloves garlic, minced
1/2 teaspoon curry powder
1/4 teaspoon red pepper flakes
4 1/2 quarts chicken broth
2 1/2 pounds butternut squash,
peeled and cubed
1/4 teaspoon ground nutmeg
1 teaspoon Worcestershire sauce
1 tablespoon creamy peanut
butter
1/2 cup light cream
1/4 cup chopped fresh parsley

Directions

Melt the butter in a large pot over medium heat. Stir in the onion, garlic, curry powder, and red pepper flakes. Cook until the onion has turned translucent, 5 to 8 minutes.

Stir the chicken stock and squash into the onion mixture. Simmer the soup over medium heat until the squash is tender when pierced with a fork, about 20 minutes. Turn off the heat, and stir in the nutmeg, Worcestershire sauce, and peanut butter. Transfer the mixture in batches to a blender or food processor; blend until smooth, slowly pouring in the cream. Reheat soup if necessary, but do not boil. Serve garnished with parsley.

Rachel's Tomato Basil Soup

Ingredients

1 (28 ounce) can crushed tomatoes
1 (11.5 ounce) can tomato-vegetable juice cocktail
1 (14.5 ounce) can chicken broth
20 fresh basil leaves, cut into thin strips
1 cup heavy cream
1/4 cup butter or margarine

Directions

In a large saucepan, combine the tomatoes, vegetable juice, and chicken broth. Bring to a boil, and cook for 30 minutes. Remove from heat, and stir in the basil. At this point, you may puree the soup if you wish. Add the cream and butter; return to medium-low heat, and stir until butter is melted. Serve immediately.

Onion Soup Pork Chops

Ingredients

2 pork chops
1 (1 ounce) package dry onion
soup mix
1 (6 ounce) package uncooked
wild rice
3 cups water

Directions

Preheat oven to 350 degrees F (175 degrees C).

Brown pork chops in a medium skillet over medium heat. In a medium bowl combine the soup mix and rice. Mix together and spread in the bottom of a 9x13 inch baking dish. Lay browned chops on top of rice. Pour water over all, gently. Cover dish tightly with aluminum foil and bake in the preheated oven for 1 hour, or until internal temperature of pork has reached 160 degrees F (70 degrees C).

Salmon and Garbanzo Bean Soup

Ingredients

1/2 pound bacon, chopped
1 onion, thinly sliced
1 pound salmon fillets, cut into 1 inch cubes
5 cups chicken broth
1 bunch fresh spinach, rinsed and thinly sliced
1 (14 ounce) can garbanzo beans, drained
salt and pepper to taste

Directions

Cook bacon in a large pot over medium-high heat until the fat has rendered out and the bacon begins to crisp. Pour out the excess grease, then stir in the onion. Continue cooking and stirring until the onion has turned golden-brown, 5 to 8 minutes more. Add the salmon cubes, and cook gently until they turn opaque on all sides, but are not yet cooked in the center.

Increase heat to high, and pour in the chicken broth. Once the soup begins to simmer, reduce heat to medium-low, and cook for 10 minutes. Stir in the spinach and garbanzo beans, return to a simmer, then season to taste with salt and pepper, and serve.

Pot O' Gold Potato Soup

Ingredients

3/4 cup chopped celery
3/4 cup chopped onion
1/4 cup butter or margarine
2 (14.5 ounce) cans chicken broth
2 1/3 cups mashed potato flakes
1 1/2 cups milk
1/2 cup cubed process American cheese
3/4 teaspoon garlic salt
1/8 teaspoon chili powder
1/2 cup sour cream

Directions

In a 3-qt. saucepan, saute celery and onion in butter for 2-3 minutes. stir in broth; bring to boil. Reduce heat. Add potato flakes; cook and stir for 5-7 minutes. Add milk, cheese, garlic salt and chili powder. Cook and stir until cheese is melted. Just before serving, add sour cream and heat through (do not boil).

Jamaican Tortilla Soup

Ingredients

3 skinless, boneless chicken breast halves
8 cups water
8 teaspoons chicken bouillon granules
1 cup chopped carrot
1/4 teaspoon ground allspice
1/2 teaspoon chopped fresh thyme
1/8 teaspoon ground cinnamon
1 tablespoon chopped fresh ginger
1 tablespoon minced garlic
1 cup chopped tomato
1 cup coconut milk
1 teaspoon hot pepper sauce
1 cup shredded mozzarella cheese
2 cups crispy tortilla strips
2 limes, cut into wedges

Directions

Preheat an outdoor or indoor grill for medium heat. Grill chicken breasts for 6 to 8 minutes per side, or until browned and cooked through. Remove from the grill, and cut into chunks.

In a large pot, combine the chicken, water, bouillon and carrot. Season with allspice, thyme, cinnamon, ginger and garlic. Bring to a boil, then simmer over medium heat for about 10 minutes, or until carrots are tender. Pour in the tomato, coconut milk and hot pepper sauce. Heat through, but do not boil.

Ladle into bowls, and top with shredded mozzarella cheese and tortilla strips. Squeeze juice onto soup from lime wedges.

Chicken Soup I

Ingredients

1 (2 to 3 pound) whole chicken
1 parsnip, sliced
1 turnip, quartered
2 carrots, quartered
2 stalks celery, quartered
1 leek, quartered
1 onion, quartered
3 sprigs fresh parsley
1 teaspoon chopped fresh dill
salt and pepper to taste

Directions

Place chicken, parsnip, turnip, carrots, celery, leek, onion, parsley and dill in an 8 quart stock pot; cover with water and bring to a boil. Reduce heat; cover, and simmer for 2 hours.

Remove whole chicken from soup, tear meat from bone, and set meat aside. Discard chicken bones, parsley and dill. Remove vegetables from stock pot. Using a food processor, puree vegetables and return to stock pot, along with chicken. Salt and pepper to taste.

Karyn's Cream of Crab Soup

Ingredients

3 tablespoons all-purpose flour
1 (1.25 ounce) envelope
hollandaise sauce mix
4 cups half-and-half, divided
1/4 cup butter
3 tablespoons Old Bay Seasoning
TM
1/2 teaspoon dry mustard
1/4 teaspoon celery seed
1 cup whipping cream
1 tablespoon cooking sherry
1 pound fresh crabmeat

Directions

In a medium bowl, blend flour and hollandaise sauce mix with 2 cups half-and-half.

Melt butter in a medium, heavy saucepan over medium heat. Slowly add hollandaise mixture, stirring constantly until thickened. Add remaining half-and-half, Old Bay, dry mustard, celery seed, and whipping cream. Bring to a simmer and reduce heat to low. Add crabmeat and sherry, stirring gently until warmed through. Serve immediately.

Beer Cheese Soup VII

Ingredients

3/8 cup butter
1 1/2 cups chopped onion
3 (12 fluid ounce) cans or bottles
beer
1 1/2 cups diced carrots
3 stalks celery, diced
1 tablespoon ground cumin
2 1/2 teaspoons salt
3/4 teaspoon ground nutmeg
1/8 teaspoon ground cloves
1/4 teaspoon ground black
pepper
3 cups sour cream
12 ounces processed cheese,
cubed

Directions

In a large pot over medium heat, melt butter. Cook onion in butter until tender. Stir in beer, carrots and celery. Bring to a boil, then reduce heat, cover and simmer 10 minutes.

Stir in cumin, salt, nutmeg, cloves and pepper. Bring to a boil again, then reduce heat, cover and simmer 30 minutes.

Remove from heat and stir in sour cream and cheese. Serve at once.

Tomato Soup I

Ingredients

1 (29 ounce) can diced tomatoes
1 (10.5 ounce) can condensed chicken broth, undiluted
2 tablespoons margarine
2 tablespoons white sugar
1 tablespoon chopped onion
1/4 teaspoon baking soda
2 cups heavy whipping cream

Directions

In a large stock pot mix tomatoes, chicken broth, butter, sugar, onion and baking soda. Simmer for 1 hour.

In a double boiler heat cream until hot. You can also do this in a regular saucepan over low heat, but watch it carefully so that the cream does not scorch! Once heated through add to tomato soup and serve.

Celeriac and Pear Soup

Ingredients

3 tablespoons butter
1 clove garlic, minced
1 shallot, minced
1 onion, chopped
4 celeriac (celery roots), peeled and cubed
1 carrot, chopped
3 stalks celery, chopped
1 large potato, peeled and cubed
8 cups vegetable broth
1 teaspoon crushed black peppercorns
1 teaspoon dried tarragon
1 teaspoon crumbled dried sage
1 tablespoon dried thyme leaves
1 tablespoon dried parsley
3 pears - peeled, cored, and chopped
1/2 cup heavy cream (optional)
salt and ground black pepper to taste

Directions

Melt the butter in a large pot over medium heat. Stir in the garlic, shallot, and onion. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the celeriac, carrot, celery, potato, and 1 cup of the vegetable broth; cook and stir until the vegetables are heated, about 5 minutes before pouring in the remaining broth. Season with the pepper, tarragon, sage, thyme, and parsley; gently stir the pears into the mixture; bring to a boil. Reduce heat to medium-low; cover and simmer until the vegetables are tender, about 20 minutes.

Remove the soup from the heat and allow to cool for 10 minutes; stir the cream into the soup. 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. Season to taste with salt and pepper before serving.

Lemon Chicken Soup

Ingredients

1 (10.5 ounce) can condensed chicken and rice soup
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
2 1/4 cups water
1 cup diced cooked chicken
1 tablespoon lemon juice
pepper to taste
Minced fresh parsley

Directions

In a 3-qt. saucepan, combine soups and water; mix well. Heat through. Add the chicken if desired. Stir in lemon juice and pepper. Garnish with parsley if desired.

Pumpkin and Sausage Soup

Ingredients

1/2 pound andouille sausage,
diced
1/4 cup butter
1 1/4 cups chopped onion
1 teaspoon dried thyme
1 1/2 pounds pumpkin puree
1/4 cup praline liqueur
7 cups chicken stock
1/2 cup packed brown sugar
3/8 cup heavy cream

Directions

Cook diced sausage in skillet with 2 tablespoons butter for 5 minutes.

Add onion and cook until soft. Add thyme and pumpkin OR sweet potatoes and cook 5 minutes.

Add liqueur, broth, and brown sugar. Cover and simmer over low heat for 45 minutes, or until pumpkin OR potatoes are tender.

In blender puree soup in batches. Return to pan and stir in cream and remaining 2 tablespoons butter. Warm but do not boil. Serve immediately.

Callaloo Soup

Ingredients

1 pound callaloo leaves or spinach
6 cups chicken stock
1 onion, chopped
1/2 pound salt beef, fat removed
and diced
1/2 teaspoon ground black
pepper
6 tablespoons minced shallots
1/4 teaspoon dried thyme
1 green chile pepper, chopped
1 cup okra
1/2 pound crabmeat

Directions

Remove the thick stems of the callaloo leaves, chop roughly, and put into a large saucepan. Add the chicken stock, onion, beef, black pepper, shallots, thyme, chili pepper, and crab meat. Cover, and simmer until meat is tender, about 35 minutes.

Add the okra, and cook for 8 minutes.

Remove the chili pepper. Puree the soup in a blender or food processor. Reheat, and adjust seasonings.

Low-Fat Broccoli Soup

Ingredients

2 cups chopped fresh or frozen broccoli
1/2 cup chopped onion
1 (14.5 ounce) can reduced-sodium chicken broth
2 tablespoons cornstarch
1 (12 fluid ounce) can fat-free evaporated milk

Directions

In a saucepan, combine broccoli, onion and broth; simmer for 10-15 minutes or until vegetables are tender. Puree half of the mixture in a blender; return to the saucepan. In a small bowl, whisk cornstarch and 3 tablespoons of milk until smooth. Gradually add remaining milk. Stir into the broccoli mixture. Bring to a boil; boil and stir for 2 minutes.

Cabbage Beef Soup

Ingredients

2 tablespoons vegetable oil
1 pound ground beef
1/2 large onion, chopped
5 cups chopped cabbage
2 (16 ounce) cans red kidney beans, drained
2 cups water
24 ounces tomato sauce
4 beef bouillon cubes
1 1/2 teaspoons ground cumin
1 teaspoon salt
1 teaspoon pepper

Directions

Heat oil in a large stockpot over medium high heat. Add ground beef and onion, and cook until beef is well browned and crumbled. Drain fat, and transfer beef to a slow cooker. Add cabbage, kidney beans, water, tomato sauce, bouillon, cumin, salt, and pepper. Stir to dissolve bouillon, and cover.

Cook on high setting for 4 hours, or on low setting for 6 to 8 hours. Stir occasionally. Enjoy!

Winter Melon Meatball Soup

Ingredients

1 pound ground pork
2 tablespoons cornstarch
1/2 bunch cilantro leaves, finely chopped
3 tablespoons soy sauce
2 tablespoons white sugar
2 tablespoons minced garlic
2 tablespoons minced fresh ginger
2 eggs

6 cups water
2 pounds Chinese winter melon (dong gua), cut into 1 inch cubes
3 slices fresh ginger
1 tablespoon salt
1 tablespoon white sugar

Directions

Sprinkle pork with cornstarch, cilantro, soy sauce, sugar, garlic, and ginger. Mix eggs into pork until completely incorporated and the mixture becomes sticky.

Combine water, winter melon, ginger, salt, and sugar in a large saucepan. Bring to a boil over high heat, then reduce heat to medium, and simmer for 5 minutes. Meanwhile, form 1 teaspoon-sized meatballs out of the pork mixture. Gently drop meatballs into simmering soup; simmer 8 to 10 minutes more until meatballs have cooked.

Oxtail Soup I

Ingredients

3 pounds beef oxtail
3 teaspoons salt
1/4 teaspoon ground black pepper
1 onion, chopped
2 carrots, sliced
1 parsnip, sliced
1 turnip, peeled and diced
2 tablespoons brandy (optional)
6 cups water
1/2 teaspoon dried savory
1 bay leaf
1/2 cup barley
2 ounces dried mushrooms

Directions

Rehydrate dried mushrooms in hot water for 30 to 45 minutes. Drain, and slice.

Trim all fat off oxtails. Spread on a shallow roasting pan. Roast at 450 degrees F (230 degrees C) for 45 minutes. Drain off fat, reserving about 2 tablespoons.

Add 1 cup of water to roasting pan in which oxtails were browned. Heat, stirring constantly, to dissolve browned bit. Reserve.

In a large stock pot, saute onion, carrots, parsnip, mushrooms and turnip in reserved fat until soft, about 10 minutes. Add browned oxtails. Drizzle brandy over the saute. Ignite.

Pour reserved water and browning over the oxtails and vegetables. Add remaining 5 cups of water. Add savory, bay leaf, barley, salt, and pepper. Bring to boil, and then reduce heat. Cover, and simmer slowly for 2 hours. Adjust seasonings.

Spicy Chicken Curry Soup

Ingredients

1 tablespoon peanut oil
1 clove garlic, minced
1/2 carrot, peeled and diced
1 (14 ounce) can coconut milk
1 tablespoon green curry paste
2 skinless, boneless chicken
breast halves - cubed
2 cups chicken stock
1 lime, juiced
1/4 cup chopped green onions

Directions

Heat the oil in a medium pot over medium heat. Stir in the garlic and carrot, and cook 5 minutes. Mix in 1/4 the coconut milk. Stirring constantly, bring to a boil. Mix in curry paste. Place the chicken in the pot, and toss to coat.

Reduce heat to low, and pour in the chicken stock. Cook until heated through. Stir in remaining coconut milk, lime juice, and green onions. Continue to cook and stir at least 10 minutes before serving.

Pumpkin Flower Soup (Sopa de Flor de Calabaza)

Ingredients

1 poblano chile, or more to taste
1 cup butter
2 large onions, minced
1 head garlic, minced, or to taste
4 cups diced zucchini
2 cups fresh corn kernels
1 cup diced carrots
2 cups tomato puree
6 cups water
1 sprig epazote (found in Hispanic markets)
4 cubes chicken bouillon
4 cups fresh pumpkin flowers, washed and coarsely chopped
1 1/2 cups heavy cream
salt and pepper to taste

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Cut the poblano pepper in half from top to bottom; remove the stem and seeds, and place the pepper, cut side down, onto the prepared baking sheet. Cook under the preheated broiler until the skin of the pepper has blackened and blistered, about 5 minutes. Place the blackened pepper into a bowl, and tightly seal with plastic wrap. Allow the pepper to steam as it cools, about 10 minutes. Once cool, peel the skin from the pepper.

Melt the butter in a large sauce pan over medium-low heat, and cook and stir the onions until translucent, 3 to 5 minutes. Stir in the garlic, cook and stir for another 2 to 3 minutes until cooked but not browned, and add the zucchini, corn, and carrots. Cook and stir the vegetables until tender, about 15 minutes. Pour in the tomato puree and water, and add the epazote, chicken bouillon cubes, and peeled poblano pepper. Bring the mixture to a boil, reduce heat, and simmer for about 10 minutes.

Working in batches if necessary, pour the soup into a blender and blend until smooth. Pour the blended soup into a large saucepan, and bring to a simmer over medium-low heat. Stir in the chopped pumpkin flowers, and simmer until cooked and tender, 5 to 10 minutes. Stir in the cream, mix well, and add salt and pepper to taste.

Cajun Corn Soup

Ingredients

1 1/2 cups chicken broth
1 cup water
1 green bell pepper, chopped
3/4 (14.5 ounce) can diced tomatoes, drained
3/4 (15 ounce) can whole kernel corn, drained
1/2 teaspoon garlic salt
1/4 teaspoon cayenne pepper
1/4 teaspoon paprika
1 tablespoon vegetable oil
1 leek, chopped
1 clove garlic, chopped
1/2 (15 ounce) can black beans

Directions

Mix the broth and water in a pot, and bring to a boil. Stir in the green bell pepper, tomatoes, and corn. Season with garlic salt, cayenne pepper, and paprika. Reduce heat to low, and simmer 10 minutes. Transfer 1/2 the mixture to a blender, blend until smooth, and return to pot.

Heat the oil in a skillet over medium heat. Stir in the leek and garlic, and cook 5 minutes, until tender. Transfer to blender. Place black beans and about 1/2 cup of the soup into blender. Blend until smooth. Mix into the soup, and continue cooking 10 minutes, until heated through.

The Best Bean and Ham Soup

Ingredients

1 (20 ounce) package 15 bean mixture, soaked overnight
1 ham bone
2 1/2 cups cubed ham
1 large onion, chopped
3 stalks celery, chopped
5 large carrots, chopped
1 (14.5 ounce) can diced tomatoes, with liquid
1 (12 fluid ounce) can low-sodium vegetable juice
3 cups vegetable broth
2 tablespoons Worcestershire sauce
2 tablespoons Dijon mustard
1 tablespoon chili powder
3 bay leaves
1 teaspoon ground black pepper
1 tablespoon dried parsley
3 tablespoons lemon juice
7 cups low fat, low sodium chicken broth
1 teaspoon kosher salt

Directions

Place the soaked beans into a large pot and fill with enough water to cover by about 1 inch. Bring to a boil, then simmer over low for 30 minutes. Drain. Add the ham bone, ham, onion, celery, carrots, tomatoes, vegetable juice, and vegetable broth. Season with Worcestershire sauce, Dijon mustard, chili powder, bay leaves, pepper, parsley and lemon juice. Pour in enough of the chicken broth to cover the ingredients.

Simmer over low heat, stirring occasionally, for about 8 hours. Add more chicken broth as needed throughout the day. Remove the ham bone and season with salt if needed. Continue to simmer for a couple more hours. Remove bay leaves before serving.

Tomato Orzo Soup

Ingredients

7 1/2 cups water
2 (10.5 ounce) cans vegetable
broth
2 (10.75 ounce) cans condensed
tomato soup
5 teaspoons chicken bouillon
powder
1 1/2 cups diced carrots
1 1/2 cups diced celery
1 cup green peas
1 1/2 cups uncooked orzo pasta
1/2 cup fresh parsley

Directions

Place water, chicken broth, tomato soup, chicken bouillon, carrots, celery, peas and orzo pasta in large stock pot and bring to boil. Reduce heat and simmer for 30 minutes, or until vegetables are tender. Sprinkle with parsley just before serving.

Miso Soup

Ingredients

2 teaspoons dashi granules
4 cups water
3 tablespoons miso paste
1 (8 ounce) package silken tofu,
diced
2 green onions, sliced diagonally
into 1/2 inch pieces

Directions

In a medium saucepan over medium-high heat, combine dashi granules and water; bring to a boil. Reduce heat to medium, and whisk in the miso paste. Stir in tofu. Separate the layers of the green onions, and add them to the soup. Simmer gently for 2 to 3 minutes before serving.

Curried Butternut Squash and Pear Soup

Ingredients

1 (2 pound) butternut squash
3 tablespoons unsalted butter
1 onion, diced
2 cloves garlic, minced
2 teaspoons minced fresh ginger root
1 tablespoon curry powder
1 teaspoon salt
4 cups reduced sodium chicken broth
2 firm ripe Bartlett pears, peeled, cored, and cut into 1 inch dice
1/2 cup half and half

Directions

Preheat an oven to 375 degrees F (190 degrees C). Line a rimmed baking sheet with parchment paper.

Cut squash in half lengthwise; discard seeds and membrane. Place squash halves, cut sides down, on the prepared baking sheet. Roast in preheated oven until very soft, about 45 minutes. Scoop the pulp from the peel, and reserve.

Melt butter in a large soup pot over medium heat. Stir in the onion, garlic, ginger, curry powder, and salt. Cook and stir until the onion is soft, about 10 minutes. Pour the chicken broth into the pot, and bring to a boil. Stir in the pears and the reserved squash, and simmer until the pears are very soft, about 30 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. Puree in batches until smooth. Return the soup to the pot, stir in the half and half, and reheat.

Butternut Squash Soup II

Ingredients

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium potatoes, cubed
1 medium butternut squash -
peeled, seeded, and cubed
1 (32 fluid ounce) container
chicken stock
salt and freshly ground black
pepper to taste

Directions

Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Diann's Chili Vegetable Soup

Ingredients

2 pounds ground beef
6 stalks celery, chopped
2 onion, chopped
1 green bell pepper, chopped
1 small head cabbage, chopped
3 (15 ounce) cans kidney beans
46 ounces tomato-vegetable juice cocktail
1 (46 fluid ounce) can tomato juice
2 (15 ounce) cans whole kernel corn, drained
4 (14.5 ounce) cans diced tomatoes
3 tablespoons chili powder
1/4 tablespoon garlic powder
salt and pepper to taste

Directions

In a large soup pot, saute ground beef until brown. Drain excess fat.

Add celery, onions, green bell peppers, cabbage, kidney beans, vegetable juice, tomato juice, corn, diced tomatoes and chili powder. Bring to a boil, then reduce heat to low. Cover pot and let simmer about one hour, or until celery is tender. Add garlic powder and salt and pepper to taste.

Hearty Garlic Potato Soup

Ingredients

8 medium potatoes, peeled and cut into 1/2-inch cubes
1 large carrot, peeled and chopped
2 garlic cloves, peeled
1/2 pound bulk Italian sausage
1 small onion, chopped
1/4 cup butter or margarine
1/4 cup all-purpose flour
8 cups milk
2 teaspoons minced fresh parsley
1 1/2 teaspoons salt
1 teaspoon chicken bouillon granules
1/2 teaspoon seasoned salt
1/4 teaspoon pepper

Directions

Place potatoes, carrot and garlic in a Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until tender. Drain. Place 3 cups potato mixture in a bowl and mash. Set aside mashed potatoes and remaining potato mixture.

In a skillet, cook sausage and onion over medium heat until meat is no longer pink; drain and set aside. In a soup kettle, melt butter. Stir in flour until smooth; gradually add the milk. Bring to a boil; cook and stir for 2 minutes or until soup is thickened.

Add the parsley, salt, bouillon, seasoned salt and pepper; mix well. add the mashed potato mixture; cook and stir until heated through. Add the reserved potato and sausage mixtures. Heat through.

Texas Black Bean Soup

Ingredients

2 (15 ounce) cans black beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes, or Mexican stewed tomatoes, cut up
1 (14.5 ounce) can diced tomatoes, or diced tomatoes with green chilies
1 (14.5 ounce) can chicken broth
1 (11 ounce) can Mexicorn, drained
2 (4 ounce) cans chopped green chilies
4 green onions, thinly sliced
3 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon dried minced garlic

Directions

In a slow cooker, combine all ingredients. Cover and cook on high for 4-5 hours or until heated through.

Tortilla Soup I

Ingredients

9 cups chicken broth
6 cloves roasted garlic
1/2 cup chopped tomatoes
1/2 yellow onion, chopped
2 fresh jalapeno peppers, sliced into rings
1 teaspoon dried oregano
1/2 yellow onion, sliced
2 cups shredded, cooked chicken meat
1 lime, juiced
6 (6 inch) corn tortillas, cut into strips and toasted for garnish

Directions

In heavy pot, bring the broth to a boil. Add garlic, tomatoes, chopped onion, jalapeno, and oregano to the stocks. Simmer uncovered for 30 minutes.

Broil the sliced onions until soft and a little brown. Add broiled onions, chicken, lime juice to soup, and simmer till chicken is heated.

Place toasted tortilla strips in each bowl and pour soup over strips.

Slow Cooker Fifteen Bean Soup

Ingredients

1 large, meaty ham hock
4 slices bacon, diced
3 onions, chopped
3 carrots, diced
1 small head cabbage, shredded
3 tablespoons chili powder
1 clove garlic, minced
1 (8 ounce) package 15 bean mixture, soaked overnight
1 (28 ounce) can crushed tomatoes
1 teaspoon chopped fresh sage
salt and pepper to taste

Directions

Place the ham hock in a 5 to 6 quart slow cooker, and fill half way full with water. Set to High.

Heat a large skillet over medium heat. Cook the bacon for a few minutes, then add onions, carrots, and cabbage. Cook, stirring frequently for about 5 minutes. Stir in chili powder and garlic; cook for 2 more minutes. Transfer the mixture to the slow cooker, and add beans, tomatoes, and sage.

Cover, and cook 2 hours on High. Reduce heat to Low, and cook for 6 to 7 hours, or until beans are tender. Transfer ham hock to a cutting board, remove meat from bone, and return meat to slow cooker. Season with salt and fresh ground pepper to taste.

Sorrel Soup

Ingredients

3 cups vegetable broth
2 tablespoons uncooked white rice
1 bunch sorrel, stemmed and rinsed
1/2 cup heavy cream
salt and pepper to taste

Directions

In a large saucepan bring vegetable broth to a boil over medium heat. Stir in rice and continue to boil for about 8 minutes. Stir in sorrel and return to a boil. Remove from heat and puree in batches in a blender or food processor or using an immersion blender.

Return to medium-low heat and stir in cream, salt and pepper. Heat through and serve.

Lithuanian Pork Spareribs and Sauerkraut Soup

Ingredients

1 pound cubed beef stew meat
1 pound pork spareribs
1 pound pork chops
1 pound smoked pork butt
1 cup water
4 pounds sauerkraut
1 cup water
4 pounds finely chopped cabbage
1/4 pound bacon
1/2 cup chopped onion
2 tablespoons all-purpose flour
1 pound kielbasa sausage, sliced thin
1 (29 ounce) can diced tomatoes
salt and pepper to taste

Directions

Brown the beef, spareribs and loin chops in a large heavy pot. Put the browned meats and the smoked pork butt with 1 cup of water into a separate, covered pan and simmer until tender, removing the pork chops after about 30 minutes, the butt after 1 hour, the beef after 1 1/2 to 2 hours and the spareribs after 2 hours.

Meanwhile, pour off all the fat from the first pot and put in the sauerkraut and one cup of water. Stir in the chopped cabbage. Cover and cook until cabbage is tender, about 30 minutes. Remove lid and keep pot on a very low simmer.

In a third pan, fry bacon until crisp, then crumble into sauerkraut mixture. Remove most of the bacon fat and fry onions and flour until they just brown. Mix into sauerkraut mixture.

As you remove the meats from the second pan, cut away fat and bone and cut the meat into small pieces. Add to sauerkraut mixture.

Skim the fat off the meat juices and add to sauerkraut mixture. Take off skin from kielbasa and cut into slices. Add to sauerkraut mixture with the tomatoes. Salt, pepper to taste. Bring to a boil, simmer 5 minutes and serve hot.

Hearty Tomato Rice Soup

Ingredients

1 (14.5 ounce) can beef broth
1 quart water
1/3 cup tomato paste
1 teaspoon minced garlic
2 bay leaves
4 cubes beef bouillon
1 pinch freshly ground black pepper to taste
1/2 cup uncooked long grain white rice
1 cup shredded Cheddar cheese (optional)

Directions

In a pot over medium heat, mix the beef broth, water, tomato paste, garlic, and bay leaves. Stir in the beef bouillon until dissolved. Season with pepper. Bring to a boil, and mix in the rice. Reduce heat to low, cover, and cook 25 minutes, until rice is tender. Remove bay leaves, and serve warm with a sprinkling of Cheddar cheese.

Steak Soup

Ingredients

2 tablespoons butter
2 tablespoons vegetable oil
1 1/2 pounds lean boneless beef
round steak, cut into cubes
1/2 cup chopped onion
3 tablespoons all-purpose flour
1 tablespoon paprika
1 teaspoon salt
1/4 teaspoon ground black
pepper
4 cups beef broth
2 cups water
4 sprigs fresh parsley, chopped
2 tablespoons chopped celery
leaves
1 bay leaf
1/2 teaspoon dried marjoram
1 1/2 cups peeled, diced Yukon
Gold potatoes
1 1/2 cups sliced carrots
1 1/2 cups chopped celery
1 (6 ounce) can tomato paste
1 (15.25 ounce) can whole kernel
corn, drained

Directions

Melt butter and oil in a large skillet over medium heat until the foam disappears from the butter, and stir in the steak cubes and onion. Cook and stir until the meat and onion are browned, about 10 minutes. While beef is cooking, mix together flour, paprika, salt, and pepper in a bowl. Sprinkle the flour mixture over the browned meat, and stir to coat.

In a large soup pot, pour in the beef broth and water, and stir in the parsley, celery leaves, bay leaf, and marjoram. Stir in beef mixture, and bring to a boil. Reduce heat to medium-low, cover the pot, and simmer, stirring occasionally, until meat is tender, about 45 minutes.

Mix in the potatoes, carrots, celery, tomato paste, and corn; bring the soup back to a simmer, and cook uncovered, stirring occasionally, until the vegetables are tender and the soup is thick, 15 to 20 minutes. Remove bay leaf and serve hot.

Minestrone Soup I

Ingredients

4 tablespoons margarine
3/4 cup chopped onion
1/4 cup chopped celery
1/2 cup chopped carrots
1 (19 ounce) can cannellini beans
1/2 cup shredded cabbage
1 (14.5 ounce) can stewed tomatoes
1 tablespoon tomato paste
1 1/2 cups cubed potatoes
1 quart chicken broth
2 cloves garlic, minced
2 tablespoons dried parsley
1 teaspoon salt
1/2 cup elbow macaroni
1/2 cup grated Parmesan cheese

Directions

Melt butter or margarine in a heavy pot over medium heat. Add onion, celery, and carrots; saute for a few minutes.

Add beans, cabbage, tomatoes, tomato paste, potato, stock, garlic, parsley, and salt to the pot. Bring to a boil, cover, and reduce heat. Simmer for approximately 1 hour until vegetables are barely tender.

Add pasta, and simmer for 30 minutes more. Correct seasoning, and serve hot with grated cheese.

Savory Kale, Cannellini Bean, and Potato Soup

Ingredients

2 tablespoons extra-virgin olive oil
1 onion, diced
3/4 cup diced carrot
4 cloves garlic, minced
3 cups low-sodium chicken broth
2 cups water
1 cup white wine
3 potatoes, halved and sliced
1/2 teaspoon chopped fresh rosemary
1/2 teaspoon chopped fresh sage
1/2 teaspoon chopped fresh thyme
1 (16 ounce) can cannellini beans, rinsed and drained
2 cups finely chopped kale leaves
1 small red chile pepper, seeded and chopped fine
ground black pepper to taste

Directions

Heat the olive oil in a large Dutch oven over medium heat; cook and stir the onion until softened and translucent, about 5 minutes. Stir in the carrot and garlic, and cook for 5 minutes more.

Pour in the chicken broth, water, and white wine; stir in the potatoes, rosemary, sage, and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Add the cannellini beans, kale, chile pepper, and black pepper, and simmer, covered, for 30 more minutes.

Quick Hoppin' John Soup

Ingredients

1 pound sage pork sausage
1 (6 ounce) package uncooked long grain and wild rice mix, with seasoning packet
2 (15 ounce) cans black-eyed peas, drained
2 (14.5 ounce) cans diced tomatoes, with liquid
2 (14 ounce) cans chicken broth
2 cups water
salt to taste

Directions

Crumble sausage into a skillet over medium heat and cook until evenly brown.

In a large pot, mix the cooked sausage, rice mix with seasoning packet, black-eyed peas, tomatoes, broth and water. Bring to a boil. Reduce heat to low, cover and simmer 20 minutes, or until rice is tender. Season to taste with salt.

Classic Chicken Noodle Soup

Ingredients

1 recipe Fast Chicken Soup Base
3 cups egg noodles
1 cup frozen green peas
1/2 cup chopped fresh parsley
Salt and freshly ground black pepper

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 3 cups egg noodles.

Before removing from heat, stir in: 1 cup (5 ounces) frozen green peas and 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.

Butter Bean Veggie Soup

Ingredients

3 celery ribs, chopped
3 medium carrots, chopped
1 small onion, chopped
2 tablespoons olive oil
3 tablespoons all-purpose flour
2 (14.5 ounce) cans chicken broth
2 (15 ounce) cans butter beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes, cut up
1 teaspoon dried basil
1/2 teaspoon salt
1/2 teaspoon dried parsley flakes
1/4 teaspoon pepper

Directions

In a large saucepan, saute the celery, carrots and onion in oil until tender. Stir in flour until blended. Gradually add the broth.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until soup is heated through.

Chicken Tortilla Soup V

Ingredients

2 skinless, boneless chicken breasts
1/2 teaspoon olive oil
1/2 teaspoon minced garlic
1/4 teaspoon ground cumin
2 (14.5 ounce) cans chicken broth
1 cup frozen corn kernels
1 cup chopped onion
1/2 teaspoon chili powder
1 tablespoon lemon juice
1 cup chunky salsa
8 ounces corn tortilla chips
1/2 cup shredded Monterey Jack cheese (optional)

Directions

In a large pot over medium heat, saute the chicken in the oil for 5 minutes. Add the garlic and cumin and mix well. Then add the broth, corn, onion, chili powder, lemon juice and salsa. Reduce heat to low and simmer for about 20 to 30 minutes.

Break up some tortilla chips into individual bowls and pour soup over chips. Top with the Monterey Jack cheese and a little sour cream.

Souper Simple Mac 'n' Cheese

Ingredients

1 (10.75 ounce) can Campbell's®
Condensed Cheddar Cheese
Soup
1/2 (10.75 ounce) can milk
1/2 (10.75 ounce) can water
1 cup uncooked corkscrew-
shaped pasta

Directions

Heat the soup, milk and water in a 3-quart saucepan over medium-high heat to a boil.

Stir the pasta in the saucepan. Reduce the heat to low. Cook for 20 minutes or until the pasta is tender, stirring often.

Chicken and Rice Soup I

Ingredients

3/4 cup chopped celery
3/4 cup finely diced onion
1 cup uncooked white rice
2 cubes chicken bouillon
2 1/2 cups water
1/2 cup butter, melted
4 tablespoons all-purpose flour
2 cups milk
1 1/2 cups chopped, boiled chicken
1 cup milk
ground black pepper to taste

Directions

Cook celery, onion, rice, bouillon, and water about 20 minutes or until most of the water is absorbed by the rice. Remove from the heat.

Make a cream base: Combine butter and flour in a small skillet, making a paste. Add 2 cups milk and stir to make a smooth sauce.

Add cream base to the rice mixture. Add chicken and 1 cup milk. If the soup seems thick, add more milk. Add pepper to taste and serve hot.

Vegetable Cheesy Soup

Ingredients

1 (16 ounce) package frozen mixed vegetables
1/2 cup sliced celery
1 onion, chopped
2 cups water
1/4 cup margarine
1/4 cup all-purpose flour
2 cups milk
8 ounces shredded Cheddar cheese
1 (14.75 ounce) can creamed corn
salt to taste
ground black pepper to taste

Directions

In a large stock pot bring water to boil and add frozen mixed vegetables, celery and onion. Cook for 15 minutes or until tender and then drain any excess water.

Using a 3 quart sauce pan melt margarine. Slowly stir in flour until both ingredients are blended. Slowly add milk, cheese and corn. Stir until cheese is completely melted.

Combine cheese mixture and vegetables and heat over low heat until heated through. Add salt and pepper to taste and enjoy.

Beefy Wild Rice Soup

Ingredients

1 pound ground beef
1/2 teaspoon Italian seasoning
6 cups water, divided
2 large onions, chopped
3 celery ribs, chopped
1 cup uncooked wild rice
2 teaspoons beef bouillon granules
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce
3 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1 (4 ounce) can mushroom stems and pieces, drained

Directions

In a Dutch oven or soup kettle, cook beef and Italian seasoning over medium heat until meat is no longer pink; drain. Add 2 cups water, onions, celery, rice, bouillon, pepper and hot pepper sauce; bring to a boil.

Reduce heat; cover and simmer for 45 minutes. Stir in the soup, mushrooms and remaining water. Cover and simmer for 30 minutes.

Feta Shrimp Soup

Ingredients

- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 5 roma (plum) tomatoes, peeled and chopped
- 1 (8 ounce) bottle clam juice
- 1 cup dry white wine
- 3/4 teaspoon dried oregano
- 1 pinch salt
- 1/2 teaspoon pepper
- 4 ounces crumbled feta cheese
- 1 pound medium shrimp - peeled and deveined
- 1/4 cup chopped fresh parsley

Directions

Melt the butter and heat the olive oil in a large pot over medium heat. Stir in the onion and garlic, and cook until tender. Mix in the tomatoes, clam juice, and wine. Season with oregano, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 10 minutes.

Transfer soup in batches to a blender, and puree until smooth. Return to the pot, and stir in feta cheese. Continue cooking 10 minutes.

Stir the shrimp into the soup, and continue cooking 3 minutes, or until shrimp are opaque. Mix in parsley just before serving.

Vietnamese-Style Chicken Curry Soup

Ingredients

2 tablespoons vegetable oil
1 (3 pound) whole chicken, skin removed and cut into pieces
1 onion, cut into chunks
2 shallots, thinly sliced
2 cloves garlic, chopped
1/8 cup thinly sliced fresh ginger root
1 stalk lemon grass, cut into 2 inch pieces
4 tablespoons curry powder
1 green bell pepper, cut into 1 inch pieces
2 carrots, sliced diagonally
1 quart chicken broth
1 quart water
2 tablespoons fish sauce
2 kaffir lime leaves
1 bay leaf
2 teaspoons red pepper flakes
8 small potatoes, quartered
1 (14 ounce) can coconut milk
1 bunch fresh cilantro

Directions

Heat oil in a large stock pot over medium heat. Cook chicken and onions in oil until onions are soft and translucent; remove onions and chicken from pot and set aside.

Saute shallots in pot for about 1 minute, then stir in garlic, ginger, lemon grass and curry powder. Continue to cook for about 5 minutes, then stir in bell pepper and carrots. Return chicken and onion to pot and stir in chicken broth, water and fish sauce. Season with lime leaves, bay leaf and red pepper flakes.

Bring to a boil and introduce potatoes. Return to a boil and pour in coconut milk. Reduce heat and simmer 40 to 60 minutes, until potatoes and chicken are tender. Garnish each dish with a sprig of fresh cilantro.

Allana's Excellent Potato Soup

Ingredients

8 ounces cubed cooked ham
1 cup chopped onion
1 tablespoon butter
2 1/2 pounds potatoes, peeled and diced
2 (14.5 ounce) cans chicken broth
1 tablespoon prepared Dijon-style mustard
1 1/2 cups milk
1 (10.75 ounce) can condensed cream of celery soup
1/4 teaspoon garlic powder
1/4 teaspoon seasoning salt
1/2 teaspoon salt-free seasoning blend

Directions

In a large saucepan over medium-high heat, sautee ham and onions in the butter, until the onions are translucent. Stir in the mustard, then pour in the chicken broth. Add potatoes, bring to a boil and cook until potatoes are tender.

Combine the milk and cream of celery soup; stir in to the saucepan. Season with garlic powder, seasoned salt and salt-free seasoning blend. Heat through, but do not boil. Serve hot.

Meaty Tomato Soup

Ingredients

1 (28 ounce) can diced tomatoes, undrained
2 (8 ounce) cans tomato sauce
2 cups water
1/2 pound ground beef, cooked and drained
1/2 pound bulk pork sausage, cooked and drained
2 tablespoons dried minced onion
2 chicken bouillon cubes
3/4 teaspoon garlic salt
3/4 cup uncooked elbow macaroni
Shredded Cheddar cheese

Directions

In a slow cooker, combine the first eight ingredients; mix well. Cover and cook on low for 8 hours. Add macaroni and mix well. Cover and cook 15 minutes longer or until macaroni is tender. Garnish with cheese if desired.

Sixteen Bean Sour Cream Soup

Ingredients

1 (16 ounce) package 15 bean soup mix
1 onion, chopped
1 pound chopped ham
1 cup fat free sour cream
1 (14.75 ounce) can creamed corn
1 teaspoon low-sodium salt

Directions

Clean beans, rinse and place in a large stock pot. Add 6 cups of hot water, onion and ham. Bring to a boil , then lower heat and simmer for 1 hour. .

Stir in sour cream and simmer for 30 minutes. Add creamed corn and simmer for 15 minutes. Add salt. Serve hot.

Miracle Soup

Ingredients

1 tablespoon olive oil
1/4 cup chopped fresh ginger root
1/4 cup chopped garlic
2 (32 ounce) packages fat-free chicken broth
1/2 cup cornstarch
1 (6 ounce) can mushrooms, drained
1 (8 ounce) can bamboo shoots, drained
1/2 cup soy sauce
1/4 cup rice wine vinegar
1 tablespoon fructose (fruit sugar)
1 teaspoon crushed red pepper
2 (16 ounce) packages frozen mixed stir-fry vegetables
1 pound frozen, peeled and deveined shrimp
1/4 cup chopped fresh cilantro
1 (10 ounce) package frozen chopped spinach, thawed and drained

Directions

In a large pot, heat oil over medium heat. Stir in ginger and garlic and cook 3 minutes, until tender. Stir together 1 cup broth with cornstarch. Pour cornstarch mixture into pot with mushrooms, bamboo, soy, vinegar, fructose, crushed red pepper and remaining broth. Bring to a boil and cook until thickened.

Stir in frozen mixed vegetables, frozen shrimp and cilantro. Simmer until shrimp is opaque, about 10 minutes. Stir in spinach until just wilted, 2 minutes. Serve at once.

Bean and Bacon Soup

Ingredients

1 (15 ounce) can ranch-style beans
1 (8 ounce) can tomato sauce
2 cups chicken broth
1/4 cup chopped onion
6 thick slices bacon, cooked and cubed

Directions

In a large saucepan over medium high heat, combine the beans, tomato sauce, chicken stock and onions. Bring to a low boil, reduce heat to low and simmer for 10 to 15 minutes.

Using a potato masher, carefully mash some of the beans in the soup to make it a little thicker, if desired. Add the bacon and serve.

Southwestern Turkey Soup

Ingredients

1 1/2 cups shredded cooked turkey
4 cups vegetable broth
1 (28 ounce) can whole peeled tomatoes
1 (4 ounce) can chopped green chile peppers
2 roma (plum) tomatoes, chopped
1 onion, chopped
2 cloves garlic, crushed
1 tablespoon lime juice
1/2 teaspoon cayenne pepper
1/2 teaspoon ground cumin
salt and pepper to taste
1 avocado - peeled, pitted and diced
1/2 teaspoon dried cilantro
1 cup shredded Monterey Jack cheese

Directions

In a large pot over medium heat, combine turkey, broth, canned tomatoes, green chiles, fresh tomatoes, onion, garlic, and lime juice. Season with cayenne, cumin, salt, and pepper. Bring to a boil, then reduce heat, and simmer 15 to 20 minutes.

Stir in avocado and cilantro, and simmer 15 to 20 minutes, until slightly thickened. Spoon into serving bowls, and top with shredded cheese.

Chicken Noodle Soup II

Ingredients

2 eggs
4 tablespoons milk
1 teaspoon salt
2 cups all-purpose flour

8 cups chicken broth
2 cups diced celery
1 cup diced onion
3 cups baby carrots, chopped
2 teaspoons minced garlic
1 pound chopped, cooked chicken meat
1 (16 ounce) package frozen corn kernels
salt and pepper to taste
seasoned salt to taste
1 cube chicken bouillon

Directions

Mix eggs and milk together until well beaten and then add salt and flour. Dough should be stiff. On a floured surface roll dough out really thin, 1/8 of an inch. Let dry 30 minutes and then cut into thin slices. Place on wax paper and let air dry.

In a large stock pot add chicken broth, celery, onion, baby carrots, and garlic. Fill stock pot, 2 inches from the top with water. Simmer until vegetables are tender, about 2 hours.

Add chicken and corn. Season with salt, pepper, seasoning salt and chicken bouillon granules. Simmer for 30 minutes, checking to see if water level has decreased. Add water if needed.

Bring to a boil, add noodles, stirring often. Noodles should be done in 20 minutes. Serve hot.

Meatball Alphabet Soup

Ingredients

1 egg, lightly beaten
2 tablespoons quick cooking oats
2 tablespoons grated Parmesan cheese
1/4 teaspoon garlic powder
1/4 teaspoon Italian seasoning
1/2 pound lean ground turkey
1 cup chopped onion
1 cup chopped celery
1 cup chopped carrots
1 cup diced peeled potatoes
1 tablespoon olive oil
2 garlic cloves, minced
4 (14.5 ounce) cans reduced-sodium chicken broth
1 (28 ounce) can diced tomatoes, undrained
1 (6 ounce) can tomato paste
1/4 cup minced fresh parsley
1 teaspoon dried basil
1 teaspoon dried thyme
3/4 cup uncooked alphabet pasta

Directions

In a bowl, combine the first five ingredients. Crumble turkey over mixture and mix well. Shape into 1/2-in. balls. In a nonstick skillet, brown meatballs in small batches over medium heat until no longer pink. Remove from the heat; set aside.

In a large saucepan or Dutch oven, saute the onion, celery, carrots and potatoes in oil for 5 minutes or until crisp-tender. Add garlic; saute for 1 minute longer. Add the broth, tomatoes, tomato paste, parsley, basil and thyme; bring to a boil. Add pasta; cook for 5-6 minutes. Reduce heat; add meatballs. Simmer, uncovered, for 15-20 minutes or until vegetables are tender.

Baking Potato Soup

Ingredients

4 large potatoes, peeled and diced
1/4 cup butter
1 teaspoon salt
1/2 teaspoon ground black pepper
4 1/2 cups water, divided
3 (1 ounce) packages white gravy mix

Directions

Place potatoes in a pot with water to cover. Bring to a boil, introduce butter, salt and pepper. Reduce heat to medium low and simmer until potatoes are tender, 10 to 20 minutes more.

Meanwhile, prepare gravy mix. Bring 3 1/2 cups of water to a boil in a large saucepan. Combine the remaining cup of water with the gravy mix and stir to dissolve. Stir into boiling water.

Drain potatoes and add to boiling gravy mix. Continue to boil 5 minutes more, adding water to thin if desired. Serve at once.

Easy Potato Cheese Soup

Ingredients

8 cups water
6 large potatoes, peeled and sliced paper-thin
1 onion, chopped
4 stalks celery, chopped, with leaves
salt and pepper to taste
4 cups half-and-half
2 tablespoons margarine
2 (11 ounce) cans condensed cream of Cheddar cheese soup

Directions

In a large stock pot add water, potatoes, onion, celery and season with salt and pepper. Bring to a boil, cover and simmer until potatoes and vegetables are tender.

Once tender, mash soup with a potato masher, and add butter and cream.

Gradually bring mixture to a simmer. Add condensed cheese soup and blend. Serve while hot.

Beer Cheese Soup IV

Ingredients

2 cups cauliflower florets
1 tablespoon margarine
1/2 cup chopped onion
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 (12 fluid ounce) can or bottle
beer
1 (14.5 ounce) can chicken broth
3 tablespoons cornstarch
3 tablespoons water
2 cups half-and-half cream
2 cups shredded Cheddar cheese

Directions

In a small saucepan over medium heat, cook cauliflower in water to cover until just tender, 5 to 10 minutes. Drain and set aside.

In a large pot over medium heat, melt margarine. Stir in onion, garlic and Worcestershire and cook until onion is translucent. Pour in beer and bring to a boil. Pour in chicken broth and return to a boil. Then reduce heat, stir in cauliflower, and heat through.

In a small bowl, combine cornstarch and 3 tablespoons water, stirring to dissolve. Set aside. Stir half-and-half and Cheddar into the soup until the cheese melts. Stir in cornstarch mixture and continue to cook and stir until soup thickens. Serve at once.

Wild Rice Soup III

Ingredients

1/2 cup uncooked wild rice
3 tablespoons butter
1 onion, chopped
1 cup chopped celery
3 tablespoons all-purpose flour
salt and pepper to taste
1 (10.75 ounce) can chicken broth
2 cups milk
2 cups diced chicken

Directions

Prepare rice according to package directions.

Melt the butter or margarine in a large pot over medium heat. Add the onion and celery and saute for 5 to 10 minutes, or until almost tender.

Stir in the flour and salt and pepper to taste. Add the broth and milk and stir until soup thickens.

Add the rice and the chicken and allow to heat through, about 10 minutes.

Radish Top Soup

Ingredients

2 tablespoons butter
1 large onion, diced
2 medium potatoes, sliced
4 cups raw radish greens
4 cups chicken broth
1/3 cup heavy cream
5 radishes, sliced

Directions

Melt butter in a large saucepan over medium heat. Stir in the onion, and saute until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes.

Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth.

Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices.

Fat-Free Vegetable Soup

Ingredients

14 cups water
2 onions, chopped
2 large carrots, sliced
2 potatoes, peeled and cubed
2 green bell peppers, diced
1 (28 ounce) can whole peeled tomatoes with liquid, mashed
1 tablespoon chicken bouillon powder
1/4 teaspoon ground black pepper
2 teaspoons curry powder (optional)
3 cups finely shredded cabbage
2 stalks celery, chopped
1 1/2 cups cauliflower florets
3 teaspoons dried dill weed

Directions

In a large cooking pot, measure water, add onions, carrots, potatoes, green peppers, mashed tomatoes, chicken bouillon powder, black pepper, and curry powder. Boil for 20 minutes or until carrots are tender.

Add shredded cabbage, chopped celery, cauliflower florets, and dill weed, and cook an additional 10 to 15 minutes. If soup is too thick, add more water and bring to boil. Adjust seasonings to taste.

Carrot Coconut Lime Soup

Ingredients

2 tablespoons olive oil
2 teaspoons chile paste
1 teaspoon cumin
1 tablespoon chopped fresh cilantro
1 teaspoon grated fresh ginger
2 onions, chopped
2 cloves garlic, minced
2 large potatoes, peeled and chopped
6 large carrots, peeled and chopped
3 cups vegetable broth
7 cups coconut milk
1/4 cup lime juice
2 tablespoons chopped fresh cilantro

Directions

Heat oil in a large Dutch oven over medium heat. Stir and cook the chili paste, cumin, and 1 tablespoon of cilantro until fragrant, about 1 minute. Add the ginger, onion, and garlic; cook until the onions are soft and translucent, about 5 minutes. Place the potatoes and carrots into the pot with the onion mixture and cook for an additional 5 minutes.

Pour the vegetable broth and coconut milk over the cooked vegetables. Turn the heat to medium-high and bring to a boil, stirring occasionally. Reduce the heat to medium-low and simmer for 30 to 45 minutes or until the potatoes and carrots are soft.

Remove the Dutch oven from the heat and stir in the lime juice. Working in batches, puree the soup in a blender or food processor until smooth. Serve hot or chilled, garnished with the remaining cilantro.

Cream of Asparagus Soup II

Ingredients

1 pound fresh asparagus
3 1/2 cups chicken broth
1/4 cup margarine
1/4 cup all-purpose flour
1/2 cup half-and-half
1/2 teaspoon salt
1/8 teaspoon ground black pepper

Directions

Trim the coarse ends of the asparagus and cut asparagus into one inch pieces. In a medium skillet over medium high heat, saute the asparagus in 1 cup of the broth for about 7 minutes, or until tender.

In a large saucepan over medium high heat, melt the butter or margarine and remove from heat. Add the flour and stir well until smooth. Gradually add the remaining 2 1/2 cups broth. Return the saucepan to the heat and continue to cook, stirring occasionally, until slightly thickened.

Add the half-and-half, salt, pepper and cooked asparagus with liquid. Stir well and heat thoroughly. Serve hot and enjoy!

Potato, Ham, Broccoli and Cheese Soup with

Ingredients

1/4 cup butter
1 stalk celery, sliced
1 yellow onion, chopped
1 carrot, peeled and diced
4 cloves garlic, minced
4 potatoes, peeled and cubed
4 cups chicken stock
1/8 teaspoon cayenne pepper
1/2 teaspoon ground thyme
2 tablespoons dried parsley
1 egg
1 cup all-purpose flour
2 cups diced cooked ham
4 cups milk
1 head broccoli, chopped
3 cups shredded Cheddar cheese
salt and pepper to taste

Directions

Heat the butter in a large stock pot over medium heat. Cook and stir celery, onion, carrot, and garlic until the onion is translucent. Stir in potatoes, chicken stock, cayenne, thyme, and parsley. Bring to a boil, then cover and reduce heat. Simmer until the potatoes are tender, about 15 minutes. Mix the egg and flour together in a bowl using a fork until the mixture resembles grains of rice.

Stir ham and milk into the stock pot and allow the soup to return to a simmer. Slowly sprinkle the dumpling mixture into the soup, stirring constantly to prevent clumps. Simmer for 10 minutes, stirring occasionally. Stir in broccoli and Cheddar cheese. Cook until the broccoli is tender and the Cheddar cheese is melted, about 5 minutes. Season with salt and pepper.

Chicken Tortilla Soup II

Ingredients

6 tablespoons vegetable oil
8 (6 inch) corn tortillas, coarsely chopped
6 cloves garlic, minced
1/2 cup chopped fresh cilantro
1 onion, chopped
1 (29 ounce) can diced tomatoes
2 tablespoons ground cumin
1 tablespoon chili powder
3 bay leaves
6 cups chicken broth
1 teaspoon salt
1/2 teaspoon ground cayenne pepper
5 boneless chicken breast halves, cooked

Directions

In a large stock pot heat oil. Add tortillas, garlic, cilantro and onion. Saute for 2 to 3 minutes.

Stir in tomatoes and bring to a boil. Add cumin, chili powder, bay leaves and chicken stock. Return to a boil, reduce heat to medium and add salt and cayenne. Simmer for 30 minutes remove bay leaves and stir in chicken. Heat through and serve.

Hamburger Soup II

Ingredients

1 1/2 pounds lean ground beef
2 large potatoes, sliced
2 stalks celery, sliced
salt and pepper to taste
2 onions, thinly sliced
1 (15 ounce) can peas
3 small carrots, sliced
1 (10.75 ounce) can condensed tomato soup
1 1/4 cups water

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Place the potatoes in a layer to cover the bottom of the slow cooker. Sprinkle the celery over the potatoes, and cover with a layer of ground beef. Season each layer with salt and pepper. Throw in the carrots, onions and peas. Mix together the tomato soup and water, and pour over the top. Cover, and set to low for 6 to 8 hours.

Swan's Summer Soup

Ingredients

4 large tomatoes
1 avocado - peeled, pitted and
diced
1/2 cup fresh corn kernels
2 tomatoes, diced
1/4 cup chopped fresh cilantro
1 tablespoon fresh lemon juice
salt and pepper to taste

Directions

Using a juicer, extract the juice of the 4 large tomatoes.

In a medium bowl combine the tomato juice, avocado, corn, 2 diced tomatoes, cilantro, and lemon juice. Season to taste with salt and pepper. Transfer to serving bowls.

Taco Soup VI

Ingredients

1 1/4 pounds lean ground beef
46 ounces tomato-vegetable juice
cocktail
1 (29 ounce) can diced tomatoes
1 (15 ounce) can kidney beans,
drained and rinsed
1 (15 ounce) can black beans,
rinsed and drained
1 (15.25 ounce) can whole kernel
corn
2 (1 ounce) packages taco
seasoning mix

Directions

In a large stock pot brown ground beef. Drain grease and add tomato vegetable juice, tomatoes, kidney beans, black beans, corn and taco seasoning. Heat through and serve.

French Onion Soup I

Ingredients

1/4 cup butter
3 onions, thinly sliced
1 teaspoon white sugar
1 tablespoon all-purpose flour
2 1/2 cups water
1/2 cup red wine
2 (10.5 ounce) cans condensed
beef broth
1 French baguette
8 ounces sliced Swiss cheese

Directions

Melt butter or margarine in a 4 quart saucepan. Stir in sugar. Cook onions over medium heat for 10 minutes, or until golden brown.

Stir in flour until well blended with the onions and pan juices. Add water, wine, and beef broth; heat to boiling. Reduce heat to low. Cover soup, and simmer for 10 minutes.

Cut four 1 inch thick slices of bread from the loaf. Toast the bread slices at 325 degrees F (165 degrees C) just until browned, about 10 minutes. Reserve the remaining bread to serve with the soup.

Ladle soup into four 12 ounce, oven-safe bowls. Place 1 slice toasted bread on top of the soup in each bowl. Fold Swiss cheese slices, and fit onto toasted bread slices. Place soup bowls on a cookie sheet for easier handling.

Bake at 425 degrees F (220 degrees C) for 10 minutes, or just until cheese is melted

Roasted Red Pepper and Potato Soup

Ingredients

3 tablespoons butter
1 tablespoon olive oil
1 small onion, chopped
1 large carrot, diced
1 celery stalk, diced
2 cloves garlic, pressed
2 tablespoons all-purpose flour
1 (48 fluid ounce) can chicken broth
3 medium red potatoes, diced
1 cup half-and-half cream
1 (6 ounce) jar roasted red peppers, drained and chopped
2 teaspoons fresh thyme
salt and pepper to taste

Directions

Melt the butter in a large pot over medium heat, and mix in the olive oil. Saute the onion, carrot, and celery for about 5 minutes, until onion is lightly browned. Stir in the garlic, and continue to cook 1 minute. Mix in the flour. Whisk in the chicken broth, and bring to a boil. Place the potatoes in the pot, reduce heat to low, and cook 15 minutes, until potatoes are tender.

Mix the half-and-half into the pot. Stir in the roasted red peppers. Season with thyme, salt, and pepper. Continue cooking until heated through.

Pasta with Lentil Soup Sauce

Ingredients

1 (16 ounce) package uncooked spaghetti
2 (19 ounce) cans lentil soup
freshly ground black pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add spaghetti and cook for 8 to 10 minutes or until al dente; drain, but do not rinse, and return to pot. Stir in lentil soup and season with black pepper. Heat through and serve.

Easy Cheesy Vegetable Soup

Ingredients

1 1/2 quarts water
1 medium onion, chopped
4 medium potatoes, chopped
1 (16 ounce) package frozen
broccoli, cauliflower and carrots
1 cube chicken bouillon
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.75 ounce) can condensed
cream of chicken soup
1 (10.75 ounce) can condensed
cream of celery soup
1 (2 pound) loaf processed
cheese, cubed

Directions

Place the water, onion, potatoes, frozen vegetables and bouillon in a large pot. Bring to a boil, reduce heat to medium and cook 10 minutes, or until potatoes are tender.

Mix cream of mushroom soup, cream of chicken soup and cream of celery soup into the pot. Stir in the processed cheese until melted. Continue cooking 45 minutes, or to desired consistency.

Hearty Turkey Soup with Parsley Dumplings

Ingredients

1 picked over turkey carcass
12 cups water
1 1/2 cups chopped celery
5 carrots
1 onion, quartered
2 teaspoons salt
3/4 teaspoon dried thyme
1 cube chicken bouillon
1 bay leaf
6 tablespoons all-purpose flour
1/2 cup milk
1 small rutabaga, cubed
1/2 teaspoon ground black pepper
1 1/2 pounds cooked turkey, cubed
1/2 cup chopped parsley
2 slices white bread, quartered
1 1/4 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup milk
4 tablespoons butter, melted

Directions

Combine turkey carcass, water, 1 cup celery, 2 carrots, onion, 2 teaspoons salt, thyme, bouillon, and bay leaf in large 4 quart stockpot. Bring to boiling. Lower heat, and cover. Simmer for 1 1/2 hours. Strain stock, and discard solids. Skim off fat using ladle or fat separator. Pick meat off bones when cooled. Reserve meat.

Combine 6 tablespoons flour and 1/2 cup milk in a jar with a tight fitting lid. Shake to combine. Pour stock into pot. Bring to simmering. Strain flour mixture through sieve into stock, stirring.

Slice remaining 3 carrots. Add rutabaga, ground pepper, remaining 1/2 cup celery, and sliced carrots. Simmer 20 minutes, or until vegetables are tender.

While the soup is simmering, prepare the dumplings. Combine parsley and bread in processor; whirl until medium size crumbs. Add 1 1/4 cups flour, baking powder, and salt; process just until combined. Add 1/2 cup milk and butter; process using on-off pulses just until blended.

Drop mounded tablespoons of dumpling mixture into simmering soup. Place cover on pot. Cook for 12 minutes, or until dumplings are dry in center. Add turkey meat; cook 3 minutes, or until heated through.

Mushroom, Leek, Chicken Sausage and Tortellini

Ingredients

1 tablespoon olive oil
5 large mushrooms, chopped
2 large leeks, cleaned, and cut into 1/4 inch thick rounds
6 cups chicken broth
4 chicken sausages, sliced in 1/3-inch rounds
1 (9 ounce) package cheese tortellini
3 cloves garlic, minced
3 tablespoons hot pepper sauce (e.g. Tabasco[®]), or to taste
salt and pepper to taste
5 sprigs chopped fresh cilantro, for garnish

Directions

Place the olive oil in a skillet, and heat over medium-high heat. Stir in the mushrooms and leeks; cook and stir until they soften, about 5 minutes. Set aside until needed.

Meanwhile, pour the chicken broth into a large pan, and bring to a boil over medium-high heat. Add the sausage, tortellini, garlic, and hot sauce. Reduce heat to medium, and stir in the mushrooms and leeks. Cover, and simmer soup mixture for 30 minutes. Serve garnished with cilantro.

Pumpkin and Split Pea Soup

Ingredients

1 pound yellow split peas
1 onion, diced
4 onions, thinly sliced
4 tablespoons margarine
6 cups chicken stock
1 pound peeled, seeded and
diced sugar pumpkin
1 pound salt beef, fat removed
and diced
1 green chile pepper, chopped
3 dashes aromatic bitters

Directions

Rinse and pick over the yellow split peas and soak overnight in clear water.

Saute the onions in the butter in a large, heavy-bottomed saucepan. Add the soaked split peas, chicken stock, pumpkin, salt beef, chili pepper and bitters. Cover and simmer for 1 1/2 hours or until the peas are soft.

Allow the soup to cool and then puree in a blender. Adjust the seasoning and reheat and serve with a little nutmeg sprinkled on top.

Creamy Broccoli Soup

Ingredients

2 cups chicken broth
2 1/2 cups fresh broccoli
1/4 cup chopped onion
1 cup milk
2 tablespoons all-purpose flour
1 cup shredded Cheddar cheese (optional)
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

Bring broth to a boil. Add broccoli and onion. Cook for five minutes, or until broccoli is tender.

In a separate bowl, slowly add milk to flour, and mix until well blended.

Stir flour mixture into broth mixture. Cook, stirring constantly, until soup is thick and bubbly. Add cheese if desired; stir until melted. Add seasonings and serve.

Vegan Hot and Sour Soup

Ingredients

1 ounce dried wood ear mushrooms
4 dried shiitake mushrooms
12 dried tiger lily buds
2 cups hot water
1/3 ounce bamboo fungus
3 tablespoons soy sauce
5 tablespoons rice vinegar
1/4 cup cornstarch
1 (8 ounce) container firm tofu, cut into 1/4 inch strips
1 quart vegetable broth
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon ground black pepper
3/4 teaspoon ground white pepper
1/2 tablespoon chili oil
1/2 tablespoon sesame oil
1 green onion, sliced
1 cup Chinese dried mushrooms

Directions

In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips. Cut the lily buds in half.

In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated. Drain, and mince.

In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place 1/2 the tofu strips into the mixture.

In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.

In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.

Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil. Garnish with green onion to serve.

Grilled Asparagus Soup

Ingredients

1 1/2 pounds asparagus spears, trimmed
3 tablespoons olive oil
1/4 teaspoon cracked black pepper
1 large sweet onion, coarsely chopped
2 cloves garlic, minced
2 tablespoons all-purpose flour
6 cups Swanson® Vegetable Broth or Swanson® Certified Organic Vegetable Broth
1 tablespoon chopped fresh rosemary leaves
Fresh rosemary leaves

Directions

Place the asparagus in a single layer on a large platter. Drizzle with 1 tablespoon of oil and black pepper. Toss to coat.

Heat the grill to medium. Place a multi-functional perforated grill pan on the grill. Place the asparagus on the pan in a single layer and grill for 8 minutes or until the asparagus is tender-crisp, turning halfway through cooking. Remove from heat to a cutting board and let cool.

Heat the remaining oil in a 4-quart saucepan over medium heat. Add the onion and garlic and cook until tender-crisp.

Meanwhile, cut the grilled asparagus diagonally into 1-inch pieces. Set aside.

Reduce the heat to low. Add the flour to the onion mixture. Cook for 5 minutes, stirring often. Gradually stir in the broth. Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes.

Place 1/3 of the broth mixture into an electric blender or food processor container. Cover and blend until smooth. Pour the mixture into a medium bowl. Repeat the blending process twice more with the remaining broth mixture. Return all of the pureed mixture to the saucepan. Add the remaining asparagus and rosemary. Cook over medium heat until the mixture is hot. Garnish with rosemary sprigs, if desired.

Sherry and Brie Soup

Ingredients

6 cups chicken stock
1/8 cup butter
1/2 cup all-purpose flour
12 ounces Brie cheese - rind removed, room temperature
1/4 cup dry sherry
1/4 cup julienned carrots
1/4 cup julienned celery
1/8 cup fresh sliced mushrooms
1/4 cup heavy cream
salt and pepper to taste

Directions

Melt butter or margarine in 3-quart saucepan over low heat. Add flour and mix well, cooking until it just starts to turn golden. Add stock and whip vigorously, bring to boil and reduce to simmer. Skim foam off top, and continue to simmer until reduced to 2/3 its original quantity and the sauce is the consistency of heavy cream.

Strain through fine sieve. Return sauce to pan, and cook over low heat. Add brie cheese, cook slowly, stirring occasionally, until the cheese has melted.

Add sherry and vegetables and simmer lightly until the vegetables are al dente. Heat heavy cream over low heat and add to soup. Season soup with salt and pepper. Garnish with fresh chives or scallion.

Comfort Soup a la Montreal

Ingredients

4 large russet potatoes, peeled and quartered
4 (4 ounce) links hot Italian sausage, casings removed
1 large onion, chopped
1 bunch kale, ribs removed, chopped
3 quarts chicken stock
1/4 cup hot pepper sauce (such as Frank's RedHot®)

Directions

Place the potatoes in a large pot and cover with salted water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes. Drain.

Meanwhile, heat a large Dutch oven over medium-high heat and stir in the sausage. Break up the sausage with a spatula, and cook and stir until the sausage is crumbly, evenly browned, and no longer pink. Remove the sausage to drain on a paper towel-lined plate.

Stir the onion into the sausage drippings; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the kale, and cook and stir for 2 minutes. Pour in the chicken stock; stir in the sausage and potatoes, and return to a simmer. Stir in the hot sauce just before serving.

Freezer Vegetable Soup

Ingredients

SOUP BASE:

1 quart chopped fresh tomatoes
1 cup diced celery
1 cup diced carrots
1 cup diced onion
2 teaspoons sugar
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dill weed

ADDITIONAL INGREDIENTS (for each batch):

2 cups diced cooked potatoes
2 cups water

Directions

Combine soup base ingredients in a kettle or Dutch oven; bring to a boil over medium heat. Reduce heat; cover and simmer for 45 minutes. Cool. Place 2 cups each into freezer containers. May be frozen for up to 3 months.

Potato and Ham Soup

Ingredients

5 cups peeled and diced potatoes
1 cup diced onion
3/4 cup diced celery
3/4 cup diced carrot
2 teaspoons salt, or to taste
1/2 teaspoon ground black pepper, or to taste
4 cups water
1 1/2 cups diced ham
2 (10.75 ounce) cans condensed cream of celery soup
1 cup heavy cream

Directions

Bring the potatoes, onion, celery, carrot, salt, pepper, and water to a boil in a large pot. Cook until the vegetables are tender, about 15 minutes. Add the ham, cream of celery soup, and heavy cream; return to a simmer and cook for 5 minutes. Adjust the seasoning and serve.

Polish Beef Soup With Liver Balls

Ingredients

1 cup ground chicken liver
1 cup dried bread crumbs
3 tablespoons all-purpose flour
2 eggs
1/4 tablespoon chopped fresh parsley
1 teaspoon salt
1/8 teaspoon dried marjoram
1/8 teaspoon ground mace
1 clove garlic, minced
2 pounds short rib steaks
2 onions, thinly sliced
3 stalks chopped celery, with leaves
4 teaspoons salt
3/4 teaspoon ground black pepper
8 cups water
2 carrots, halved
3 tomatoes, chopped
4 sprigs fresh parsley

Directions

Combine liver, bread crumbs, flour, eggs, parsley, 1 teaspoon salt, marjoram, mace, and garlic. Mix thoroughly. Let meatball mixture stand.

Rinse ribs, and place in large stock pot. Add onions, celery, 4 teaspoons salt, pepper, water, carrots, tomatoes, and parsley. Cover, and bring to a boil. Skim surface of soup. Simmer for 1 1/2 hours, or until meat is tender.

Remove meat, bones, and carrots from soup. Cut meat and carrots into bite-size pieces; return to soup. Bring to a boil.

Shape meatball mixture into balls the size of golf balls; drop into soup. Cover, and cook for 10 minutes.

French Onion Soup IV

Ingredients

1 onion, sliced into thin rings
1/4 cup margarine
2 (10.5 ounce) cans beef
consomme
2 (10.5 ounce) cans beef broth
1 1/2 cups water
3/4 cup white wine
8 ounces sliced Swiss cheese
7 slices French bread

Directions

In a large pot over medium high heat, saute the onions in the butter or margarine for about 5 minutes, or until tender. Add the consomme, broth, water and wine. Reduce heat to low and simmer for 45 minutes.

Preheat oven to 350 degrees F (175 degrees C).

In individual oven-proof bowls, break up Swiss cheese slices and place one slice in the bottom of each bowl. Place one slice of bread on each slice of cheese. Ladle in the soup, place another slice of bread on top and cover with more Swiss cheese. Put bowls in the oven and allow cheese to melt on top.

Quick Veggie Soup

Ingredients

1 (46 fluid ounce) can tomato juice
4 potatoes, peeled and cubed
1 (2 pound) package frozen mixed vegetables
1 onion, finely diced
4 cubes beef bouillon
2 cups water
ground black pepper to taste

Directions

In a large stock pot combine tomato juice, potatoes, mixed vegetables, onion, bouillon cubes, water and season with pepper. Bring to a boil and then simmer until potatoes are done, approximately 30 to 40 minutes.

Chicken Dumpling Soup

Ingredients

3 cups chopped cooked chicken breast
2 eggs
4 3/4 cups chicken broth, divided
1 cup all-purpose flour
1/4 cup chopped fresh parsley
2 teaspoons salt
1/8 teaspoon black pepper
1/2 teaspoon dried tarragon

1/4 cup butter
2 cups chopped onion
1 1/2 cups thinly sliced celery
2 cloves garlic, minced
1/2 cup all-purpose flour
2 quarts chicken broth
1 1/2 teaspoons salt
1 1/2 cups chopped carrots
3 cups chopped cooked chicken breast

Directions

In a blender or food processor, combine 3 cups cooked chicken, eggs, 3/4 cup chicken broth, 1 cup flour, parsley, 2 teaspoons salt, pepper and tarragon. Process until smooth.

In a large pot, bring 4 cups chicken broth to a boil. Drop dumpling mixture by rounded spoonfuls into boiling broth. Simmer, uncovered, 5 to 8 minutes, until well formed and slightly browned. Remove with a slotted spoon and drain on paper towels. Reserve dumpling cooking liquid.

In a large pot melt butter over medium heat. Cook onion, celery and garlic in butter until onion is translucent. Stir in 1/2 cup flour until fully incorporated. Pour in 2 quarts chicken broth, stirring constantly. Bring to a boil. Introduce 1 1/2 teaspoons salt and carrots. Cover, reduce heat, and simmer 15 minutes.

Stir in dumplings, reserved liquid and 3 cups cooked chicken. Simmer 15 minutes more before serving.

Moroccan Vegetable Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 cup peeled, chopped carrots
1 cup peeled, chopped parsnips
1 cup canned pumpkin puree
1 quart vegetable stock
1 teaspoon lemon juice
salt to taste
ground black pepper to taste
1/2 teaspoon dried cilantro

Optional garnish

2 teaspoons olive oil
1 clove garlic, minced
3 tablespoons chopped fresh parsley
1/8 teaspoon paprika

Directions

Heat 2 tablespoons olive oil in a large pot. Stir in onions; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add carrots and parsnips. Cover and cook until vegetables have softened slightly, about 5 minutes.

Stir in the pumpkin puree and stock. Bring to a simmer and reduce heat to low. Cover and let simmer until vegetables are tender, about 40 minutes. Add lemon juice, salt, pepper, and cilantro. Taste and adjust seasonings, if necessary. Remove from heat and allow to cool.

Ladle soup in batches into a food processor and blend until smooth (or use an immersion blender). If soup is too thick, thin with additional stock. Return pureed soup to the pot and heat through.

To make the garnish, heat olive oil in a small skillet. Cook garlic and parsley over low heat 1 to 2 minutes. Stir in paprika. Swirl a half teaspoon of garnish on each serving of soup.

Sensational Chicken Noodle Soup

Ingredients

4 cups SwansonB® Chicken
Broth (regular, Natural GoodnessB
„Ÿ or Certified Organic)
Generous dash ground black
pepper
1 medium carrot, sliced
1 stalk celery, sliced
1/2 cup uncooked medium egg
noodles
1 cup cubed cooked chicken or
turkey

Directions

Mix broth, black pepper, carrot and celery in saucepan. Heat to a boil.

Stir in noodles and chicken. Cook over medium heat 10 minutes until noodles are done.

Beef Barley Soup

Ingredients

2 pounds ground beef
2 medium onions, chopped
1/2 cup chopped celery
3 cups water
2 (14.5 ounce) cans beef broth
1 cup quick-cooking barley
2 (14.5 ounce) cans diced tomatoes with garlic and onions, undrained
2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon dried basil

Directions

In a Dutch oven, cook beef, m onions and celery until meat is no longer pink and vegetables are tender; drain. Stir in the water and broth; bring to a boil. Reduce heat. Add barley; cover and simmer for 10-20 minutes or until barley is tender. Stir in the remaining ingredients; heat through. Transfer to three 1-qt. freezer containers; cover and freeze for up to 3 months.

Peasant Soup

Ingredients

2 tablespoons olive oil
1/2 pound bacon, cut into small pieces
2 onions, chopped
1/4 cup chopped shallots
1 leek, sliced
2 stalks celery, chopped, with leaves
5 cloves garlic, sliced
2 cups dry mixed beans, soaked overnight
3 carrots, sliced
1 turnips, cubed
1/2 small head cabbage, finely shredded
4 quarts vegetable stock
salt and pepper to taste

Directions

Heat the oil in a large pot over medium high heat. Stir in the bacon and saute just to render the fat out of the bacon; do not cook till crisp. Then add the onions, shallots, leek, celery and garlic and saute for about 5 minutes, stirring frequently.

Then, add the beans, carrots, turnip and cabbage along with enough vegetable stock to cover (about 4 quarts). Let simmer for 2 hours, or until vegetables are to desired tenderness. Season to taste with salt and pepper.

Golden State Mushroom Soup

Ingredients

1 pound fresh mushrooms, sliced
1 medium onion, chopped
1/4 cup butter or margarine
1/4 cup all-purpose flour
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 cups milk
1 (14.5 ounce) can chicken broth
1 teaspoon chicken bouillon
granules
1 cup sour cream
Minced fresh parsley

Directions

In a large saucepan, saute mushrooms and onion in butter until tender. Sprinkle with flour, salt and pepper; mix well. Gradually stir in milk, broth and bouillon; bring to a boil. Cook and stir for 2 minutes. Reduce heat. Stir in sour cream; heat through (do not boil). Garnish with parsley if desired.

Country Chicken Vegetable Soup

Ingredients

3 (14 ounce) cans Swanson® Natural Goodness® Chicken Broth
1/2 cup uncooked regular long-grain white rice
1 tablespoon chopped fresh parsley
1 (16 ounce) can mixed vegetables, drained
2 (5 ounce) cans Swanson® Premium Chunk Chicken Breast in Water, undrained

Directions

In large saucepan mix broth and rice. Over medium-high heat, heat to a boil. Reduce heat to low. Cover and cook 20 minutes or until rice is done.

Stir in parsley, vegetables and chicken. Heat through.

Beef and Barley Soup I

Ingredients

2 beef soup bones
2 tablespoons kosher salt
5 stalks celery
1 onion, quartered
1/2 teaspoon ground black pepper
2 'bouquet garni' spice balls
1/2 pound baby carrots
1/4 cup fresh parsley
11 cloves garlic, peeled
1 cup barley

Directions

Place beef bones in a large size slow cooker. Add salt, celery stalks, onion, bouquets garnis, pepper, carrots, parsley and garlic. Fill slow cooker within 2 inches of the top with hot water and cook for 6 hours, covered on high heat, stirring occasionally.

Add barley and cook for 2 more hours stirring occasionally or until meat can easily be removed from bones.

Remove and discard onion, bouquets garnis, celery, and parsley.

Transfer bones to a dish and remove meat from bones, being careful not to take off cartilage or gristle. Place meat back into soup, stir, and serve.

Eggplant Supper Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 pound ground beef
- 1 clove garlic, crushed
- 1 pound eggplant, diced
- 3/4 cup sliced carrots
- 3/4 cup sliced celery
- 2 (14.5 ounce) cans Italian diced tomatoes, drained
- 2 (14 ounce) cans beef broth
- 1 teaspoon sugar
- 1/2 teaspoon ground nutmeg
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup dry macaroni
- 2 teaspoons chopped fresh parsley
- 1/2 cup grated Parmesan cheese

Directions

Heat the oil in a skillet over medium heat, and cook the onion, beef, and garlic until beef is evenly brown. Drain grease, and mix in eggplant, carrots, celery, and tomatoes. Pour in beef broth. Mix in sugar, and season with nutmeg, salt, and pepper. Cook and stir until heated through.

Mix macaroni into the soup, and continue cooking 12 minutes, or until macaroni is al dente. Mix in parsley. Top with Parmesan cheese to serve.

Carrot Soup Indienne I

Ingredients

8 cups water
6 carrots, chopped
2 potatoes, peeled and cubed
3 celery, chopped, with leaves
1 large onion, chopped
1/4 cup soy sauce
1/4 teaspoon ground cumin
1/4 teaspoon cayenne pepper
1/4 teaspoon chili powder
1/4 teaspoon garlic powder
3 teaspoons curry powder
2 1/2 cups whole milk
6 tablespoons dry potato flakes

Directions

In a large cooking pot, bring water to a boil. Add carrots, potatoes, celery and onion; return to boil. Reduce heat, cover, and simmer for about 30 minutes, or until carrots are tender.

Remove soup from heat, and let cool for about 5 minutes. Puree in blender or food processor in batches until smooth. Return pureed soup back to pot.

Add soy sauce, cumin, cayenne pepper, chili powder, garlic powder, curry powder; stir well. Add whole milk, stirring constantly. Stir in potato flakes. Bring to a boil. Reduce heat, and simmer for 5 minutes, stirring occasionally. Adjust seasonings to taste. Serve hot.

Southwestern Cauliflower and Ham Soup

Ingredients

1 tablespoon olive oil
1/2 cup chopped onion
2 (14.5 ounce) cans chicken broth
3 1/2 cups cauliflower florets
1 cup chopped cooked ham
1 1/2 cups shredded Pepper Jack cheese
1/4 cup potato flakes
5 tablespoons chopped fresh cilantro

Directions

In a large pot over medium heat, cook onion in oil until just beginning to brown. Pour in broth and bring to a boil. Stir in cauliflower, bring to a boil again and cook until cauliflower is tender, 2 to 5 minutes.

Remove half of cauliflower mixture and puree in a blender or food processor until smooth. Return to pot with ham and cheese and cook until cheese is melted. Stir in potato flakes and heat through. Serve topped with cilantro.

Pumpkin Soup

Ingredients

6 cups chicken stock
1 1/2 teaspoons salt
4 cups pumpkin puree
1 teaspoon chopped fresh parsley
1 cup chopped onion
1/2 teaspoon chopped fresh thyme
1 clove garlic, minced
1/2 cup heavy whipping cream
5 whole black peppercorns

Directions

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.

Puree the soup in small batches (1 cup at a time) using a food processor or blender.

Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Creamy Beet With Dill Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds raw beets, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 teaspoon toasted caraway seeds*
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
2 tablespoons fresh dill
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: chopped hard-cooked egg

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add beets, then onion; saute, stirring very little at first, then more frequently, until squash start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add caraway seeds and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until beets are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree (adding fresh dill) until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Texas Beef Soup

Ingredients

2 tablespoons olive oil
1 pound lean beef stew meat
1 tablespoon seasoning salt, or to taste
1/2 teaspoon ground black pepper
1 small onion, finely chopped
1/2 green bell pepper, finely chopped
2 1/2 cups beef broth
1 (15 ounce) can mixed vegetables
1 (11.5 fl oz) can spicy vegetable juice cocktail

Directions

Heat the olive oil in a large heavy skillet. Season the stew meat with seasoning salt and pepper. Cook meat in the oil along with onion and bell pepper until browned. Transfer to a slow cooker, and stir in the beef broth.

Cook on Low for 6 to 8 hours, or until meat is tender. During the last 30 minutes, stir in the mixed vegetables and vegetable juice cocktail.

Broccoli Barley Soup

Ingredients

2 medium onions, chopped
2 garlic cloves, minced
4 ounces sliced fresh mushrooms
3 tablespoons butter
3 cups chicken broth
3 cups vegetable broth
3/4 cup uncooked pearl barley
1/4 teaspoon dried rosemary,
crushed
1 pound fresh broccoli, cut into
florets
2 tablespoons cornstarch
1/4 cup cold water
2 cups half-and-half cream
Salt and pepper
grated Parmesan cheese

Directions

In a large saucepan or Dutch oven, saute the first three ingredients in butter until tender. Add the chicken and vegetable broths, barley and rosemary. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until barley is tender. Add broccoli; cover and cook for 10 minutes or until broccoli is tender.

In a small bowl, combine cornstarch and cold water until smooth; stir into the soup. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; stir in the cream, salt and pepper (do not boil). Sprinkle with Parmesan cheese.

Chocolate Soup I

Ingredients

1 cup milk
1/2 cup heavy whipping cream
2 tablespoons unsweetened
cocoa powder
2 tablespoons white sugar
1/4 teaspoon vanilla extract
1/4 teaspoon ground cinnamon

Directions

Heat all but 2 tablespoons of the milk and the cream in a saucepan. Do not allow it to boil.

In a soup bowl mix the cocoa, sugar, vanilla, cinnamon and the reserved milk and cream. Pour the cocoa mixture into the hot milk and cream blending well. Return mixture to bowl and garnish with mini marshmallows or graham cracker bears.

Tortellini Soup II

Ingredients

6 (3.5 ounce) links sweet Italian sausage, casings removed
5 cups water
1 (14.5 ounce) can stewed tomatoes, with juice
2 teaspoons dried basil
1 (1 ounce) package dry onion soup mix
4 tomatoes, diced
2 cups cheese tortellini
3 cups shredded cabbage

Directions

In a large pot over medium high heat, saute the sausage for 5 minutes, or until browned and crumbly. Pour in the water, stewed tomatoes, basil, onion soup mix and fresh tomatoes.

Bring just to a boil, reduce heat to low and simmer for 15 minutes. Stir in the tortellini and cabbage. Simmer for 10 more minutes.

Cheesy Vegetable Soup II

Ingredients

1 tablespoon olive oil
3 cloves garlic, minced
1/2 cup chopped onion
2 cups fresh sliced mushrooms
5 potatoes, peeled and cubed
2 cups chopped carrots
6 cups milk
2 (11 ounce) cans condensed cream of Cheddar cheese soup
2 tablespoons all-purpose flour
2 cups shredded Cheddar cheese, divided
1/2 cup frozen green peas
1/2 cup frozen corn kernels
1 cup broccoli florets
salt and pepper to taste

Directions

In a large skillet over medium high heat, combine the olive oil, garlic to taste, onions and mushrooms. Saute for about 5 minutes, or until the onions are tender. Remove from heat and reserve for later.

In a large pot over high heat, combine the potatoes and carrots and add water to cover. Bring to a boil and reduce heat to low. Cover and simmer until vegetables are tender. Drain the water and add the milk. Continue to cook over low heat until milk starts to simmer.

Stir in the cheese soup, then stir in the flour slowly, until mixed. Add 1 1/2 cups of the cheese, the reserved mushroom mixture, peas, corn and broccoli and heat through. Garnish with remaining 1/2 cup of cheese.

Tart Cherry Soup

Ingredients

2 (14.5 ounce) cans tart pitted cherries packed in water
1/2 cup orange juice
1/2 cup sugar
2 tablespoons lime juice
1 teaspoon grated lime peel
1/2 teaspoon ground cinnamon
4 slices lime

Directions

Place the cherries in a blender or food processor; cover and process until finely chopped. Transfer to a saucepan; add the orange juice, sugar, lime juice, peel and cinnamon. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Refrigerate until chilled. Garnish with lime slices.

Ribollita (Reboiled Italian Cabbage Soup)

Ingredients

2 cups dry cannellini beans
4 cups water
3 (32 ounce) cartons chicken broth
5 cloves garlic, minced
4 sage leaves
2 bay leaves
1 teaspoon salt
1/2 cup olive oil
2 onions, diced
3 carrots, peeled and sliced
3 large stalks celery, chopped
2 potatoes, peeled and cut into chunks
1 1/2 cups cabbage, coarsely chopped
1 bunch Swiss chard, trimmed and chopped
1 bunch kale, trimmed and chopped
1 (14.5 ounce) can diced tomatoes
12 (1/2-inch-thick) slices French bread, lightly toasted
salt and freshly ground black pepper to taste
1 1/2 cups grated Parmesan cheese for topping
1/2 cup olive oil

Directions

Sort and rinse the beans before placing them in a large pot with the water. Bring to a boil over medium-high heat and cook 5 minutes. Turn off heat, cover, and let stand 1 1/2 hours. Drain.

Place the beans, chicken broth, garlic, sage leaves, bay leaves, and salt in a large pot. Bring to a boil over medium-high heat. Reduce heat to low and simmer until beans are tender, about 2 hours. Cool. Remove 1 cup of beans. Discard the bay leaves and sage leaves. Blend the remaining bean mixture with a hand mixer until smooth. Set aside.

Heat the olive oil in a large pot over medium-high heat. Add the onions; cook and stir until transparent, about 10 minutes. Combine the carrots, celery, potatoes, cabbage, Swiss chard, and kale with the onions. Stir in the tomatoes. Season with salt and pepper to taste. Cover, and cook until greens have wilted, stirring at least once, about 20 minutes. Stir in the pureed bean mixture, and cook 40 minutes until the mixture thickens. Stir in the reserved beans. Adjust seasonings to taste. Add the toasted bread slices; cook until bread is soaked, about 10 minutes longer. Cool, and refrigerate overnight.

Reheat the soup over low heat until heated through, about 20 minutes. Serve each serving garnished with 2 tablespoons Parmesan cheese and a drizzle of olive oil.

Zeke's Tortilla Soup

Ingredients

6 skinless, boneless chicken breast halves
3 cups vegetable oil for frying
36 (6 inch) corn tortillas, cut into strips
15 cups water
15 cubes chicken bouillon
1 (14 ounce) can peeled and diced tomatoes with juice
1 small onion
3 cloves garlic
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground black pepper
1 teaspoon chili powder
1/4 cup dried oregano
1 cup chopped carrots
1 cup chopped celery
1 (14.5 ounce) can diced tomatoes with green chile peppers
3 cups shredded Monterey Jack cheese
3 avocado - peeled, pitted and sliced

Directions

In a saucepan, cover chicken breasts with water and boil for 30 minutes, or until tender. Shred into small pieces; set aside. Meanwhile, heat oil in a deep-fryer or large cast-iron skillet to 375 degrees F (190 degrees C). Fry tortilla strips from about 6 tortillas at a time, stirring occasionally, until golden brown. Drain on paper towels and set aside.

In a large stockpot, bring the water to a boil. Stir in the bouillon cubes and reduce heat to a simmer. In a blender, combine the can of tomatoes, onion and garlic. Blend on high until smooth. Pour the blended mixture into the stockpot and stir in the coriander, cumin, black pepper, chili powder and oregano. Add carrots, celery and diced tomatoes with chilies. Cover pot and simmer for about 25 minutes, until vegetables are tender. Stir in shredded chicken and cook 5 more minutes.

Serve hot topped with fried tortilla strips, and garnish with shredded cheese and avocado slices.

Lentil Curry Soup

Ingredients

- 2 tablespoons olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup broccoli florets
- 4 stalks celery, chopped
- 1 baking potato
- 5 cups vegetable broth
- 1 1/2 cups cooked white rice
- 1 1/2 cups uncooked green lentils
- 2 teaspoons curry powder

Directions

Heat the oil in a stock pot over medium heat. Add the onion, garlic, broccoli and celery; cook and stir until tender. Meanwhile, peel the potato and heat in the microwave for 5 to 10 minutes, or until tender. Transfer the potato and vegetables to a food processor and blend until smooth. Return to the pot and bring to a boil.

Add the cooked rice, lentils and curry powder. Simmer over low heat, covered, until lentils are soft, about 45 minutes.

Red Bean Vegetable Soup

Ingredients

3 large sweet red peppers
3 celery ribs, chopped
2 medium onions, chopped
4 (16 ounce) cans red kidney beans, rinsed and drained
4 cups chicken broth
2 bay leaves
1/2 teaspoon salt
1/2 teaspoon Cajun seasoning
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce

Directions

In a 5-qt. slow cooker, combine the peppers, celery, onions and beans. Stir in the remaining ingredients. Cover and cook on low for 6 hours or until vegetables are tender. Discard bay leaves before serving.

Cozy Cottage Beef Stew Soup

Ingredients

3/4 pound beef stew meat, cut into 1 inch cubes
2 onions, diced
3 cloves garlic, minced
1 large stalk celery, minced
2 carrots, finely chopped
1/4 pound green beans, cut into 1 inch pieces
8 ounces fresh mushrooms, coarsely chopped
3 potatoes, peeled and diced
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
2 (14.5 ounce) cans fat-free chicken broth
1/2 cup all-purpose flour
2 (10.5 ounce) cans beef consomme

Directions

In a slow cooker, combine beef, onions, garlic, celery, carrots, green beans, mushrooms, and potatoes. Pour in the tomatoes and tomato sauce. Season with bay leaf, pepper, thyme, and marjoram. Stir together chicken broth and flour. Pour chicken broth mixture and beef consomme into slow cooker, and stir.

Cover, and cook on Low 6 to 10 hours. Remove bay leaf before serving.

Tomato Gorgonzola Soup

Ingredients

1 tablespoon olive oil
1/4 large red onion, diced
1/2 cup red bell pepper, diced
2 cloves cloves garlic, minced
1/4 cup Gorgonzola cheese,
crumbled
4 ounces cream cheese, softened
1/4 cup heavy cream
1/4 cup milk
1 (14.5 ounce) can diced tomatoes
1 1/2 cups tomato juice
2 teaspoons dried basil
1 teaspoon white sugar
1/4 teaspoon ground white
pepper

Directions

Heat oil in a medium saucepan over medium heat. Add the onion, pepper, and garlic; cook and stir 4 to 5 minutes or until vegetables are soft.

Add the cheeses, cream, and milk; heat mixture until cheeses melt and the mixture is simmering.

Stir in the tomatoes (including their liquid), tomato juice, basil, sugar, and pepper. Continue to simmer mixture for 15 to 20 minutes while stirring constantly. Do not boil.

Mother-in-law Chicken Soup

Ingredients

1 (4 pound) whole chicken
2 (14.5 ounce) cans chicken broth
1 onion, quartered
1 stalk celery
1 carrot
1 1/2 cups uncooked long-grain rice

Directions

Rinse chicken and place into a large stockpot. Add broth and water to cover. Put in the onion, celery stalk and carrot. bring to a boil, reduce heat and simmer until the chicken is falling off the bones, about 45 minutes.

Remove chicken from the broth and set aside to cool. Discard onion, celery and carrot. Add rice and continue to simmer for 20 minutes, until rice is tender. Separate the chicken meat from the bones and skin. Shred and return to the pot. Serve hot with corn bread and salad.

Wild Rice Soup I

Ingredients

1/3 cup wild rice
1 tablespoon vegetable oil
4 cups water
1 onion, chopped
1 stalk celery, finely chopped
1 carrot, finely chopped
1/2 cup margarine
1/2 cup all-purpose flour
3 cups chicken broth
2 cups half-and-half cream
1/2 teaspoon dried rosemary
1 teaspoon salt

Directions

Rinse rice; drain. In a medium saucepan, combine rice, oil, and water; bring to a boil. Reduce heat, cover, and simmer for 30 minutes.

Meanwhile, in a large pot, cook onion, celery, and carrots in butter until vegetables are almost tender. Blend in flour, cook and stir for 2 minutes. Add broth and undrained rice, bring to a boil. Cook and stir until slightly thickened.

Stir in cream, rosemary, and salt. Reduce heat and simmer, uncovered, about 20 minutes or until rice is tender.

Basic Bean Soup

Ingredients

1 pound dry great Northern beans
8 cups water
12 baby carrots
1 cup chopped onion
1/2 pound chopped ham
1/4 cup ketchup
salt and pepper to taste

Directions

In a large bowl, combine the beans with the water, cover and let soak overnight.

In a large pot over medium high heat, combine the soaked beans with water, carrots, onion and ham. Add more water to cover all, if necessary. Bring to a boil, then reduce heat to low and let simmer for 4 to 6 hours. Add ketchup just to get desired color. Season with salt and pepper to taste.

Florentine Tomato Soup

Ingredients

1 teaspoon olive oil
1/2 cup chopped green bell pepper
1/2 cup chopped onion
1 clove garlic, minced
1 (14.5 ounce) can diced tomatoes
1 1/2 cups water
1 tablespoon minced fresh basil
1 teaspoon chicken bouillon granules
1/4 teaspoon ground black pepper
1 (10 ounce) package frozen chopped spinach, thawed

Directions

In a large saucepan over medium heat, cook bell pepper, onion and garlic in oil until tender. Stir in tomatoes, water, basil, bouillon and black pepper. Bring to a boil, then reduce heat and simmer 10 minutes.

Stir in spinach and cook 5 to 7 minutes more.

Cream of Fresh Asparagus Soup II

Ingredients

1 pound fresh asparagus, trimmed and cut into 1 inch pieces
1/2 cup chopped onion
1 (14.5 ounce) can chicken broth
2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1 pinch ground black pepper
1 cup milk
1/2 cup sour cream
1 teaspoon fresh lemon juice

Directions

In a large saucepan, combine asparagus, chopped onion, and 1/2 cup chicken broth. Cover, and bring to a boil over high heat. Reduce heat, and simmer uncovered until asparagus is tender, about 12 minutes. Process the mixture in a blender to puree the vegetables. Set aside.

In the same saucepan, melt the butter over medium-low heat. Stir in the flour, salt, and pepper. Cook, stirring constantly for 2 minutes. Whisk in the remaining chicken broth, and increase the heat to medium. Cook, stirring constantly until the mixture boils. Stir in the asparagus puree and the milk.

Put the sour cream in a small bowl, and stir in a ladleful of the hot soup. Add the sour cream mixture and the lemon juice to the soup. Stir while heating the soup to serving temperature, but don't allow it to boil. Serve immediately.

Chicken Veggie Soup I

Ingredients

2 (14.5 ounce) cans chicken broth
1 cup baby carrots, halved
2 potatoes, peeled and cubed
1/2 (4.5 ounce) can mushrooms,
drained

Directions

In a large saucepan over medium high heat, combine the chicken stock, carrots and potatoes and simmer for 20 minutes, or until potatoes are tender. Add the mushrooms and simmer for 5 more minutes.

Swiss Cheese Soup

Ingredients

6 cups chicken stock
10 cloves garlic, crushed
4 tablespoons unsalted butter
4 tablespoons all-purpose flour
1/2 cup white wine
2 1/2 cups shredded Swiss
cheese

Directions

Place the stock in a large pot over high heat. Bring to a boil, stir in the garlic and reduce heat to low.

In separate skillet over medium heat, combine the butter and flour and stir well for a few minutes. Add the garlic and stock mixture along with the wine, stirring constantly. Bring to a boil to thicken.

Stir in the cheese and serve immediately. (Do NOT allow to boil once cheese has been added, and do not allow to sit long or the cheese will separate out.)

Spicy Chicken Soup

Ingredients

1 tablespoon olive oil
1 cup chopped onion
1 cup diced green bell pepper
2 cloves garlic, pressed
2 (14.5 ounce) cans chicken broth
1 cup chopped cooked chicken breast
1 (10 ounce) can diced tomatoes with green chile peppers

Directions

Heat olive oil in a large saucepan over medium heat. Saute onion, green pepper and garlic until tender. Stir in chicken broth, chicken pieces and the diced tomatoes and chilies. Simmer covered for at least 10 minutes. Serve hot.

Super Hot and Sour Shrimp Soup

Ingredients

4 cups shrimp stock
1 tablespoon grated lemon zest
1 tablespoon grated lime zest
1 (15 ounce) can whole straw mushrooms, drained
1 pound frozen fully cooked salad shrimp, thawed
3 tablespoons Asian fish sauce (nuoc mam or nam pla)
1/4 cup fresh lime juice
3 green onions, chopped
2 tablespoons chopped fresh cilantro
1 red chile peppers, seeded and chopped
salt and pepper to taste

Directions

Combine the shrimp stock, lemon zest and lime zest in a large pot and bring to a boil. Reduce heat to medium and simmer for about 5 minutes. Add mushrooms and shrimp and cook until shrimp have heated through, about 5 minutes. Stir in the fish sauce, lime juice, green onion, cilantro and chile pepper. Taste and adjust salt and pepper if needed. Soup should be sour, salty, spicy and hot.

Chunky Bacon and Potato Soup

Ingredients

3 slices Bob Evans® Bacon, cut into 1/2 inch pieces
1 small leek, white part only, diced
1 (20 ounce) package Bob Evans® Home Fries Diced Potatoes
2 (14 ounce) cans chicken broth
2 cups whole milk
1 cup frozen corn, thawed
1 teaspoon parsley flakes

Directions

In large saucepan over medium heat, cook bacon until crisp. Remove and set aside. In bacon drippings, saute leeks until softened, about 3 minutes.

Add potatoes and chicken broth. Cover and bring to boil, reduce heat and simmer until potatoes are tender, about 15 minutes. Lightly mash with a potato masher. Add milk, corn, parsley and reserved bacon. Heat until hot, about 5 minutes. Refrigerate leftovers.

Spicy Sweet Potato and Coconut Soup

Ingredients

1 1/2 pounds orange-fleshed sweet potatoes
1 tablespoon vegetable oil
1 onion, chopped
1 (2 inch) piece fresh ginger root, thinly sliced
1 tablespoon red curry paste
1 (15 ounce) can unsweetened coconut milk
3 cups vegetable broth
3 1/2 tablespoons lemon juice
1 teaspoon sea salt
1 tablespoon toasted sesame oil
1/2 cup chopped fresh cilantro

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the sweet potatoes directly on the rack and bake until tender enough to easily pierce with a fork, about 45 minutes. Remove from the oven and allow to cool.

Heat the oil in a large saucepan or soup pot over medium heat. Add the onion and ginger; cook and stir until tender, about 5 minutes. Stir in the curry paste and heat for 1 minute, then whisk in the coconut milk and vegetable broth. Bring to a boil, then reduce heat to low and simmer for about 5 minutes.

Remove the skins from the sweet potatoes and cut into bite size chunks. Add to the soup and cook for 5 more minutes so they can soak up the flavor. Stir in lemon juice and season with salt. Ladle into bowls and garnish with a drizzle of sesame oil and a little bit of cilantro.

Awesome Chicken Noodle Soup

Ingredients

1 gallon water
1 (4 pound) whole chicken, cut into pieces
1 large onion, peeled and halved
3 bay leaves
10 whole black peppercorns
2/3 bunch celery, leaves reserved
1 pound whole carrots
3 tablespoons chopped lemon grass (optional)

1/4 cup chicken bouillon powder
1 pound carrots, peeled and sliced
1/3 bunch celery, chopped and leaves reserved
1 (8 ounce) package dry egg noodles

Directions

Place chicken and water in a large pot over high heat and bring to a boil. Reduce heat, cover and simmer, skimming fat as needed, 30 minutes.

Place the halved onion, bay leaves, peppercorns, whole celery, whole carrots and lemon grass in the pot and simmer, covered 1 hour.

Strain broth and reserve chicken. When chicken is cool enough to handle, remove skin and cut meat into bite-size pieces.

Return strained stock to pot over high heat, and stir in chicken base, chopped celery and chopped carrots. Bring to a boil, then reduce heat, cover and simmer 20 minutes, or until carrots are tender.

Chop celery leaves and stir into pot with the noodles. Simmer until noodles are cooked, about 10 minutes more. Stir in chicken and heat through.

Chicken Tortilla Soup I

Ingredients

1 onion, chopped
3 cloves garlic, minced
1 tablespoon olive oil
2 teaspoons chili powder
1 teaspoon dried oregano
1 (28 ounce) can crushed tomatoes
1 (10.5 ounce) can condensed chicken broth
1 1/4 cups water
1 cup whole corn kernels, cooked
1 cup white hominy
1 (4 ounce) can chopped green chile peppers
1 (15 ounce) can black beans, rinsed and drained
1/4 cup chopped fresh cilantro
2 boneless chicken breast halves, cooked and cut into bite-sized pieces
crushed tortilla chips
sliced avocado
shredded Monterey Jack cheese
chopped green onions

Directions

In a medium stock pot, heat oil over medium heat. Saute onion and garlic in oil until soft. Stir in chili powder, oregano, tomatoes, broth, and water. Bring to a boil, and simmer for 5 to 10 minutes.

Stir in corn, hominy, chiles, beans, cilantro, and chicken. Simmer for 10 minutes.

Ladle soup into individual serving bowls, and top with crushed tortilla chips, avocado slices, cheese, and chopped green onion.

Strawberry Soup

Ingredients

1 pint fresh strawberries, hulled
1/2 cup dry white wine or apple
juice
1/2 cup sugar
2 tablespoons lemon juice
1 teaspoon grated lemon peel

Directions

In a blender, combine all ingredients. Cover and process until smooth. Pour into two bowls; cover and refrigerate until thoroughly chilled, about 1-2 hours.

Chinese Shrimp and Tofu Soup

Ingredients

1 tablespoon vegetable oil
2 cloves garlic, minced
1 (1/2 inch) piece fresh ginger root, minced
6 ounces raw small shrimp, shelled and deveined
1 quart chicken stock
8 ounces tofu, diced small
1/3 cup frozen peas, thawed
1 teaspoon salt
1/2 teaspoon black pepper
1 tablespoon cornstarch

Directions

Heat the oil in a large saucepan or wok over high heat. Cook the garlic and ginger until fragrant and lightly browned. Stir in the shrimp, and stir fry until cooked, then remove and set aside. Pour in the chicken stock and bring to a boil. Reduce heat to medium, add the tofu and peas, season with salt and pepper, then return to a simmer. Mix the cornstarch with a little water to form a thin paste. Stir the cornstarch into the soup and continue to simmer until clear and thickened, about 1 minute. Stir the shrimp back into the soup and serve.

Creamy Tomato And Cream Cheese Soup

Ingredients

2 (29 ounce) cans diced tomatoes
2 stalks celery, chopped
2 cloves garlic, minced
1 red bell pepper, chopped
2 tablespoons margarine
1/2 pound mushrooms, chopped
1 onion, finely diced
2 tablespoons all-purpose flour
1 teaspoon white sugar
8 cups beef stock
1/2 teaspoon dried basil
1/2 teaspoon dried rosemary
1/2 teaspoon dried thyme
1 (3 ounce) package cream cheese
salt and pepper to taste
3 tablespoons chopped fresh parsley

Directions

Place the tomatoes with juice in a well buttered oven-proof baking dish. Mix in celery, garlic, and red pepper. Cover, and bake at 325 degrees F (165 degrees C) for 25 minutes.

In a large stock pot, melt butter or margarine over medium heat. Add the mushrooms and onions, and cook and stir for about 8 minutes.

Slowly stir in flour and sugar. Add beef stock, basil, rosemary, and thyme, stirring until soup comes to a boil. Add the contents of the baked tomato pan from the oven, and bring to a boil. Cover, and simmer the soup for about 30 minutes.

Meanwhile, in a food processor, blend the cream cheese until smooth. Season with salt and pepper to taste. Slowly stir the cream cheese into the soup. Garnish with chopped parsley.

New Year's Day Soup

Ingredients

1 pound dry black-eyed peas
3 (10.5 ounce) cans beef broth
1 (1 ounce) package dry onion soup mix
1 pound smoked sausage, sliced
1 cup uncooked long grain white rice
1 (4 ounce) can diced green chilies, drained
ground black pepper to taste

Directions

In a large saucepan with enough water to cover, soak the black-eyed peas 8 hours, or overnight.

Drain and rinse the soaked black-eyed peas, and return to the saucepan. Mix in the beef broth, dry onion soup mix, sausage, rice, and green chilies. Season with pepper. Bring to a boil, reduce heat, and simmer 1 hour and 30 minutes, or until the beans are tender. Add water as necessary to keep the ingredients covered with liquid.

Ham and Bean Soup

Ingredients

1 (20 ounce) package 15 bean soup mix
5 quarts water, divided
1 pound cooked, cubed ham
2 fully cooked bratwurst, sliced
1 cup chopped green pepper
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup sliced carrots
2 garlic cloves, minced
2 tablespoons Worcestershire sauce
1 teaspoon dried basil
3/4 teaspoon salt
3/4 teaspoon pepper
1/2 teaspoon dried marjoram
1/2 teaspoon hot pepper sauce
2 (14.5 ounce) cans diced tomatoes, undrained
1 (4 ounce) can chopped green chilies

Directions

Rinse dry beans and place in a Dutch oven with 3 qts. of water. Bring to a boil; boil for 3-5 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans. Return to pan; add remaining water and the next 13 ingredients. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 to 3 hours or until beans are almost tender. Add tomatoes and chilies; bring to a boil. Reduce heat; cover and simmer for 30 minutes.

Spicy Pecan Soup

Ingredients

2 tablespoons butter
1/2 cup minced onion
3 tablespoons minced garlic
6 cups chicken stock
1 (6 ounce) can tomato paste
2 cups heavy cream
2 tablespoons lemon juice
3 cups pecan pieces
3 tablespoons finely chopped
canned chipotle chile in adobo
sauce
salt to taste
1/4 cup chopped pecans for
garnish

Directions

Melt the butter in a large saucepan over medium heat. Cook and stir the onion and garlic in the butter until soft but not brown. about 5 minutes.

Pour the chicken stock into the pot and whisk in the tomato paste, heavy cream, and lemon juice. Turn the heat to high and bring the soup to a boil. Turn the heat down to medium-low, add the 3 cups of pecan pieces and the chopped chipotle peppers, and simmer the soup until the pecans soften, about 30 minutes.

Set aside 2 cups of soup. Pour the rest of 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 contents 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.

Stir the reserved 2 cups of soup back into the pot and bring to a simmer and season with salt to taste. Serve, hot, with a sprinkle of chopped pecans for garnish.

Easy Vegetable Soup

Ingredients

1 teaspoon vegetable oil
1/4 cup chopped onion
1 clove garlic, minced
1/4 teaspoon dried parsley flakes
1/4 teaspoon dried thyme leaves, crushed
3 1/2 (14 ounce) cans SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
2 medium carrots, sliced
1 medium potato , cut into 1-inch pieces
1 cup fresh or frozen cut green beans

Directions

Heat the oil in a 3-quart saucepan over medium-high heat. Add the onion, garlic, parsley and thyme and cook until the onion is tender-crisp.

Add the carrots, potato and beans to the saucepan and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender.

Zucchini Summer Soup

Ingredients

1 extra large zucchini, cubed
2 teaspoons salt
4 roma (plum) tomatoes, chopped
1 (14.5 ounce) can stewed tomatoes
1 (12 ounce) can tomato paste
1 cup water, or as needed
1 (32 ounce) can chicken broth
1/4 cup white sugar
2 1/2 tablespoons olive oil
2 cloves garlic, minced
1 sweet onion, chopped
1 large green bell pepper, chopped
1 tablespoon lemon juice
3 tablespoons chopped fresh dill
1 tablespoon chopped fresh tarragon
1 tablespoon chopped fresh parsley
3 tablespoons grated Parmesan cheese
salt and pepper to taste

Directions

Place zucchini cubes in colander; sprinkle with 2 teaspoons of salt and let stand to drain for 30 minutes.

Meanwhile, combine in a blender the roma tomatoes, stewed tomatoes, tomato paste, and water; blend until smooth.

Pour tomato mixture and chicken broth into a large stockpot. Bring to a boil over medium heat; immediately reduce heat to low; stir in sugar and simmer, stirring occasionally.

Meanwhile, heat olive oil in a skillet over medium heat. Stir in garlic, onion, green pepper, and zucchini, and cook and stir until onion is clear and zucchini is lightly brown, about 10 minutes. Transfer vegetables to blender and pulse a few times, just enough to chop.

Add vegetables to the stockpot; stir in lemon juice, dill, tarragon, and parsley. Simmer, uncovered, for 35 minutes, stirring occasionally. Stir in Parmesan cheese, salt, and pepper to taste. Simmer an additional five minutes. Let stand for ten minutes before serving.

Three Sisters Soup

Ingredients

2 cups canned white or yellow hominy, drained
2 cups fresh green beans, trimmed and snapped
2 cups peeled and cubed butternut squash
1 1/2 cups diced peeled potatoes
5 cups water
1 1/2 tablespoons chicken bouillon granules
2 tablespoons butter, melted
2 tablespoons all-purpose flour
1/4 teaspoon pepper

Directions

Place the hominy, green beans, squash, and potatoes into a pot, and pour in water and chicken bouillon. Bring to a boil, then reduce heat to low, and simmer until vegetables are soft, about 10 minutes. Blend flour into the butter, then stir into the soup. Increase heat to medium, and cook for 5 more minutes, or until soup thickens. Season with pepper, and serve.

Spicy Sweet Potato Soup

Ingredients

1/2 cup sour cream
1 teaspoon grated lime zest
2 large sweet potatoes, peeled and cubed
1 tablespoon butter
1 onion, sliced
2 cloves garlic, sliced
4 cups chicken stock
1/2 teaspoon ground cumin
1/4 teaspoon crushed red pepper flakes
2 tablespoons grated fresh ginger root
1/4 cup smooth peanut butter
1 lime, juiced
2 tablespoons chopped fresh cilantro
salt to taste
1 large roma (plum) tomato, seeded and diced

Directions

In a small bowl, stir together the sour cream and lime zest. Set aside in the refrigerator to allow the flavors to blend.

Melt butter in a large pot over medium heat. Add onion and garlic, and cook for about 5 minutes, until softened. Add sweet potatoes, and chicken stock. Season with cumin, chili flakes and ginger. Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes, until potatoes are tender.

Puree the soup using an immersion blender or regular blender. If using a counter top blender, puree in small batches, filling the blender just a bit past half way to avoid spillage. Whisk peanut butter into the soup, and heat through. Stir in lime juice, and salt.

Ladle into warm bowls, and top with a dollop of the reserved sour cream, a few pieces of diced tomato, and a sprinkle of cilantro.

Hearty Tortellini Soup

Ingredients

3 uncooked Italian sausage links
1 quart water
2 (14.5 ounce) cans Italian stewed tomatoes
1 (10.5 ounce) can condensed French onion soup, undiluted
2 cups broccoli coleslaw mix
2 cups frozen cut green beans
2 cups frozen cheese tortellini
grated Parmesan cheese

Directions

Cut sausage into 3/4-in. pieces; brown in a Dutch oven or soup kettle. Drain. Add water, tomatoes, soup, coleslaw mix and beans; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender. Uncover; add tortellini. Cook for 3-5 minutes or until pasta is tender. Garnish with Parmesan cheese if desired.

Hot and Sour Soup with Bean Sprouts

Ingredients

1 serrano chile pepper, seeded and minced
5 cups chicken broth
2 cloves garlic, minced
1 teaspoon minced fresh ginger
5 fresh shiitake mushrooms, stemmed and sliced
1/2 pound firm tofu, cut into strips
1 (8 ounce) can bamboo shoot strips, drained
1 cup bean sprouts
2 tablespoons tamari
2 tablespoons rice vinegar
1 tablespoon soy sauce
1 teaspoon black pepper
2 tablespoons cornstarch
2 tablespoons mirin (Japanese sweet wine)
2 green onions, thinly sliced
1 tablespoon fresh cilantro, leaves picked from stems
1 egg, beaten

Directions

Place the minced serrano and chicken broth into a large saucepan. Bring to a boil over high heat, then reduce heat to medium. Stir in the garlic and ginger, simmer for 1 minute. Stir in the shiitake mushrooms, tofu, and bamboo strips, simmer for 2 minutes to soften mushrooms.

Stir in the bean sprouts, tamari, rice vinegar, soy sauce, and black pepper; simmer for 1 minute to soften the bean sprouts.

Dissolve the cornstarch in the mirin, and stir into the simmering soup; cook for 30 seconds to thicken. Remove from heat and pour in beaten egg while stirring slowly. Ladle soup into bowls; garnish with green onion and cilantro leaves.

Korean Tofu and Vegetable Soup

Ingredients

3 cups beef stock
1/4 cup toonjang (fermented soybean paste)
1 (4 inch) piece dashi kombu (dried kelp) (optional)
5 cloves garlic, chopped
1 (16 ounce) package medium-firm tofu, cut into 1 1/2 x 1/4 inch dominoes
1 pound napa cabbage, thickly sliced
1 pound daikon radish cut into 1 1/2x1/4 inch pieces
1 pound yellow squash, cut into 1 1/2x1/4 inch dominoes
2 large green onions, white and pale green part only, sliced diagonally into 1 1/4 inch pieces
1 hot red pepper, seeded and sliced diagonally into 1/4 inch pieces

Directions

Pour the beef stock into a stock pot or large deep skillet over medium-high heat. Stir in the toonjang until dissolved. Add the kelp and garlic, and bring to a boil. Put in the tofu, cabbage, daikon and yellow squash, cover and return to a boil. Cook gently for 5 minutes. Then add the green onions and hot pepper, and boil for a minute, or until the onion and pepper become fragrant and brightly colored. Limit the cooking time to no more than 15 minutes. Remove and discard kelp. Serve immediately.

Meaty 'Cuban Black Bean' Soup

Ingredients

2 cups dry black beans
2 cups water
2 skinless, boneless chicken breast halves - cut into 1 inch strips
4 (3.5 ounce) links sweet Italian sausage
4 bay leaves
1 teaspoon ground cumin
2 onions, chopped
3 cloves garlic, minced
1 tablespoon sherry
1 (6 ounce) can tomato paste

Directions

In a large bowl, combine the beans with the water and let soak overnight. Beans will double in size so be sure to use a large enough bowl. In the morning, drain and rinse the beans.

In a large pot over high heat, combine the beans, chicken, sausage, bay leaves, cumin, onion, garlic and sherry. Add enough water to cover all ingredients.

Bring to a boil and reduce heat to low. Cover and simmer for about 30 minutes, or until beans are tender. Add tomato paste to soup and stir until dissolved.

Sleeper Heater Lentil Soup

Ingredients

3 cups brown lentils
1/4 cup chopped fresh parsley
1/4 cup curry paste
1 tablespoon grated fresh ginger
root
2 tablespoons chopped fresh
oregano
2 cloves garlic, chopped
1 tablespoon all-purpose flour
1 teaspoon paprika

Directions

Place the lentils, parsley, curry paste, ginger, oregano, garlic, flour and paprika into a 2.5 quart (5 liter) slow cooker. Mix until blended. Fill with water to within 1/2 inch of the top. Cover, and cook on high for 4 hours, or longer if you can.

Christmas Seafood Soup

Ingredients

2 (6.5 ounce) cans chopped clams
2 cups diced peeled potatoes
2 cups chopped celery
2 cups diced carrots
1/2 cup water
2 cups milk
5 ounces frozen cooked shrimp,
thawed
4 bacon strips, cooked and
crumbled
2 teaspoons minced fresh parsley
salt and pepper to taste

Directions

Drain the clams, reserving juice; set clam aside. In a large saucepan or Dutch oven, combine clam juice, potatoes, celery, carrots and water. Bring to a boil. Reduce heat; cover and cook for 15 minutes or until vegetables are tender. Add the milk, shrimp, bacon, parsley, salt, pepper and reserved clams; heat through.

Aaahh! Potato Soup

Ingredients

2 Yukon Gold potatoes, cubed
1 (5.5 ounce) package au gratin
instant potato mix
1 (10.5 ounce) can condensed
chicken broth
1 1/2 cups water
1 cup heavy cream

Directions

In a large saucepan or pot, combine potatoes, au gratin potato mix, chicken broth and water. Add more water to cover if necessary. Cook over medium heat, stirring occasionally, until potatoes are tender, about 40 minutes. Stir in cream and heat through. Serve.

Carib Black Bean Soup

Ingredients

2 1/2 cups dry black beans
6 cups water
3 tablespoons olive oil
2 onions, chopped
3 cloves garlic, chopped
6 stalks celery, chopped, with leaves
2 cups water
8 cups chicken broth
1/2 teaspoon ground cayenne pepper
1 1/2 teaspoons ground cumin
2 tablespoons balsamic vinegar
1/4 cup sherry
1 tablespoon soy sauce
1/2 teaspoon ground black pepper
1/4 cup sour cream
1/4 cup chopped green onions

Directions

In a medium-size stock pot, add dried black beans and 6 cups of water, cover and let soak overnight.

In another large stock pot, heat olive oil and add onion, minced garlic and chopped celery. Saute until vegetables are softened.

Drain and rinse soaked black beans. Add pre-soaked beans or drained and rinsed canned beans to vegetable mixture along with 2 cups water and broth. Bring to boil; reduce heat and simmer.

Add cayenne pepper and ground cumin. Partially cover the pot and simmer over low heat for 2 to 2 1/2 hours, or until beans are soft.

Puree soup in batches in food processor or blender. Return pureed soup to stock pot and simmer.

Add vinegar, sherry, soy sauce and pepper. Serve hot with a dollop of sour cream or yogurt and chopped green onions.

Slim Soup

Ingredients

6 cubes chicken bouillon
2 carrots, chopped
1 (28 ounce) can stewed tomatoes, with juice
1 onion, chopped
1 stalk celery, chopped
1 cup chopped green bell pepper
2 cups shredded cabbage
1 1/2 teaspoons dried basil or to taste
2 cloves garlic, minced
1 teaspoon Italian-style seasoning
6 cups water, or to cover

Directions

In a large pot over high heat, combine the bouillon, carrots, tomatoes, onion, celery, green bell pepper, cabbage, basil, garlic, Italian-style seasoning and water. Bring to a boil, reduce heat to low and simmer for 30 to 45 minutes, or until all vegetables are to desired tenderness.

Potato Soup VII

Ingredients

1 pound bacon
1 pound margarine
1 onion, chopped
3 cloves garlic, minced
6 carrots, grated
1 stalk celery, chopped
15 potatoes, grated
2 (12 fluid ounce) cans evaporated milk
1/4 cup instant mashed potato flakes
salt and pepper to taste

Directions

Slice bacon into small pieces and fry until crisp; set aside. Put potatoes in large soup pot and add enough water to cover them; simmer. Meanwhile, cook and stir onions, garlic, celery, and carrots in butter until tender.

When the potatoes are tender, stir in cooked vegetables and bacon. Stir in canned cream. When mixture is just starting to boil, add instant potatoes to thicken to desired consistency. Salt & Pepper to taste.

Beef 'n' Black Bean Soup

Ingredients

- 1 pound ground beef
- 2 (14.5 ounce) cans chicken broth
- 1 (14.5 ounce) can diced tomatoes, undrained
- 8 green onions, thinly sliced
- 3 medium carrots, thinly sliced
- 2 celery ribs, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon sugar
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 1/2 cups cooked rice

Directions

In a skillet over medium heat, cook beef until no longer pink; drain. Transfer to a slow cooker. Add the next 12 ingredients. Cover and cook on high for 1 hour. Reduce heat to low; cook for 4-5 hours or until vegetables are tender. Add the beans and rice; cook 1 hour longer or until heated through.

Potato Soup with Fish and Cheese

Ingredients

4 tablespoons margarine
1 teaspoon paprika
2 small onion, chopped
4 cups water
10 potatoes, diced
2 cups half-and-half cream
1/2 pound cod fillets, cubed
2 eggs, lightly beaten
1 1/2 cups shredded Muenster
cheese
salt to taste

Directions

Melt the butter or margarine in a large saucepan, and add the paprika. Saute the onions in this mixture until they are soft. Add the water, bring it to the boil, and add the potatoes. Simmer gently until the potatoes are almost done. Depending on the size of the potatoes it may be necessary to add more water during cooking.

Add cream or milk and the fish; continue cooking, stirring occasionally, until potatoes begin to fall apart. If they remain very firm, mash them gently in the pan with a masher or wooden spoon.

Add a little of the potato mixture to the beaten eggs, and then stir eggs into the soup. Remove from heat, and stir in the cheese. Correct the seasoning, and serve at once.

Strawberry Soup a la Kiev

Ingredients

4 cups chopped strawberries
1 cup white sugar
1 cup sour cream
4 cups cold water
1 cup Burgundy or other dry red wine

Directions

Use a food processor or blender to puree the strawberries. Pour the strawberry puree into a large saucepan, and stir in the sugar, sour cream, water and wine. Cook over medium-low heat, stirring gently for 20 to 25 minutes to fully blend the flavors. Do not allow to boil. Serve warm or chilled.

Grandma's Vegetable Soup

Ingredients

1 pound ground beef
1 (46 ounce) can tomato juice
1 onion, chopped
2 carrots, chopped
2 potatoes, diced
1 (14 ounce) can whole kernel corn
1 (14.5 ounce) can green beans
1 pinch ground ginger
salt and ground black pepper to taste

Directions

Crumble the ground beef into a large saucepan over medium heat. Cook and stir until no longer pink. Drain off grease and pour in the tomato juice. Add the onion, carrot, and potato. Pour in the entire contents of the cans of corn and green beans. Season with ginger, salt, and pepper. Reduce heat to low and let simmer 1 hour.

Sweet Potato and Brandy Soup

Ingredients

3 large sweet potatoes
1/2 cup chopped Vidalia onion
1 tablespoon olive oil
2 tablespoons white wine
1/4 cup red wine
1 tablespoon brandy
2 cubes chicken bouillon
2 cups water
1/2 tablespoon allspice
salt and pepper to taste

Directions

Bring a large pot of water to a boil. Add sweet potatoes and cook until tender but still firm, about 15 minutes. Drain, cool, peel, and mash. Set aside.

In a medium skillet over medium high heat, cook and stir onions in olive oil until translucent. Add white wine, red wine, and brandy, and simmer for 5 minutes. Add mashed sweet potatoes, stirring to incorporate. Dissolve bouillon cubes in water and add to the soup with the allspice. Simmer another 10 minutes, stirring occasionally. Season to taste with salt and pepper. Serve hot.

Hearty Chicken Soup

Ingredients

1 (2 to 3 pound) whole chicken
5 carrots, chopped
2 onions, chopped
3 stalks celery, with leaves, minced
2 cubes chicken bouillon
1 red bell pepper, diced
1 (15 ounce) can sweet corn
3/4 cup barley

Directions

Clean chicken thoroughly in fresh, cold running water and remove giblets. Remove as much excess skin from bird as possible and discard. With the force of your hands, add pressure to the back bone of the chicken to crush the bones. If you crack the legs at the joints it will release the cartilage which will add more flavor to the soup. Place crushed chicken and giblets into a large stock pot.

Using a food processor, grate 2 carrots, 1 onion, and all of the celery. Add to stock pot and cover chicken with water. Place the remaining carrots and onions that were not grated, bouillon cubes and red bell pepper into the pot. Bring to a boil for 5 minutes and then simmer for one hour.

Add barley and continue to cook for another hour.

Remove from heat and carefully remove the chicken and giblets from the pot; placing them into a large, clean shallow bowl. Pull the meat from the chicken and dice. Return chicken meat to pot and add sweet corn. Can be served immediately or refrigerated or frozen for later use.

Chicken Soup with Adzuki Beans, Escarole, and

Ingredients

1 1/2 quarts chicken broth
4 boneless, skinless chicken thighs
1 cup dry adzuki beans
1 cup uncooked wild rice
2 onions, cut into large chunks
1 tablespoon bottled minced garlic
1 teaspoon dried sage
1 tablespoon dried thyme
1 tablespoon dried rosemary
1 large sweet potato, peeled and cubed
1 zucchini, cubed
1 yellow squash, cubed
1/3 medium head escarole, coarsely chopped

Directions

Place the chicken broth in a large pot. Mix in the chicken thighs, adzuki beans, wild rice, onions, and garlic. Season with sage, thyme, and rosemary. Bring to a boil, reduce heat, and cook 1 hour.

Remove chicken from the pot, shred with a fork, and set aside.

Stir the sweet potato into the pot. Continue cooking about 5 minutes, until sweet potato is slightly tender. Mix in the zucchini, yellow squash, and escarole. Continue cooking 15 minutes.

Return the shredded chicken to the pot. Cook until heated through. Increase the amount of broth if the soup seems too thick.

Tom Yum Koong Soup

Ingredients

1/2 pound medium shrimp -
peeled and deveined
12 mushrooms, halved
1 (4.5 ounce) can mushrooms,
drained
4 cups water
2 lemon grass
4 kaffir lime leaves
4 slices galangal
4 chile padi (bird's eye chiles)
1 1/2 tablespoons fish sauce
1 1/2 limes, juiced
1 teaspoon white sugar
1 teaspoon hot chile paste
1 tablespoon tom yum soup paste
(optional)

Directions

Trim lemongrass and cut into matchstick size pieces.

To make stock: Add the shrimp heads and shells to water, then cook for 20 minutes. Turn the fire off. Soak the heads and shells for further 20 minutes before discarding.

Trim lemongrass and cut into matchstick size pieces.

Add stock, lemon grass, kaffir lime leaves, galangal, chili padi, fish sauce, lime juice, sugar, and chili paste to a pot and bring to a boil. After boiling for 5 minutes, add shrimps and both mushrooms. Cook for further 10 minutes. Garnish with coriander leaves.

Creamy Spinach Soup

Ingredients

1 pound frozen chopped spinach, thawed
2 cups water
4 teaspoons chicken bouillon granules
1/2 cup chopped onion
1/4 teaspoon garlic powder
1/4 cup butter
1/4 cup all-purpose flour
3 cups half-and-half
salt and pepper to taste

Directions

Place spinach, water, bouillon, onion, and garlic powder in a large pot over medium-high heat. Bring to a boil, then reduce heat to medium-low and simmer until spinach is tender. Meanwhile, melt the butter in a small saucepan and whisk in the flour until smooth. Cook for 2 minutes. Slowly stir in half-and-half; mix until smooth. Pour the half-and-half into the spinach, and simmer until thickened, about 10 minutes. Season to taste with salt and pepper.

Simple Taco Soup

Ingredients

2 pounds ground beef
1 (1.25 ounce) package taco seasoning mix
1 1/2 cups water
1 (15 ounce) can mild chili beans
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes
1 (10 ounce) can diced tomatoes with green chile peppers
1 (4 ounce) can chopped green chilies
1 (1 ounce) package ranch salad dressing mix

Directions

In a Dutch oven or large kettle, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well. Stir in remaining ingredients. Simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Ooodles of Noodles Soup

Ingredients

3/4 pound skinless, boneless
chicken breast halves - cubed
2 medium carrots, sliced
1 small onion, chopped
2 celery ribs, sliced
1 garlic clove, minced
5 cups water
1/4 teaspoon pepper
2 (3 ounce) packages chicken
ramen noodles

Directions

In a large saucepan coated with nonstick cooking spray, saute the chicken, carrots, onion, celery and garlic until chicken is no longer pink. Add water, pepper and contents of seasoning packets from the noodles. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until carrots are tender.

Break noodles into pieces and add to soup; cover and cook for 3 minutes or until tender.

Afghan Tomato Soup (Aush Goshti)

Ingredients

1 tablespoon butter
1 onion, chopped
3 cloves garlic, minced
1/2 pound ground beef
1 (6 ounce) can tomato paste
1 (32 ounce) can tomato juice
5 cups water
1 (15 ounce) can garbanzo beans,
drained and coarsely chopped
1 (16 ounce) package uncooked
fettuccine
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1 teaspoon dry mustard
1 tablespoon chopped fresh dill
1 tablespoon chopped fresh
cilantro, or to taste
1 teaspoon chili paste, or to taste
2 teaspoons fresh lemon juice, or
to taste

Directions

Melt butter in a large pot over medium heat. Cook onions in butter until they begin to soften, about 10 minutes; stir in garlic and cook for one minute. Add ground beef and cook until beef loses its pink color, 10 to 15 minutes, stirring occasionally to break up lumps. Stir in the tomato paste, tomato juice, water, and garbanzo beans. Season with salt, pepper, dry mustard, dill, cilantro, chili paste, and lemon juice. Bring to a boil, then reduce heat to low. Simmer uncovered 30 minutes.

Increase heat and bring mixture to a low boil; add fettuccine, reduce heat to medium-low and cook until fettuccine is tender, about 10 minutes. Adjust seasonings adding more chile paste, salt, or lemon juice as desired. If soup seems too thick, thin with a little water.

Hearty Pasta Tomato Soup

Ingredients

1 pound bulk Italian sausage
6 cups beef broth
1 (28 ounce) can stewed tomatoes
1 (15 ounce) can tomato sauce
2 cups sliced zucchini
1 large onion, chopped
1 cup sliced carrots
1 cup sliced fresh mushrooms
1 medium green pepper, chopped
1/4 cup minced fresh parsley
2 teaspoons sugar
1 teaspoon dried oregano
1 teaspoon dried basil
1 garlic clove, minced
2 cups frozen cheese tortellini
grated Parmesan cheese

Directions

In a skillet, cook the sausage over medium heat until no longer pink; drain. Transfer to a 5-qt. slow cooker; add the next 13 ingredients. Cover and cook on high for 3-4 hours or until the vegetables are tender.

Cook tortellini according to package directions; drain. Stir into slow cooker; cover and cook 30 minutes longer. Serve with Parmesan cheese if desired.

Jack's Old-Fashioned Beef and Vegetable Soup

Ingredients

2 tablespoons butter
1 onion, coarsely chopped
4 stalks celery, chopped
1/3 pound lean round steak, cut into 1/2-inch cubes
1 quart beef stock
1 quart water
1 bay leaf
1/4 teaspoon dried marjoram
1/4 teaspoon dried oregano
2 pounds beef soup bones
1 large potato, peeled and cut into large chunks
1 large carrot, peeled and cut into large chunks
1 small green bell pepper, chopped
1/4 cup dry black beans
1/4 cup dried split peas
1/4 cup white rice
1/4 cup elbow macaroni
1 cup crushed tomatoes in puree
1/4 cup chopped cabbage
1 cup red wine
salt and ground black pepper to taste

Directions

Melt the butter in a large stockpot over medium heat; cook the onion, celery, and steak in the melted butter until the onions caramelize, 7 to 10 minutes. Add the beef stock, water, bay leaf, marjoram, oregano, and soup bones; lower the heat to medium-low and simmer 3 hours, skimming froth off the top of the soup as it develops.

Add the potato, carrot, bell pepper, black beans, split peas, rice, macaroni, tomatoes in puree, cabbage, and red wine to the stockpot. Simmer 1 hour more. Remove the soup bones, scraping any meat from them back into the pot. Season with salt and pepper to serve.

Corn and Bean Soup

Ingredients

1 1/3 cups reduced sodium chicken broth
2 medium carrots, diced
2 celery ribs, diced
1 small potato, peeled and diced
1 small onion, chopped
1 1/2 cups frozen corn
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 cup fat-free milk
1 teaspoon dried thyme
1/4 teaspoon garlic powder
pepper to taste

Directions

In a large saucepan, combine the broth, carrots, celery, potato and onion. Bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until vegetables are tender. Stir in the remaining ingredients; simmer 5-7 minutes longer or until corn is tender.

Savory Cheese Soup

Ingredients

3 (14.5 ounce) cans chicken broth
1 small onion, chopped
1 large carrot, chopped
1 celery rib, chopped
1/4 cup chopped sweet red pepper
2 tablespoons butter or margarine
1 teaspoon salt
1/2 teaspoon pepper
1/3 cup all-purpose flour
1/3 cup cold water
1 (8 ounce) package cream cheese, cubed and softened
2 cups shredded Cheddar cheese
1 (12 fluid ounce) can beer (optional)
Optional toppings: croutons, popcorn, cooked crumbled bacon, sliced green onions

Directions

In a slow cooker, combine the first eight ingredients. Cover and cook on low for 7-8 hours.

Combine flour and water until smooth; stir into soup. Cover and cook on high 30 minutes longer or until soup is thickened.

Stir in cream cheese and cheddar cheese until blended. Stir in beer if desired. Cover and cook on low until heated through. Serve with desired toppings.

Cream Soup Base

Ingredients

1/2 cup butter
6 tablespoons all-purpose flour
2 cups milk
2 cubes chicken bouillon
ground black pepper to taste

Directions

Melt butter in a saucepan. Add flour and make a paste. Add milk and bouillon cubes. Cook over low heat until thickened. Add pepper to taste. Add more milk when adding the other soup ingredients, depending on the thickness you desire.

To this base you may add steamed broccoli and American cheese; or chunks of baked potato (peel and all) with American cheese, bacon pieces, and chives; or pureed, stewed tomatoes for a bisque; or leeks that have been cleaned well, steamed, and chopped; or cooked asparagus cut in pieces (if canned asparagus is used, add some of the liquid as well), topped with grated cheese and bacon pieces.

Chocolate Soup II

Ingredients

5/8 cup white sugar
5 tablespoons all-purpose flour
2 tablespoons cocoa powder
4 cups milk
1/2 teaspoon vanilla extract
salt to taste
3 slices white bread
1/4 cup margarine

Directions

Combine sugar, flour and cocoa. Put under broiler to brown, stirring frequently. Remove from heat. Add a little milk until creamy. Cool.

Heat the remainder of the milk to boiling. Gradually stir in cocoa mixture, bring to a boil. Add vanilla and salt to taste.

Cube the bread, and fry golden brown in the butter or margarine. Serve with the hot soup.

Creamy Sweet Potato Soup

Ingredients

4 large sweet potatoes
1/3 cup butter
8 cups water
1/2 cup tomato sauce
2 tablespoons half-and-half
2 teaspoons salt
1/8 teaspoon freshly ground black pepper
1 pinch dried thyme
1 cup cashew halves

Directions

Preheat oven to 375 degrees F (190 degrees C). Bake sweet potatoes until soft, about 45 minutes. Remove potatoes, and set aside until cool enough to handle. Then peel, and place in a large bowl. With a large fork or potato masher, mash potatoes for 15 to 20 seconds (they do not need to be mashed smooth).

Spoon the potatoes into a large saucepan over medium-high heat. Stir in butter, water, tomato sauce, and half-and-half. Season with salt, pepper, and thyme. Stir in cashews, and mix well. Bring to a boil, reduce heat to medium low, and simmer until cashews are soft, about 50 to 60 minutes.

Texas Taco Soup

Ingredients

3 pounds ground beef
2 onions, chopped
2 (15 ounce) cans pinto beans
2 (16 ounce) packages frozen corn kernels
3 (10 ounce) cans diced tomatoes with green chile peppers
6 serrano peppers, crushed
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

In a large pot over medium heat, cook beef until brown. Stir in onion and cook a few minutes more. Drain.

Stir in pinto beans, corn, diced tomatoes with green chiles, serrano peppers, taco seasoning and ranch dressing mix. Fill the pot with water to come within two inches of the top. Bring to a boil for 30 minutes, stirring occasionally, then reduce heat and simmer 30 minutes more.

Chinese Chicken and Potato Soup

Ingredients

3 potatoes, cubed
1 carrot, chopped
1 turnip, chopped
1 onion, chopped
5 cloves garlic, minced
1 chicken leg
salt and pepper to taste

Directions

In a large pot over high heat, combine the potatoes, carrot, turnip, onion, garlic, chicken and water to cover. Bring to a boil and reduce heat to low. Let soup simmer for 45 minutes to 1 hour. Skim fat, if desired, and season with salt and pepper to taste.

Remove chicken leg from the soup and allow it cool. Remove the meat, returning it to the soup, and discard the skin and bones. Simmer for 30 to 45 more minutes, or longer, if desired.

Chicken Song Soup

Ingredients

2 chicken breast quarters with wing, skinned
8 cups water
salt and pepper to taste

3/4 cup uncooked white rice
1 1/2 cups water
2 cloves garlic, minced
1 onion, chopped
3 carrots, sliced
3 stalks celery, sliced
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh sage
1 tablespoon chopped fresh rosemary
1 tablespoon chopped fresh thyme

Directions

Place the chicken breasts and 8 cups of water into a large pot. Season with salt and pepper, and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer 1 hour until the chicken is falling off the bone. Once done, remove the chicken and set aside to cool.

While the chicken is simmering, bring the rice and 1 1/2 cup water to a boil in a saucepan over high heat. Reduce heat to medium-low, and cover; simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes. Set aside.

Once the chicken has been removed to cool, stir the cooked rice, garlic, onion, carrots, celery, parsley, sage, rosemary, and thyme into the broth, and return to a simmer. While the vegetables are simmering, remove and discard the skin and bones from the chicken, shred the meat, and stir in into the soup. Serve once the vegetables are tender, about 30 minutes.

Pizza Soup II

Ingredients

1 1/4 cups fresh sliced mushrooms
1/2 cup finely diced onion
1 teaspoon vegetable oil
2 cups water
15 ounces pizza sauce
8 ounces sliced pepperoni
sausage, each slice cut in half
1 cup chopped tomatoes
1/2 cup chopped, cooked Italian sausage
1/4 teaspoon Italian seasoning
1/4 cup grated Parmesan cheese

Directions

In a large saucepan, heat oil over medium heat. Saute mushrooms and onion in oil for 2 to 3 minutes, or until tender.

Mix in water, pizza sauce, pepperoni, tomatoes, sausage and Italian seasoning. Cover, and bring to a boil. Reduce heat; cover, and simmer for 20 minutes, stirring occasionally.

Before serving, stir in Parmesan cheese. Garnish with mozzarella cheese.

Rich French Onion Soup

Ingredients

6 large onions, chopped
1/2 cup butter or margarine
6 (10.5 ounce) cans condensed
beef broth, undiluted
1 1/2 teaspoons Worcestershire
sauce
3 bay leaves
10 slices French bread, toasted
Shredded Parmesan and
mozzarella cheeses

Directions

In a large skillet, saute onions in butter until crisp-tender.

Transfer to an ungreased 5-qt. slow cooker. Add the broth, Worcestershire sauce and bay leaves.

Cover and cook on low for 5-7 hours or until the onions are tender.

Discard bay leaves. Top each serving with French bread and cheeses.

Beef Onion Soup

Ingredients

1 (10.5 ounce) can condensed French onion soup
1 cup cubed cooked beef
2 (3/4 inch thick) slices French bread, toasted
1/3 cup shredded Monterey Jack cheese
2 teaspoons shredded Parmesan cheese (optional)

Directions

Prepare soup according to package directions; add beef. Ladle into two 2-cup ovenproof bowls. Top each with a French bread slice. Sprinkle with Monterey Jack cheese and Parmesan cheese if desired. Broil until cheese is melted. Serve immediately.

Pork Chop Soup

Ingredients

- 2 (8 ounce) bone-in pork chops
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon chili powder
- 1 bay leaf
- 3 cups chicken broth
- 2 cups water
- 2 tablespoons soy sauce
- 1/4 cup flour
- 3 potatoes, cut into small chunks
- 1 cup chopped broccoli
- 1 carrot, diced
- 1 onion, diced
- 2 stalks celery, diced

Directions

Place pork chops, paprika, oregano, garlic powder, salt, pepper, chili powder, bay leaf, chicken broth, water, and soy sauce in a large stock pot. Bring to a boil, uncovered, then reduce heat to medium low and let simmer for 1 hour. Remove the pork chops and set aside to cool.

Whisk 3/4 cup of the cooking liquid with the flour; set aside. When the pork chops are cool remove and discard any bones or fat. Chop or shred the meat into bite size pieces.

Add the potato, broccoli, carrot, onion, celery, and cooked pork back to the pot. Bring the mixture to a boil, stir in the flour mixture. Reduce heat and simmer for 1 hour. Remove the bay leaf and gently mash the potatoes before serving.

Baked Potato Soup I

Ingredients

12 slices bacon
2/3 cup margarine
2/3 cup all-purpose flour
7 cups milk
4 large baked potatoes, peeled and cubed
4 green onions, chopped
1 1/4 cups shredded Cheddar cheese
1 cup sour cream
1 teaspoon salt
1 teaspoon ground black pepper

Directions

Place bacon in a large, deep skillet. Cook over medium heat until browned. Drain, crumble, and set aside.

In a stock pot or Dutch oven, melt the margarine over medium heat. Whisk in flour until smooth. Gradually stir in milk, whisking constantly until thickened. Stir in potatoes and onions. Bring to a boil, stirring frequently.

Reduce heat, and simmer 10 minutes. Mix in bacon, cheese, sour cream, salt, and pepper. Continue cooking, stirring frequently, until cheese is melted.

Asparagus Soup

Ingredients

1 onion, chopped
2 tablespoons butter
1 pound fresh asparagus, trimmed
and coarsely chopped
1 cup vegetable broth
1 dash garlic powder
1 dash white pepper
1 cup 1% milk

Directions

Microwave onion and butter on HIGH for 2 minutes. Add asparagus, vegetable broth, garlic powder and white pepper. Microwave, covered, on HIGH for 10 to 12 minutes. Puree in blender.

Return mixture to microwave safe dish, stir in milk and microwave until heated through.

Cream of Leek Soup

Ingredients

4 bacon strips, diced
3 medium leeks (white portion only), sliced
1 medium onion, chopped
4 large potatoes, peeled and sliced
4 cups chicken broth
2 cups half-and-half cream
2 tablespoons minced fresh parsley
salt and pepper to taste

Directions

In a pressure cooker, cook bacon over medium heat until crisp. Remove with a slotted spoon to paper towels. In the drippings, saute leeks and onion until tender. Add potatoes and broth. Close cover securely; place pressure regulator on vent pipe.

Bring cooker to full pressure over high heat. Reduce heat to medium-high and cook for 5 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove from the heat. Immediately cool according to manufacturer's directions until pressure is completely reduced. Uncover; cool soup slightly. In a blender, process soup in batches until smooth. return all to the pan. Add cream and parsley; heat through over medium-low heat (do not boil). Season with salt and pepper. Garnish with bacon.

Squash and Sweet Potato Soup

Ingredients

1 tablespoon CRISCO® Canola or Vegetable Oil
1 onion, chopped
2 cloves garlic, chopped
1 tablespoon chopped fresh ginger
1/4 tablespoon red pepper flakes (optional)
5 cups butternut squash, peeled and cut into 1/2-inch pieces
3 cups sweet potato, peeled and cut into 1/2-inch pieces
1 medium carrot, peeled and cut into 1/2-inch pieces
4 cups chicken stock, vegetable stock or water
1 (12 fluid ounce) can Regular, 2% or Fat Free Carnation® Evaporated Milk
Salt and Pepper to taste

Directions

Heat oil in a large saucepan or Dutch oven on medium heat. Add onion, garlic, ginger and red pepper flakes. Cook on low for 3-5 minutes, until tender and fragrant.

Add squash, sweet potato and carrot and cook for 2-3 minutes. Add stock and bring to a boil. Cover pot, reduce heat and simmer for 30 minutes or until vegetables are tender.

Puree soup in blender, food processor or with immersion blender. Return to heat. Stir in Carnation® Evaporated Milk. Taste and adjust seasoning if necessary.

Venison Italian Soup

Ingredients

1 pound ground venison
1 onion, chopped
1 (14.5 ounce) can stewed tomatoes
2 (8 ounce) cans tomato sauce
3 cups water
1 tablespoon minced garlic
2 teaspoons dried basil
2 teaspoons dried oregano
1 teaspoon salt
1/2 teaspoon ground black pepper
1 (15 ounce) can pinto beans
1 (15 ounce) can green beans
1 carrot, chopped
1 zucchini, chopped
1/2 (16 ounce) package fusilli (spiral) pasta

Directions

Brown venison, onion, and garlic over medium heat until meat is no longer pink. Add tomatoes, tomato sauce, water, and spices. Bring to a boil, and then simmer for about 30 minutes.

Stir in beans, carrots, and zucchini. Simmer soup for 90 minutes.

Add pasta, and cook until tender. Top individual servings with grated cheese, and serve.

Favorite Lentil Soup

Ingredients

2 cups red lentils
1 onion, chopped
4 tablespoons olive oil
1 teaspoon ground cumin
1/2 teaspoon ground black pepper
1 (1 ounce) package dry onion soup mix
1 lemon, juiced
1/4 cup chopped fresh parsley

Directions

Place lentils into a pressure cooker, and cover with about 1 inch of water. Add onion and oil, cook for 10 minutes and then turn off heat and let set for 10 minutes.

Place lentil mixture, cumin, and pepper into a food processor or blender and puree until smooth.

Transfer pureed soup into a large stock pot and return to heat. Right as soup is ready to boil add onion soup mix, stirring until well mixed. Simmer until soup has a thick creamy consistency.

Prior to serving add lemon juice and chopped parsley for a little flavor and garnish.

Jennifer's Thai Curried Peanut Soup

Ingredients

2 tablespoons butter
3 stalks celery, minced
1 small onion, minced
1/2 teaspoon minced garlic
2 tablespoons all-purpose flour
2 tablespoons curry powder
1/4 teaspoon red pepper
2 (14.5 ounce) cans chicken broth
1 (14 ounce) can coconut milk
1 cup creamy peanut butter
1/2 cup chopped peanuts

Directions

Melt the butter in a large sauce pan over medium heat. Cook the celery and onion in the butter, stirring frequently, for 5 minutes. Add the garlic and cook another 2 minutes. Stir in the flour, curry powder, and red pepper; cook and stir 1 minutes. Pour in the chicken broth and bring to a boil. Reduce heat to low and simmer 20 minutes, stirring frequently. Mix in the coconut milk and peanut butter; continue to heat while stirring until completely heated through. Remove from heat.

Pour the soup in small batches into a blender or food processor and blend until smooth. Pour into bowls and garnish with chopped peanuts to serve.

Potato Soup IV

Ingredients

2 tablespoons margarine
1/3 cup chopped celery
1/3 cup chopped onion
6 cups peeled and diced red potatoes
4 cups chicken broth
4 cups milk
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1 tablespoon cornstarch
1/4 cup water
2 cups shredded sharp Cheddar cheese

Directions

In large saucepan, heat butter or margarine over medium heat. Add celery and onions; cook and stir until tender.

Add potatoes and broth, and simmer until tender.

Stir in milk, and season with salt and pepper. Dissolve cornstarch in 1/4 cup water, and slowly stir into soup. Bring to a boil for 1 minute, and then turn heat to medium-low. Stir in 2 cups cheese, and continue stirring until it melts. Serve.

Cream of Tomato Soup with Pesto

Ingredients

1 (32 fluid ounce) container
chicken broth
1 (14.5 ounce) can diced tomatoes
with juice
1 (14.5 ounce) can diced tomatoes
with garlic and onion
1 cup half-and-half cream
salt and pepper to taste
2 tablespoons basil pesto

Directions

Pour chicken broth into a large saucepan, and bring to a boil. Boil until reduced by about 1/3.

Pour in both cans of the tomatoes, and return to a simmer. Pour in the half-and-half, and turn heat to low. Simmer for 15 minutes. Puree in batches in a blender, or use an immersion blender in the pan. Season with salt and pepper to taste. Ladle into bowls, and swirl in a spoonful of pesto before serving.

Spanish Style White Bean and Sausage Soup

Ingredients

3 andouille sausage links
8 1/2 cups chicken stock
8 ounces dry great Northern beans
1 bay leaf
1 pinch crushed saffron threads
2 tablespoons olive oil
1 onion, finely chopped
4 cloves garlic, minced
1 red bell pepper, finely chopped
1 tablespoon sweet paprika
12 ounces kale, stems removed and leaves coarsely chopped

Directions

Bring 2 cups of water to a boil in a large skillet. Add sausages, and cook over medium heat for 7 minutes on each side. Remove from the pan, dice, and set aside.

In a large pot, combine the chicken stock and dry beans. Bring to a boil, then reduce the heat to low. Add the bay leaf and a pinch of salt. Simmer, partially covered, for 2 hours. Discard bay leaf. Remove 1/2 cup of the stock to a small bowl. Stir in saffron, and set aside to soak.

Heat the oil in a large skillet over medium-high heat. Add the sausage, and brown for about 5 minutes. Remove from the pan, and reduce the heat to low. Add the onion, and cook for about 5 minutes, then stir in the garlic and cook for another minute. Mix in the red bell pepper and paprika. Cook for a few minutes before adding the mixture to the soup pot along with the sausage.

Bring the soup to a low boil, and stir in the kale. Simmer for 10 minutes, until kale is tender. Serve hot.

Stinging Nettle Soup

Ingredients

1 pound stinging nettles
2 teaspoons salt
1 tablespoon extra virgin olive oil
1 white onion, diced
1/4 cup basmati rice
4 cups chicken broth
salt and pepper to taste

Directions

Bring a large pot of water to a boil with 2 teaspoons of salt. Drop in the stinging nettles, and cook 1 to 2 minutes until they soften. This will remove most of the sting. Drain in a colander, and rinse with cold water. Trim off any tough stems, then chop coarsely.

Heat the olive oil in a saucepan over medium-low heat, and stir in the onion. Cook until the onion has softened and turned translucent, about 5 minutes. Stir in the rice, chicken broth, and chopped nettles. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 15 minutes. Puree the soup with an immersion blender, and season to taste with salt and pepper.

Baby Doe's Cheese Soup with Beer

Ingredients

2 quarts milk
1 1/2 tablespoons chicken
bouillon powder
1 tablespoon Worcestershire
sauce
1 tablespoon hot pepper sauce
1/2 tablespoon salt
6 tablespoons cornstarch
1/2 cup water
12 fluid ounces dark beer
1 (16 ounce) jar processed cheese
sauce

Directions

In a large pot over medium heat, combine the milk, bouillon, Worcestershire sauce, hot pepper sauce and salt. Bring close to a boil.

In a small bowl, dissolve the cornstarch in the water and add to the soup, stirring well. Add the beer and the cheese sauce, reduce heat to low and mix well. Allow to heat through before serving.

Chipotle Chicken Soup

Ingredients

1 tablespoon olive oil
1 pound skinless, boneless chicken breast meat - cut into cubes
1 onion, chopped
1 clove garlic, minced
1 tablespoon chicken bouillon granules
1 tablespoon adobo sauce from canned chilies, or to taste
1 teaspoon white sugar
2 (14.5 ounce) cans petite diced tomatoes
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
2 1/2 cups water, or as needed
1 bunch cilantro, chopped

Directions

Heat the olive oil in a large saucepan over medium heat. Stir in the chicken cubes, and cook until the chicken is no longer pink in the center, about 5 minutes. Stir in the onion and cook for 4 minutes. Add the garlic, and cook for 1 minute more. Stir in the chicken bouillon, adobo sauce, sugar, tomatoes, corn, black beans and water. Pour in additional water if desired to reach your desired consistency. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 15 minutes. Stir in the cilantro before serving.

Plain Potato Soup

Ingredients

4 potatoes, peeled and cubed
water to cover
2 (12 fluid ounce) cans evaporated
milk
4 tablespoons unsalted butter
salt and pepper to taste

Directions

Place the potatoes in a large pot over high heat. Add water to cover, about 1 inch over the potatoes. Boil for about 10 to 15 minutes, or until potatoes are tender. Do not drain.

Reduce heat to low and pour in the evaporated milk and the butter. Mash the potatoes in the pot with a potato masher. Season with salt and white pepper to taste.

Love Soup Mix in a Jar

Ingredients

1/3 cup beef bouillon granules
1/4 cup dried minced onion
1/2 cup dried split peas
1/2 cup uncooked twist macaroni
1/4 cup barley
1/2 cup dry lentils
1/3 cup long-grain white rice
1 cup uncooked tri-color spiral pasta

Directions

Use a canning funnel or any funnel that has about a 2-inch neck. This will make it easier to fill the jar with the ingredients. Be sure to use a wide-mouth, 1-quart canning jar.

Layer ingredients in the order given: bouillon, onion flakes, split peas, small shape pasta, barley, lentils, rice, and enough tricolor spiral pasta to fill jar.

Attach tag with cooking instructions: In large kettle, brown 1 pound ground beef or stew beef cut into bite-size pieces in a little olive oil. Remove tricolor pasta from top of jar and reserve. Add the rest of the jar contents to the kettle with 12 cups water. Let come to a boil and simmer 45 minutes. Add tricolor pasta and simmer 15 minutes more. Serve with your favorite bread or rolls and a tossed salad.

Country Soup in a Jar

Ingredients

1/2 cup barley
1/2 cup dried split peas
1/2 cup uncooked white rice
1/2 cup dry lentils
2 tablespoons dried minced onion
2 tablespoons dried parsley
2 teaspoons salt
1/2 teaspoon lemon pepper
2 tablespoons beef bouillon granules
1/2 cup uncooked alphabet pasta
1 cup uncooked twist macaroni

Directions

In a wide mouth 1 quart jar, layer the barley, peas, rice and lentils. Then layer around the edges the onion, parsley, salt, lemon pepper, bouillon and the alphabet pasta. Fill the rest of the jar with the twist macaroni.

Seal and attach a gift card. The gift card should read: Add contents of jar to 3 quarts of water, 2 stalks of chopped celery, 2 sliced carrots, 1 cup of shredded cabbage (optional) and 2 cups diced tomatoes. Over medium low heat, cover and simmer about 1 hour, or until vegetables are tender.

White Bean and Lamb Soup

Ingredients

1/2 pound dried great Northern beans, sorted and rinsed
1 onion, chopped
3 tablespoons olive oil
3 cloves garlic, chopped
1 1/4 pounds ground lamb
3 carrots, peeled and diced
3 stalks celery, diced
1 1/2 cups canned roma tomatoes, with liquid
1/4 cup chopped fresh parsley
1 teaspoon dried thyme
1/2 teaspoon dried oregano
fresh ground black pepper
salt to taste
6 cups chicken broth
1/2 pound baby spinach leaves
4 ounces feta cheese, crumbled

Directions

Soak the dried beans in water overnight. After soaking, drain off remaining water, and rinse.

In a large stockpot, cook the onion in oil over low heat until just beginning to soften, about 4 minutes. Stir in garlic, and cook for 1 minute. Increase the heat to medium, and add lamb; cook for 3 to 4 minutes. Stir in carrots and celery, and cook for 1 minute. Stir in tomatoes, and season with parsley, thyme, oregano, and with freshly ground pepper and salt to taste. Add beans and broth to the pot. Bring to a boil, boil for 5 minutes, then reduce heat to medium-low. Simmer, covered, for 1 1/2 hours, or until beans are tender.

Rinse spinach, and then place in a saucepan. Place over medium heat, and cook until wilted. This will only take a short time, and you will not need to add more liquid to the pan.

Top each serving of soup with wilted spinach and crumbled feta cheese.

Party Italian Wedding Soup

Ingredients

1 (48 fluid ounce) can chicken broth
1 (10 ounce) package frozen chopped spinach, thawed and drained
2 onions, chopped
2 cups chopped carrot
2 stalks celery, chopped
1 pound ground beef
1 cup dry bread crumbs
1 egg
1 pound skinless, boneless chicken breast halves - cut into chunks
3 ounces dry pasta
salt and pepper to taste

Directions

In a large pot over medium heat, combine the chicken broth, spinach, onions, carrots and celery. Mix well and allow to simmer.

In a separate large bowl, combine the ground beef, bread crumbs and egg and mix well. Form mixture into 1/2 inch diameter meatballs and carefully drop them into the soup.

Put chunks of chicken breast into the soup and reduce heat to low. Allow the soup to simmer for 1 hour. Add the pasta 30 minutes before serving and season with salt and pepper to taste.

Grandma's Chicken Noodle Soup

Ingredients

2 1/2 cups wide egg noodles
1 teaspoon vegetable oil
12 cups chicken broth
1 1/2 tablespoons salt
1 teaspoon poultry seasoning
1 cup chopped celery
1 cup chopped onion
1/3 cup cornstarch
1/4 cup water
3 cups diced, cooked chicken
meat

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and oil, and boil for 8 minutes, or until tender. Drain, and rinse under cool running water.

In a large saucepan or Dutch oven, combine broth, salt, and poultry seasoning. Bring to a boil. Stir in celery and onion. Reduce heat, cover, and simmer 15 minutes.

In a small bowl, mix cornstarch and water together until cornstarch is completely dissolved. Gradually add to soup, stirring constantly. Stir in noodles and chicken, and heat through.

Marian's Pumpkin Soup

Ingredients

1 tablespoon butter
1 onion, chopped
2 cloves garlic, minced
1/2 teaspoon curry powder
1/4 teaspoon red pepper flakes
2 1/2 pounds sugar pumpkin --
peeled, seeded and cubed
10 cups chicken broth
1 teaspoon Worcestershire sauce
1/4 teaspoon ground nutmeg
1 tablespoon creamy peanut
butter
1/2 cup light cream
1/4 cup chopped fresh cilantro,
for garnish

Directions

Melt the butter in a small skillet over medium heat. Add the onion, garlic, curry powder, and red pepper flakes; cook and stir until onion becomes transparent, about 5 minutes. Transfer the onion mixture to a large pot, and stir in the chicken broth and pumpkin cubes. Cook over medium heat until the pumpkin is tender when pierced with a fork, about 15 minutes. Remove pot from heat; stir in the Worcestershire sauce, nutmeg, and peanut butter.

Transfer the soup in batches to a blender or food processor; blend each batch until smooth while slowly adding the half and half. Garnish each serving with cilantro.

Egusi Soup

Ingredients

3/4 cup pumpkin seeds
1 1/2 pounds cubed beef stew meat
1/2 cup peanut oil
2 large tomatoes, chopped
1 small onion, chopped
2 habanero peppers, seeded and minced
18 ounces tomato sauce
3 tablespoons tomato paste
1 1/2 cups water
2 pounds fresh shrimp, peeled and deveined
1 pound fresh spinach, washed and chopped

Directions

Place pumpkin seeds in a blender and blend for 30 to 40 seconds or until mixture is a powdery paste. Set aside.

Wash beef and cut into bite-size cubes. Season with salt. In large pot, heat oil over medium-high heat for 4 to 5 minutes. Add beef and saute for 3 to 5 minutes or until brown but not cooked through.

Place tomatoes, onions, and pepper in a blender and blend for about 30 seconds or until smooth. Add tomato mixture to meat, reduce heat to medium-low, and cover. Cook for 40 to 50 minutes or until meat is tender.

Add tomato sauce, water, and shrimp and simmer for 10 minutes.

Add spinach and ground pumpkin seeds and continue to simmer 10 minutes more.

Curried Carrot Soup

Ingredients

2 tablespoons vegetable oil
1 onion, chopped
1 tablespoon curry powder
2 pounds carrots, chopped
4 cups vegetable broth
2 cups water, or as needed

Directions

Heat oil in a large pot over medium heat. Saute onion until tender and translucent. Stir in the curry powder. Add the chopped carrots, and stir until the carrots are coated. Pour in the vegetable broth, and simmer until the carrots are soft, about 20 minutes.

Transfer the carrots and broth to a blender, and puree until smooth. Pour back into the pot, and thin with water to your preferred consistency.

Butternut Soup

Ingredients

2 pounds butternut squash, cubed
2 onions, chopped
1 tablespoon butter
4 cups vegetable broth
1/2 cup heavy cream
salt and pepper to taste
1 dash ground nutmeg
1 dash ground cloves
1 dash ground cinnamon

Directions

In a large microwave safe dish combine squash, onions and butter. Cover and microwave on high for 4 minutes. Peel squash. Stir in broth and cook on high for another 20 to 25 minutes, or until squash is tender. Puree squash, onions and broth in a food processor or blender. Add cream, salt and pepper, and microwave on high for another 3 to 4 minutes, or until heated through. Flavor with nutmeg, cloves and cinnamon to taste.

Vegetable Chicken Soup

Ingredients

3 quarts water
2 large carrots, sliced
1 cup chopped onion
3 celery ribs, sliced
2 cups broccoli florets
2 cups cauliflowerets
2 garlic cloves, minced
3 tablespoons chicken bouillon granules
3 tablespoons picante sauce
2 1/4 teaspoons minced fresh thyme
2 1/4 teaspoons minced fresh basil
1 teaspoon minced fresh rosemary
1/4 teaspoon cayenne pepper
2 cups cubed cooked chicken breast
3 1/2 cups egg noodles, cooked and drained

Directions

In a large soup kettle, combine water, carrots, onion and celery. Bring to a boil. Reduce heat; cover and simmer for 20 minutes or until the vegetables are tender. Add broccoli, cauliflower, garlic, bouillon, picante sauce and seasonings. Cover and simmer for 20 minutes or until broccoli and cauliflower are tender. Add chicken and noodles. Cover and simmer for 5 minutes or until heated through.

Potato Leek Soup II

Ingredients

2 tablespoons unsalted butter
1 cup sliced leeks
1 cup chopped onion
1 2/3 cups chicken broth
4 cups milk
1 1/3 cups potato flakes
1 teaspoon salt
1/2 teaspoon celery salt
2 tablespoons chopped fresh
parsley

Directions

Melt the butter in a large pot over medium heat. Saute the leeks and onion in the butter for 5 minutes, or until tender. Pour in the broth and the milk and mix well.

Bring to a boil, reduce heat to low and simmer for 5 minutes. Stir in the potato flakes, salt, celery salt and parsley. Allow to thicken and heat through.

Velvety Pumpkin Soup With Blue Cheese and

Ingredients

2 (15 ounce) cans pumpkin
1 quart chicken stock
1 cup half-and-half
1 shallot, minced
1/4 cup molasses
2 tablespoons butter
1 teaspoon pumpkin pie spice
1 teaspoon salt
1/4 teaspoon cayenne pepper
6 slices bacon
1 cup crumbled blue cheese

Directions

Stir together the pumpkin, chicken stock, half-and-half, shallot, molasses, butter, pumpkin pie spice, salt, and cayenne pepper in a large stockpot over low heat; simmer 10 minutes.

Meanwhile, place bacon in a large skillet over medium-high heat, and cook until crispy; remove to paper towels to drain, then cool and crumble.

Ladle soup into bowls. Top with bacon and blue cheese.

Red Pepper and Tomato Soup

Ingredients

2 (10 ounce) cans condensed tomato soup
1 1/2 cups water
1 cup tomato juice (such as Mott's®)
1/3 cup minced chives
1/4 teaspoon garlic, minced
1/4 pinch cayenne pepper (optional)
1 teaspoon dried rosemary
1 teaspoon dried thyme
1 teaspoon dried oregano
1/2 teaspoon dried basil
1 teaspoon paprika
1/2 cup diced tomatoes
1/2 cup diced red bell pepper

Directions

Combine the tomato soup and the water in a large sauce pot; simmer, stirring occasionally, for 5 minutes. Add the tomato juice, chives, garlic, cayenne, rosemary, thyme, oregano, basil, and paprika to the pot. Simmer soup for 25 minutes, stirring occasionally.

Stir in the diced tomatoes and red peppers. Simmer until peppers are soft, about 10 minutes.

Pat's Cream of Potato Soup

Ingredients

6 slices bacon, diced
1 onion, chopped
1 tablespoon all-purpose flour
6 cups chicken broth
6 potatoes, thinly sliced
1/2 cup instant mashed potato flakes
1 cup half-and-half

Directions

Saute bacon and onions, in a medium saute pan, until browned.
Set aside.

Over low heat, in a medium sauce pan, cook flour until pasty.
Slowly add chicken broth and bring to a boil.

Stir in bacon and onion mixture, potatoes, and instant potatoes.
Simmer for 30 minutes and then blend in half and half. Serve.

Lucky Pea Soup

Ingredients

- 4 slices bacon
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 (15 ounce) cans black-eyed peas, undrained
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 cup water
- 1 1/2 teaspoons salt
- 1 1/4 teaspoons cumin
- 1 1/4 teaspoons dry mustard
- 1 teaspoon chili powder
- 1/2 teaspoon curry powder
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar

Directions

Place the bacon in a skillet and cook over medium-high heat until crisp and evenly brown. Drain on paper towels. When cool, crumble into small pieces.

Using the same skillet, add the peppers and onion; stir and cook over medium-high heat until transparent and tender, about 5 minutes.

Pour the black beans, tomatoes, and water into a large pot. Stir in the peppers, onion, salt, cumin, dry mustard, chili powder, curry powder, pepper, and sugar. Bring to a boil, reduce heat to medium, cover, and simmer 20 to 25 minutes. Serve hot sprinkled with bacon, and other toppings of your choice.

Thai Pumpkin Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1 clove garlic, chopped
- 4 shallots, chopped
- 2 small fresh red chili peppers, chopped
- 1 tablespoon chopped lemon grass
- 2 1/8 cups chicken stock
- 4 cups peeled and diced pumpkin
- 1 1/2 cups unsweetened coconut milk
- 1 bunch fresh basil leaves

Directions

In a medium saucepan, heat oil and butter over low heat. Cook garlic, shallots, chilies, and lemongrass in oil until fragrant (be careful not to burn the garlic). Stir in chicken stock, coconut milk, and pumpkin; bring to a boil. Cook until pumpkin softens.

In a blender, blend the soup in batches to a smooth or slightly chunky consistency, whatever you prefer. Serve with basil leaves.

Restaurant-Style Cheesy Poblano Pepper Soup

Ingredients

3 (6 inch) corn tortillas
2 tablespoons all-purpose flour
1/2 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons vegetable oil
1/2 cup chopped onion
1/2 cup fresh poblano chile pepper, seeded and minced
1/2 teaspoon minced garlic
2 tablespoons margarine
2 cups chicken stock
1/2 cup half-and-half
1/8 cup cooked and chopped chicken
1/2 cup shredded Monterey Jack cheese
1/2 cup fresh poblano chile pepper, seeded and chopped
6 (6 inch) corn tortillas, cut into strips and toasted for garnish

Directions

Cut the corn tortillas into ninths, place into a food processor and chop until fine. Add the flour, chili powder, cumin, salt and pepper. Blend until tortillas become the consistency of cornmeal. Set aside.

In a large pot over medium heat, combine the oil, onion, 1/2 cup poblano chile peppers and garlic and saute for 5 minutes, or until onions are translucent. Add the butter or margarine and allow it to melt. Add the ground tortilla mixture to the pot and stir well with a wire whip to form a roux. (Note: Do not let it burn.)

While stirring, slowly add the chicken stock. Make sure to scrape the sides and bottom of the pot. Add the half-and-half, bring to a slow simmer and cook for 7 to 10 minutes. (Note: Do not let soup come to a hard boil.)

Turn off heat and allow soup to cool slightly. Stir in the chicken before serving. Top each serving with the cheese, poblano chile peppers and tortilla strips for garnish.

Apple Bacon Tomato Soup

Ingredients

5 slices bacon
1 tablespoon olive oil
1/2 white onion, chopped
2 teaspoons garlic, minced
2 cups beef stock
1 (15.5 ounce) can pinto beans
1 (14.5 ounce) can Italian-style stewed tomatoes
2 stalks celery, chopped
1 bay leaf
1 medium apple, thinly sliced
1/2 cup red wine
salt and pepper to taste

Directions

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, coarsely chop, and set aside.

Heat olive oil in a large saucepan over medium heat, and saute white onion and garlic 3 to 5 minutes, or until tender. Stir in beef stock, pinto beans, tomatoes, celery, and bay leaf. Bring the mixture to a boil. Reduce heat, and simmer.

In a small saucepan over medium heat, cook and stir the apple in the red wine until soft.

Mix bacon, apple, and remaining red wine into the soup mixture. Season with salt and pepper. Continue to simmer, stirring occasionally until well blended.

Irish Bacon And Cabbage Soup

Ingredients

1/2 pound Irish bacon, diced
2 large potatoes, peeled and cubed
1 (15 ounce) can diced tomatoes with juice
1 cup chicken stock, or as needed
Salt and black pepper to taste
2 cups thinly sliced dark green Savoy cabbage leaves

Directions

Place bacon in a large, deep stockpot or saucepan. Cook over medium high heat until evenly brown. Drain off any excess fat.

Stir in potatoes, tomatoes, and enough chicken stock to cover. Season with salt and pepper. Bring to a boil, reduce heat and let simmer for 20 minutes, or until potatoes are tender.

Stir in cabbage and allow the soup to simmer for a few minutes longer before serving.

Beef and Garden Vegetable Soup

Ingredients

2 tablespoons olive oil
2 pounds beef stew meat, cut into bite-size pieces
1 large onion, chopped
2 bay leaves
3 carrots, diced
4 small red potatoes, diced
2 quarts beef stock
1/2 pound fresh green beans, cut into 1-inch pieces
3 ears fresh corn, kernels cut from cob
1/2 cup frozen petite peas
1 zucchini, diced
1/2 head cabbage, chopped
2 (14.5 ounce) cans diced tomatoes
1 teaspoon Italian seasoning blend
1/4 teaspoon garlic powder
salt and ground black pepper to taste
1/3 cup uncooked orzo pasta

Directions

Heat the olive oil in a stock pot over medium-high heat; cook the beef in the hot oil until completely browned, 7 to 10 minutes. Add the onion and bay leaves, reduce heat to medium, cook until the onion is softened, 5 to 7 minutes. Use a wooden spoon to scrape any bits stuck to the bottom of the pot. Stir the carrots, potatoes, and beef stock into the mixture; bring to a simmer and cook until the vegetables are just barely tender, about 5 minutes.

Stir the green beans, corn, peas, zucchini, cabbage, tomatoes, Italian seasoning blend, garlic powder, salt, and pepper into the beef mixture. Cover the stock pot, reduce heat to medium-low, and simmer the soup until the beef is cooked through and the vegetables are tender, 45 to 50 minutes.

Stir the orzo pasta into the soup; replace the cover to the stock pot and continue cooking until the pasta is tender, about 5 minutes more.

Zucchini Beef Soup

Ingredients

1/2 pound ground beef
2 celery ribs, thinly sliced
1/3 cup chopped onion
1/2 cup chopped green pepper
1 (28 ounce) can diced tomatoes, undrained
3 medium zucchini, cubed
2 cups water
1 1/2 teaspoons Italian seasoning
1 teaspoon salt
1 teaspoon beef bouillon granules
1/2 teaspoon sugar
pepper to taste
Shredded Parmesan cheese

Directions

In a large saucepan, cook beef, celery, onion and green pepper over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the tomatoes, zucchini, water, Italian seasoning, salt if desired, bouillon, sugar and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until zucchini is tender. Garnish with Parmesan cheese if desired.

Cool and Spicy Melon Soup

Ingredients

4 cups casaba melon, seeded and cubed
3/4 cup coconut milk
2 lime juice
1 tablespoon freshly grated ginger
1 pinch salt

Directions

Place casaba melon, coconut milk, lime juice, ginger, and salt in a food processor. Process until the mixture is smooth, 1 to 2 minutes.

Potato Chowder Soup I

Ingredients

2 cups peeled and diced potatoes
1/2 cup diced carrots
1/2 cup diced celery
1/4 cup chopped onion
1 teaspoon salt
1/4 cup butter
2 cups milk
1/4 cup all-purpose flour
2 (15 ounce) cans whole kernel corn, drained
2 1/2 cups shredded Cheddar cheese

Directions

Place potatoes, carrots, celery, onion and salt in a large pot with water to cover. Bring to a boil, reduce heat and simmer 20 minutes.

Meanwhile, combine butter, milk and flour in a small saucepan over medium-low heat. Stir constantly until smooth and thick.

Pour milk mixture into cooked vegetables. Stir in corn and cheese until cheese is melted. Serve.

Potlatch Fall Harvest Soup

Ingredients

1 (29 ounce) can solid-pack
pumpkin (not pumpkin pie filling)
1 (14.75 ounce) can creamed corn
1 cup 2% low-fat milk
1 (14.5 ounce) can chicken broth
1/2 cup apple cider
1/2 cup water
2 teaspoons butter
1/8 teaspoon ground mace
salt and pepper to taste
1/4 cup frozen corn, thawed

Directions

Combine the pumpkin and creamed corn in a blender; pulse to puree the mixture for 1 minute or until smooth. Add the milk and continue to pulse the mixture for another minute, or until well combined. Pour pumpkin mixture into a 3 to 4 quart saucepan over medium heat.

Immediately stir in the broth, apple cider, water, butter, and ground mace. Heat for 15 minutes, stirring occasionally. Salt and pepper to taste. Add thawed corn kernels and cook for an additional 5 minutes.

Creamed Cabbage Soup

Ingredients

2 cups chicken broth
1 medium onion, diced
1 cup diced celery
1 medium head cabbage,
shredded
1 carrot, diced
1/4 cup butter or margarine
3 tablespoons all-purpose flour
1 cup milk
2 cups light cream
2 cups diced fully cooked ham
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 teaspoon dried thyme
Chopped fresh parsley

Directions

In a large kettle, combine broth and vegetables. Cover and simmer until vegetables are tender, about 20 minutes. In a saucepan, melt butter stir in flour. Gradually add milk and cream; cook and stir until thickened. Stir into vegetable mixture. Add ham, salt, pepper and thyme; heat through. Garnish with parsley.

Creamy Escargot Soup

Ingredients

1/2 cup butter
1 tablespoon all-purpose flour
5 green onions, chopped
2 cups chicken broth
3/4 cup thinly sliced celery
1 tablespoon chopped fresh parsley
1/2 teaspoon ground black pepper
2 tablespoons cornstarch
1 quart milk
1 cup sour cream
1 (7 ounce) can escargots, cut in half, save the liquid

Directions

Melt the butter in a large saucepan over medium-high heat. Whisk in the flour, and cook for 3 minutes, whisking constantly. Whisk in the green onion, and cook for 1 minute more. Pour in the chicken broth, celery, parsley, and pepper; bring to a simmer, and cook 5 minutes, stirring constantly. Dissolve the cornstarch in a little milk, and add to the simmering soup along with the remaining milk. Cook, whisking frequently, until the soup has thickened and has returned to a simmer, about 8 minutes.

Whisk in the sour cream and the liquid from the can of escargots; return to a bare simmer, and cook for 5 minutes. Stir in the halved escargots, and cook for 1 minute more until warm.

Cream of Pea Soup

Ingredients

1 (15 ounce) can peas
2 tablespoons chopped onion
1/4 cup butter or margarine
1/4 cup all-purpose flour
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/8 teaspoon rubbed sage
2 cups water
1 (12 ounce) can evaporated milk
4 bacon strips, cooked and crumbled

Directions

Drain peas, reserving 1/3 cup of liquid. Place peas and liquid in a blender or food processor; cover and puree until smooth. Set aside. In a saucepan, saute the onion in butter until tender. Stir in the flour, sugar, salt, pepper and sage until smooth. Gradually add water; bring to a boil. Boil and stir for 2 minutes. Stir in milk and pureed peas; heat through. Garnish with bacon.

Smooth Cauliflower Soup

Ingredients

1 tablespoon butter
1 clove garlic, crushed
1/4 teaspoon ground nutmeg
1/4 teaspoon freshly ground black pepper
1 1/2 teaspoons salt
6 cups water
1 head cauliflower, chopped
1 large carrot, cubed
1/3 cup chopped green onion
1/4 cup chopped fresh parsley

Directions

In a large pot over medium heat, melt butter. Cook garlic in butter 30 seconds, then stir in nutmeg, pepper and salt and cook 30 seconds more. Pour in the water and introduce the cauliflower. Bring to a boil, then reduce heat, cover and simmer 20 minutes, until cauliflower is tender.

In a small saucepan over medium heat, cook carrot with water to cover until just tender. Drain and reserve.

Puree cauliflower soup in a blender or food processor or with an immersion blender. Stir in reserved carrots, green onion and parsley. Serve.

Chicken Vegetable Soup

Ingredients

1 boneless skinless chicken breasts, cut into 1 inch pieces
1 cup chopped onion
2 cloves garlic, minced
2 tablespoons margarine
1 (10 ounce) package frozen diced carrots
4 cups tomato-vegetable juice cocktail
4 cups water
1 1/2 cups farfalle pasta
1 tablespoon Italian seasoning
1 (10 ounce) package frozen chopped spinach

Directions

In a large saucepan over medium high heat, combine the chicken, onion, garlic and butter or margarine. Saute for about 5 minutes, or until the onions are tender. Add the carrots, tomato vegetable juice, water, macaroni and seasoning.

Bring to a boil, then reduce heat to low. Cover and simmer for about 20 minutes. Add the spinach and cook 5 more minutes. Serve hot with the crackers.

Egg Drop Soup (Better than Restaurant Quality!)

Ingredients

- 1 cup chicken broth
- 1/4 teaspoon soy sauce
- 1/4 teaspoon sesame oil
- 1 teaspoon cornstarch (optional)
- 2 teaspoons water (optional)
- 1 egg, beaten
- 1 drop yellow food coloring (optional)
- 1 teaspoon chopped fresh chives
- 1/8 teaspoon salt (optional)
- 1/2 teaspoon ground white pepper (optional)

Directions

In a small saucepan, combine the chicken broth, soy sauce and sesame oil. Bring to a boil. Stir together the cornstarch and water to dissolve cornstarch; pour into the boiling broth. Stir gently while you pour in the egg and yellow food coloring if using. Season with chives, salt and pepper before serving.

Passover Soup with Chicken Dumplings

Ingredients

8 eggs
2/3 pound ground chicken
1 egg, lightly beaten
1/3 cup matzo meal
salt and pepper to taste
1 pinch ground cinnamon
10 cups chicken broth
1 cup uncooked rice

Directions

Bring a large pot of salted water to a rolling boil. Place 8 eggs in the boiling water; let the eggs boil for one minute, then remove the pan from the heat. Let the eggs sit for 15 minutes before removing them from the pot. Let them cool, remove the shells, the white portion of the eggs (save or discard the white), and chop the yolks.

In a medium bowl, mix ground chicken, beaten egg, matzo meal, salt and pepper to taste and cinnamon. Form mixture into walnut-sized balls and refrigerate until ready to cook.

In a large saucepan over high heat, bring chicken broth to a boil. Add rice and chicken balls, cover and lower heat to medium low; simmer for 20 minutes or until the rice and chicken are cooked.

Ladle into soup bowls and garnish with hard-boiled egg; serve.

Atlas Mountain Soup

Ingredients

3/4 cup chopped dried apricots
2 tablespoons olive oil
2 cloves garlic, minced
2 teaspoons ground cinnamon
2 teaspoons ground cumin
2 teaspoons paprika
1 pound ground lamb
4 stalks celery, cut into 1/2 inch pieces
1 large green bell pepper, sliced
1 pound tomatoes, coarsely chopped
1 lemon
1 1/4 cups water
1 tablespoon white sugar
salt and black pepper to taste

Directions

Soak the apricots in water for 2 hours or more until soft; drain.

Heat the olive oil in a large, heavy saucepan over medium heat. Add the garlic, cinnamon, cumin, and paprika; cook and stir for 1 minute. Raise the heat to medium-high, crumble in the ground lamb, stirring and breaking it up with a wooden spoon for a few minutes until browned. Stir in the drained apricots, celery, green pepper, and tomato.

Using a vegetable peeler, shave 5 - 6 strips of rind off the lemon and add to the soup with the juice of the lemon. Stir in the water and sugar. Bring to a boil, then reduce heat to medium-low, cover, and simmer gently for half an hour. Season to taste with salt and pepper.

Homemade Cream-Style Soup Mix

Ingredients

2 cups instant nonfat dry milk powder
10 tablespoons cornstarch
1/2 cup mashed potato flakes
1/4 cup chicken bouillon granules
2 tablespoons dried vegetable flakes
1 teaspoon onion powder
1/2 teaspoon dried marjoram
1/4 teaspoon garlic powder
1/8 teaspoon white pepper

Directions

In a food processor or blender, combine all the ingredients; cover and process until vegetable flakes are finely chopped. Store in an airtight container in a cool dry place for up to 1 year.

Day-After-Thanksgiving Turkey Carcass Soup

Ingredients

1 picked over turkey carcass
1 1/2 cups leftover stuffing
2 celery stalks, chopped
2 carrots, peeled and sliced
1 onion, peeled and diced
2 bay leaves
1 tablespoon poultry seasoning
1 teaspoon ground sage
2 1/2 quarts chicken broth
garlic salt to taste
ground black pepper, to taste
2 cups (uncooked) regular long-grain white rice
1 (16 ounce) package frozen green peas

Directions

Place the turkey carcass in a large, deep pot, and add the stuffing, celery, carrots, onion, bay leaves, poultry seasoning, sage, and chicken broth. Pour in additional water if needed to cover. Bring to a boil over medium-high heat; reduce heat to medium, and simmer for about 1 hour, skimming off any foam. Remove the carcass and any bones. Pick any meat off and return to the pot, discarding bones and skin.

Season to taste with garlic salt and pepper. Stir in the rice and return to a boil over medium-high heat. Lower heat to medium, and simmer 15 minutes. Stir in the peas, and continue to simmer until rice is tender, about 10 minutes more. Adjust seasonings to taste.

Potato Leek Soup III

Ingredients

1 cup butter
2 leeks, sliced
salt and pepper to taste
1 quart chicken broth
1 tablespoon cornstarch
4 cups Yukon Gold potatoes,
peeled and diced
2 cups heavy cream

Directions

In a large pot over medium heat, melt butter. Cook leeks in butter with salt and pepper until tender, stirring frequently, about 15 minutes.

Stir cornstarch into broth and pour broth into pot. Add the potatoes and bring to a boil. Season with salt and pepper. Pour in the cream, reduce heat and simmer at least 30 minutes, until potatoes are tender. Season with salt and pepper before serving.

Easy Vegetable Beef Soup

Ingredients

1 pound ground beef
2 quarts water
1 (14.5 ounce) can diced tomatoes
1 onion, chopped
4 potatoes, peeled and cubed
1 (16 ounce) package frozen mixed vegetables
8 cubes beef bouillon, crumbled
1/2 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook beef until brown; drain.

In a large pot over medium heat, combine cooked beef, water, tomatoes, onion, potatoes, mixed vegetables, bouillon and pepper. Bring to a boil, then reduce heat and simmer 45 minutes.

Chickpea and Pasta Soup

Ingredients

1 tablespoon olive oil
7 cloves garlic, minced
2 tablespoons chopped fresh rosemary
2 cups crushed tomatoes
2 cups low fat, low sodium chicken broth
1 cup cooked chickpeas
1 cup cooked elbow macaroni
salt and pepper to taste

Directions

In a large pot over medium heat, combine the oil and garlic and saute for 3 minutes. Stir in the rosemary and saute for 2 more minutes. Add the tomatoes and simmer for 15 minutes.

Add the broth and chickpeas and simmer for an additional 10 minutes. Finally, add the macaroni and allow to heat through completely, about 5 more minutes. Season with salt and pepper to taste and serve.

Butternut Squash Soup with Spinach Ravioli

Ingredients

1/4 teaspoon ground cumin
1/4 teaspoon ground nutmeg
2 tablespoons butter
1 cup sliced onions
3/4 cup sliced leeks
2 1/2 cups peeled, seeded and cubed butternut squash
1/2 cup dry white wine
5 cups chicken broth
1 pinch ground cinnamon
1 pinch ground ginger
1 pound cheese filled spinach ravioli
3/4 cup light cream
salt and pepper to taste

Directions

Place the cumin seeds and nutmeg in a large saucepan over medium heat, and cook until lightly browned. Stir in the butter, and saute the onions and leeks until tender. Mix in squash, wine, and chicken broth. Season with cinnamon and ginger. Reduce heat, and simmer 10 to 15 minutes.

Bring a large pot of lightly salted water to a boil. Add ravioli, and cook 8 to 10 minutes or until al dente; drain.

With a hand mixer, puree the soup mixture. Blend in light cream, and season with salt and pepper. Mix in the cooked ravioli just before serving.

BLT Soup

Ingredients

3 tablespoons butter or margarine
2 teaspoons vegetable oil
3 cups cubed French bread
1 pound sliced bacon, diced
2 cups finely chopped celery
1 onion, finely chopped
2 tablespoons sugar
6 tablespoons all-purpose flour
5 cups chicken broth
1 (16 ounce) jar picante sauce
1 (8 ounce) can tomato sauce
1/8 teaspoon pepper
3 cups shredded lettuce

Directions

In a Dutch oven or large saucepan over medium, heat butter and oil. Add the bread cubes; stir until crisp and golden brown. Remove and set aside.

In the same pan, cook bacon until crisp. Drain, reserving 1/4 cup drippings; set bacon aside. Saute celery and onion in drippings until tender. Add sugar; cook and stir for 1 minute. Stir in flour; cook and stir for 1 minute. Add broth, picante sauce, tomato sauce and pepper; bring to a boil. Boil and stir for 2 minutes.

Just before serving, add lettuce and heat through. Garnish with the croutons and bacon.

Easy and Tasty Chicken Tortilla Soup

Ingredients

4 cups water
3 cubes chicken bouillon
1 onion, chopped
1 banana pepper, seeded and diced
1 (15.5 ounce) can hominy, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
1 (14 ounce) can diced tomatoes with green chilies, undrained
1 (14.5 ounce) can diced tomatoes, undrained
2 (10.75 ounce) cans cream of chicken soup
2 (12.5 fl oz) cans white chicken, drained
4 1/2 teaspoons garlic powder
3 tablespoons lime juice
5 dashes hot pepper sauce (such as Frank's RedHot®)
3 tablespoons dried cilantro
1 teaspoon chili powder
1 teaspoon ground cumin
salt and pepper to taste

Directions

Bring the water to a boil in a large pot; stir the bouillon cubes into the water until dissolved. Add the onion, banana pepper, hominy, black beans, garbanzo beans, diced tomatoes with chiles, diced tomatoes, chicken soup, chicken, garlic powder, lime juice, hot pepper sauce, cilantro, chili powder, cumin, salt, and pepper; stir. Reduce heat to medium and cook the soup until the onions are soft and opaque, about 20 minutes.

Elegant Wild Rice Soup

Ingredients

1 cup wild rice
3 cups water
6 tablespoons butter
1 tablespoon minced onion
1/2 cup all-purpose flour
3 cups chicken broth
3/4 cup minced cooked ham
1/2 cup shredded carrots
3 tablespoons slivered almonds
1 cup half-and-half

Directions

In a pot, bring the wild rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.

In a separate pot, melt the butter over medium heat, and saute the onion until tender. Blend in the flour until smooth, and gradually stir in the chicken broth. Stirring constantly, bring the mixture to a boil. Reduce heat to low, and mix in the cooked rice, ham, carrots, and almonds. Continue to cook and stir about 5 minutes, until heated through. Thoroughly blend the half and half into the soup just before serving.

Vintage Cheese And Crabmeat Soup

Ingredients

2 tablespoons margarine
2 tablespoons all-purpose flour
1/4 teaspoon salt
1 pinch ground black pepper
4 cups milk
8 ounces shredded Cheddar cheese
1 dash hot pepper sauce
1 (6 ounce) can crab meat, drained
1 tablespoon chopped fresh chives

Directions

In a large saucepan over medium heat melt the butter or margarine, add the flour and stir well forming a paste, or roux. Add the salt and pepper. Slowly add the milk or half-and-half, stirring constantly until thickened. (Note: This may take a little while, but keep close as it can scorch quickly.)

Add cheese and continue to stir well until all cheese melts and mixture is smooth. Add the hot pepper sauce and the crab and allow to heat through. Ladle into individual bowls and sprinkle with chives just before serving.

Easy Tomato and Eggplant Soup

Ingredients

2 (10.75 ounce) cans condensed tomato soup
2 medium eggplants
1/2 cup chicken broth

Directions

Cook eggplants at 350 degrees F (175 degrees C) for 30-40 minutes until soft. Scoop out insides and puree eggplant.

Stir tomato soup and pureed eggplant together and bring to a boil. Simmer for 5 minutes and add chicken broth to thin soup to taste.

Portuguese Kale Soup

Ingredients

1/2 pound dried white pea beans
1/2 pound chorizo sausage, thinly sliced
1 pound beef soup bones
1 quart water
1 medium head cabbage, chopped
2 bunches kale - rinsed, dried and chopped
5 potatoes, peeled and cubed
1 quart hot water or as needed
salt and pepper to taste

Directions

Soak beans in twice their volume of water 8 hours or overnight.

In a large pot, place drained beans, chorizo, soup bones and 1 quart water (or more as needed to cover). Cook over medium heat until beans are just beginning to be tender, 1 hour.

Stir in cabbage, kale, potatoes and enough hot water to cover. Cook until potatoes are tender, 20 minutes. Season with salt and pepper.

Cheddar Chicken Soup

Ingredients

1/3 cup shredded carrot
2 tablespoons finely chopped onion
2 tablespoons butter or margarine
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 cup water
1/2 teaspoon Worcestershire sauce
1/2 cup shredded Cheddar cheese

Directions

In a saucepan, saute carrot and onion in butter until tender. Stir in the soup, water and Worcestershire sauce. Bring to a boil. Reduce heat; stir in cheese until melted.

Leftover Roast Chicken Soup

Ingredients

1 leftover roast chicken frame - bones, giblets, etc
1 teaspoon whole black peppercorns
2 bay leaf
2 large carrots, chopped
1 large onion, diced
1 cup chopped fresh green beans
4 large potatoes, diced
salt and pepper to taste

Directions

In a large stock pot place chicken frame, bones, giblets etc. Add enough water to cover chicken frame and gently simmer for 90 minutes, covered.

Remove all bones and chicken frame, but leave any chicken pieces in the soup. Add peppercorns, bay leaves, carrots, onions, green beans and potatoes. Add enough water to ensure that all the vegetables are covered. Cover and simmer gently until the vegetables are soft.

Season to taste with salt and pepper and serve.

Swampy Green Soup

Ingredients

- 1 cup broccoli florets
- 1 cup spinach
- 1 bell pepper, sliced
- 1 cucumber, peeled and chopped
- 1 cup green peas
- 2 cups chicken broth
- 1/2 cup olive oil
- 1 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dried sage
- 1 cup cubed fully cooked ham
- 6 slices mozzarella cheese

Directions

Place broccoli, spinach, bell pepper, cucumber, and green peas in a blender or food processor. Process until smooth. Pour puree into a large pot. Stir in chicken broth and olive oil. Heat soup over medium-high heat. Stir in pepper, onion powder, garlic powder, sage, and ham. Bring soup to a boil, then reduce heat and simmer for 15 minutes. Divide mozzarella cheese into 4 bowls. Pour the hot soup over the mozzarella cheese to serve.

Carrot Soup with Lime and Chiles

Ingredients

1 tablespoon olive oil
1 large onion, finely chopped
2 cloves garlic, chopped
1/2 pound peeled baby carrots
1/2 cup instant brown rice
2 (14.5 ounce) cans fat-free,
reduced sodium chicken broth
1 cup water
1/2 teaspoon salt
2 tablespoons chopped green
chile peppers
2 tablespoons fresh lime juice

Directions

Heat the oil in a large saucepan over medium heat. Add onion, and cook for a few minutes, then add the garlic, and saute for 1 more minutes. Add the carrots, rice, chicken broth, water and salt to the pan. Bring to a boil, then reduce heat and simmer, loosely covered for about 20 minutes, or until the carrots are tender. Stir in the green chilies and lime juice. Set aside to cool slightly.

Puree the soup in small batches, in a blender or food processor. The best way to puree this soup is to place half of the solids into the food processor and add just enough of the broth to liquefy the carrots and rice. Add the rest of the solids, then stir the puree back into the remaining broth. Reheat if necessary. Serve warm.

Nikki's Creamy Crock Pot Potato Soup

Ingredients

3 slices bacon, cooked and crumbled
4 red potatoes, peeled and cut into 1/2 inch chunks
1/4 cup butter
1/2 onion, chopped
3 cloves garlic, coarsely chopped
1/2 cup milk
1/4 cup all-purpose flour
3 cups milk
1 cup sour cream
1/4 cup shredded Cheddar cheese
1/4 cup grated Parmesan cheese
2 tablespoons seasoned salt
1 tablespoon chopped fresh parsley
1 tablespoon crushed red pepper flakes
1/2 teaspoon celery salt
1/2 teaspoon dried basil
chives for garnish (optional)

Directions

Preheat a large slow cooker by turning it to the High setting and covering with the lid.

Place the cut-up potatoes in a microwave safe bowl, and microwave on High for about 8 minutes, until the potatoes are cooked and steaming hot.

While the potatoes are cooking, place the butter in the preheated slow cooker, and cook and stir the onions and garlic for about 5 minutes, until the onions turn golden. Stir in 1/2 cup of milk, and whisk in the flour until smooth. Gradually whisk in the remaining 3 cups of milk, and let the mixture come to a simmer in the slow cooker. Simmer for about 10 minutes, until the soup begins to thicken.

Stir in the hot cooked potatoes, crumbled bacon, sour cream, Cheddar cheese, Parmesan cheese, seasoned salt, parsley, red pepper flakes, celery salt, and dried basil. Stir to mix the soup well, reduce the slow cooker setting to Low, cover, and cook for 3 hours, stirring occasionally. Sprinkle with chives and serve.

Buffalo Chicken Wing Soup

Ingredients

6 cups milk
3 (10.75 ounce) cans condensed
cream of chicken soup, undiluted
3 cups shredded cooked chicken
1 cup sour cream
1/4 cup hot pepper sauce

Directions

Combine all ingredients in a slow cooker. Cover and cook on low for 4-5 hours.

She Crab Soup II

Ingredients

3 tablespoons butter
3/4 cup minced onion
3 tablespoons all-purpose flour
2 teaspoons Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 pounds crabmeat, flaked
3 1/2 cups milk
2/3 cup heavy cream

Directions

In a stockpot over medium heat, melt butter and saute onions until translucent. Whisk in flour and Worcestershire sauce until smooth. Season with salt and pepper. Thin with some of the milk if necessary. Add crabmeat and saute for 2 to 3 minutes. Whisk in milk and heavy cream. Heat and simmer 5 minutes.

Swedish Sweet Soup

Ingredients

1/2 cup pearl tapioca
2 quarts water
1 1/2 cups pitted prunes
1 1/2 cups raisins
1 1/4 cups sugar
1/4 teaspoon cinnamon
2 1/2 tablespoons lemon juice
1 dash salt

Directions

Place the tapioca in a bowl with enough water to cover, and soak 8 hours, or overnight.

Fill a large saucepan with the 2 quarts water, and mix in the prunes, raisins, sugar, and cinnamon. Bring to a boil, and stir in the soaked tapioca. Stirring often, cook 30 minutes, or until tapioca is clear and prunes are tender. Mix in the lemon juice and salt at the end of the cook time. Chill until completely cooled before serving.

Creamy Carrot With Curry Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled carrots, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
2 tablespoons curry powder
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: chopped roasted pistachios

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add carrots, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add curry powder; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until carrots are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

California Italian Wedding Soup

Ingredients

1/2 pound extra-lean ground beef
1 egg, lightly beaten
2 tablespoons Italian-seasoned breadcrumbs
1 tablespoon grated Parmesan cheese
2 tablespoons shredded fresh basil leaves
1 tablespoon chopped Italian flat leaf parsley (optional)
2 green onions, sliced (optional)
5 3/4 cups chicken broth
2 cups finely sliced escarole (spinach may be substituted)
1 lemon, zested
1/2 cup orzo (rice-shaped pasta), uncooked
grated Parmesan cheese for topping

Directions

Mix together the meat, egg, bread crumbs, cheese, basil, parsley, and green onions; shape into 3/4 inch balls.

Pour broth into a large saucepan over high heat. When boiling, drop in meatballs. Stir in escarole, lemon zest and orzo. Return to a boil; reduce heat to medium. Cook at a slow boil for 10 minutes or until orzo is tender, stirring frequently. Serve sprinkled with cheese.

Best Pennsylvania Dutch Chicken Corn Soup

Ingredients

2 (3 pound) whole chickens, cut into pieces
3 quarts water
3 onions, minced
1 cup chopped celery
2 1/2 tablespoons salt
1 1/4 teaspoons ground nutmeg
1/4 teaspoon ground black pepper
10 ears fresh corn
3 eggs
1 cup sifted all-purpose flour
1/2 cup milk

Directions

In a large pot over medium heat, combine chicken, water, onions, celery, salt, nutmeg and pepper. Bring to a boil, then reduce heat and simmer 2 hours, adding water as needed, until chicken is very tender. Remove the chicken from the soup. Refrigerate chicken and soup.

When fat solidifies on surface of soup, remove from refrigerator and remove fat. Remaining soup should equal about 2 1/2 quarts.

Remove corn from cobs by splitting kernels lengthwise with a sharp knife and scraping corn from cob. Combine soup and corn in a large pot over medium heat and bring to a boil. Reduce heat and simmer until corn is tender, 10 to 15 minutes.

Meanwhile, place two of the eggs in a small saucepan and cover with cold water. Bring to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. Set aside.

Chop cooled chicken meat and add to soup.

In a medium bowl, beat remaining egg until light in color. Beat in flour and milk until smooth. Drop batter by partial spoonfuls into hot broth to make small (1/4 - 1/2 inch round) dumplings. Cook, stirring constantly, for 2 to 5 minutes, until dumplings hold their shape and float to the surface. Stir in reserved cooked egg.

Moroccan Potato Bean Soup

Ingredients

6 cups water
1 (15 ounce) can kidney beans
3 tablespoons olive oil
2 onions, chopped
2 potatoes, peeled and cubed
3 tablespoons chicken bouillon powder
1/2 teaspoon ground turmeric
1/2 teaspoon ground black pepper
1/2 teaspoon ground white pepper
1/2 teaspoon cayenne pepper (optional)
2 teaspoons curry powder
2 tablespoons soy sauce
1/2 cup whole milk
1/2 cup half-and-half
1/2 cup dry potato flakes
1/4 cup chopped green onions

Directions

In a medium-size cooking pot, add water and white kidney beans and bring to boil. Reduce heat and simmer for 15 minutes.

In a frying pan, saute onions in olive oil until lightly brown.

To cooking pot, add potatoes, sauteed onions, chicken soup base, turmeric, black pepper, white pepper, cayenne pepper, curry powder, and soy sauce, and cook until potatoes are tender.

Add whole milk and half and half cream and bring back to boil. Add instant potato flakes, stirring until well blended. Adjust seasonings to taste. Garnish with chopped chives or green onions.

Portuguese Chicken Soup II

Ingredients

1 whole bone-in chicken breast, with skin
1 onion, cut into thin wedges
4 sprigs fresh parsley
1/2 teaspoon lemon zest
1 sprig fresh mint
6 cups chicken stock
1/3 cup thin egg noodles
2 tablespoons chopped fresh mint leaves
salt to taste
1/4 teaspoon freshly ground white pepper

Directions

In a large saucepan, simmer chicken breast in stock with the onion, parsley, lemon zest, and mint sprig until done, about 35 minutes.

Remove the breast, cool, then strip off the meat and cut into a julienne.

Strain the broth, return to the pot, and bring to a boil. Add pasta and chopped mint. Season to taste with salt and white pepper. Heat until the pasta is cooked al dente.

Remove from heat, stir in lemon juice and chicken julienne. Ladle into soup plates and top with lemon slice and mint leaf.

French Onion Soup Gratinee

Ingredients

4 tablespoons butter
1 teaspoon salt
2 large red onions, thinly sliced
2 large sweet onions, thinly sliced
1 (48 fluid ounce) can chicken broth
1 (14 ounce) can beef broth
1/2 cup red wine
1 tablespoon Worcestershire sauce
2 sprigs fresh parsley
1 sprig fresh thyme leaves
1 bay leaf
1 tablespoon balsamic vinegar
salt and freshly ground black pepper to taste
4 thick slices French or Italian bread
8 slices Gruyere or Swiss cheese slices, room temperature
1/2 cup shredded Asiago or mozzarella cheese, room temperature
4 pinches paprika

Directions

Melt butter in a large pot over medium-high heat. Stir in salt, red onions and sweet onions. Cook 35 minutes, stirring frequently, until onions are caramelized and almost syrupy.

Mix chicken broth, beef broth, red wine and Worcestershire sauce into pot. Bundle the parsley, thyme, and bay leaf with twine and place in pot. Simmer over medium heat for 20 minutes, stirring occasionally. Remove and discard the herbs. Reduce the heat to low, mix in vinegar and season with salt and pepper. Cover and keep over low heat to stay hot while you prepare the bread.

Preheat oven broiler. Arrange bread slices on a baking sheet and broil 3 minutes, turning once, until well toasted on both sides. Remove from heat; do not turn off broiler.

Arrange 4 large oven safe bowls or crocks on a rimmed baking sheet. Fill each bowl 2/3 full with hot soup. Top each bowl with 1 slice toasted bread, 2 slice Gruyere cheese and 1/4 of the Asiago or mozzarella cheese. Sprinkle a little bit of paprika over the top of each one.

Broil 5 minutes, or until bubbly and golden brown. As it softens, the cheese will cascade over the sides of the crock and form a beautifully melted crusty seal. Serve immediately!

Gourmet Cream of Broccoli Soup

Ingredients

2 tablespoons butter
1 onion, thinly sliced
1 small potatoes, thinly sliced
2 cups fresh chopped broccoli
1 1/2 cups chicken broth
1/4 teaspoon salt
ground black pepper to taste
1/2 cup heavy whipping cream

Directions

Melt butter in pan, do not brown. Add vegetables, toss to coat with butter, then press parchment paper on top of vegetables--this is called "sweating"-- for better flavor. Put lid on pan and simmer very gently until vegetables have softened. Do not brown.

Remove paper, add chicken stock, bring to a boil, then simmer until vegetables are soft.

Put in blender and puree until smooth. Pour back in pan, add salt, pepper, and cream. Simmer gently, do not boil or cream will curdle, until heated through.

Navy Bean Soup With Sirloin Tips

Ingredients

- 1 pound sirloin tips, cubed
- 1 onion, chopped
- 1 stalk celery, chopped
- 2 potatoes, peeled and diced
- 5 cloves garlic, minced
- 2 tablespoons olive oil
- 1/2 cup red wine
- 1 bay leaf
- 1 (16 ounce) can crushed tomatoes
- 1 (6 ounce) can tomato paste
- 1 tablespoon ground cumin
- 1 1/2 teaspoons crushed red pepper flakes
- 1 teaspoon brown sugar
- 1 tablespoon hot pepper sauce
- 1 (15 ounce) can navy beans

Directions

In a large stock pot, brown sirloin, celery, onion, and garlic in olive oil until onions are translucent.

Add wine, bay leaf, tomatoes, tomato paste, cumin, red pepper flakes, sugar, potatoes, and hot pepper sauce. Bring the mixture to a rapid boil, and then reduce heat. Continue to cook for 30 minutes, or until meat is tender. Stir occasionally to keep meat from sticking to the pan.

Stir in navy beans, and heat through. Serve hot, garnished with parsley and cilantro.

Split Pea Soup with Rosemary

Ingredients

6 slices bacon, cut into 1 inch pieces
1 small onion, chopped
1 leek, thinly sliced
1 large carrot, chopped
2 cloves garlic, minced
4 (10.5 ounce) cans chicken broth
1 1/2 cups green split peas
2 bay leaves
1 teaspoon chopped fresh rosemary

Directions

Place bacon in a large pot, and cook over medium heat until crisp. Stir in onion, leek, carrot, and garlic; cook until the vegetables are soft, about 8 minutes. Pour in chicken broth. Stir in split peas, bay leaves, and rosemary. Bring to a boil. Reduce heat to low; cover, and simmer until peas are cooked, about 1 hour, stirring occasionally.

BLT Soup I

Ingredients

5 slices bacon, diced
2 tablespoons margarine
3 1/2 cups iceberg lettuce,
julienne cut 1 1/2 to 2 inches lo
5/8 cup all-purpose flour
3 1/2 cups hot water
1 tablespoon chicken soup base
3/4 cup chopped tomatoes
1 pinch ground nutmeg
1 pinch ground cayenne pepper
1 cup hot half-and-half cream

Directions

In a heavy 3-quart saucepan cook bacon over medium heat until lightly browned, about 10 minutes. Do not drain fat.

Add butter or margarine and heat until melted. Stir in lettuce and saute 2 minutes. Blend in flour with a wire whisk. Stir over medium heat until well blended and evenly cooked, about 2 to 3 minutes. Remove from heat.

Add hot water, chicken soup base, tomatoes, nutmeg, and red pepper. Heat to boiling, stirring frequently. Reduce heat and gently boil 6 minutes, stirring occasionally, until thickened. Add cream, mixing well. Heat to simmering, stirring frequently. Serve hot, garnished with crumbled bacon bits. ENJOY!

Quick and Easy Vegetable Soup

Ingredients

1 (14 ounce) can chicken broth
1 (11.5 ounce) can tomato-vegetable juice cocktail
1 cup water
1 large potato, diced
2 carrots, sliced
2 stalks celery, diced
1 (14.5 ounce) can diced tomatoes
1 cup chopped fresh green beans
1 cup fresh corn kernels
salt and pepper to taste
Creole seasoning to taste

Directions

In a large stock pot, combine broth, tomato juice, water, potatoes, carrots, celery, undrained chopped tomatoes, green beans, and corn. Season with salt, pepper and Creole seasoning. Bring to a boil and simmer for 30 minutes or until all vegetables are tender.

Chestnut Soup

Ingredients

1/2 cup butter, divided
4 (7 ounce) cans whole chestnuts,
drained
1 carrot, peeled and sliced
1 parsnips, peeled and chopped
1 celery root, chopped
7 1/2 cups chicken stock
1/2 cup Madeira wine
1 pinch ground nutmeg
salt and pepper to taste
2 sprigs fresh parsley, chopped
1 pinch cayenne pepper, or to
taste
1/4 cup sour cream, for topping

Directions

In a heavy skillet over medium heat, melt 1/4 cup of butter. Saute the chestnuts in butter until heated through; set aside. Melt remaining butter in a large pot, and stir in the carrot, parsnip and celery root. Cook until tender. Add the stock, chestnuts and wine. Bring to a boil and season with nutmeg, salt and pepper and fresh parsley. Simmer for 15 minutes. Puree the soup in a food processor or blender a little at a time.

Pumpkin Soup

Ingredients

6 cups chicken stock
1 1/2 teaspoons salt
3 1/2 cups cubed fresh pumpkin
1 teaspoon fresh parsley
1 cup chopped onion
1/2 teaspoon chopped fresh thyme
1 clove garlic, minced
1/2 cup heavy whipping cream
5 whole black peppercorns

Directions

Cut pumpkin into 1/2-inch cubes.

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered.

Puree the soup in small batches (1 cup at a time) using a food processor or blender.

Return to pan and bring to a boil again. Reduce heat to low and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

Spiced Parsnip Soup

Ingredients

2 tablespoons butter
1 medium onion, chopped
1 pound parsnips, peeled and cubed
1 clove garlic, finely chopped
2 teaspoons curry powder
1 cube chicken bouillon
3 1/4 cups boiling water
1/2 cup heavy cream
salt and pepper to taste
1 pinch red pepper flakes or paprika for garnish

Directions

Melt the butter in a large saucepan over medium heat. Fry the onion in butter until soft, about 5 minutes. Add the parsnips, garlic and curry powder, and fry for a couple of minutes to release the flavors. Mix the bouillon cube into the boiling water, and pour into the saucepan. Stir to remove any bits of vegetable from the bottom of the pot. Simmer for 15 minutes or until parsnips are soft and easy to break with a wooden spoon.

Remove from the heat, and blend with a hand mixer or immersion blender. Stir in the cream, and heat through. Do not boil. Season with salt and pepper to taste, and garnish with red pepper flakes or paprika.

Baked Potato Soup III

Ingredients

4 baking potatoes
2/3 cup butter
2/3 cup all-purpose flour
6 cups milk
1 cup chopped green onions
3/4 teaspoon salt
1/2 teaspoon ground black pepper
12 slices cooked bacon, crumbled
5 ounces shredded Cheddar cheese
1 (8 ounce) container sour cream

Directions

Bake potatoes 1 hour in a 400 degree F (200 degree C) oven. Scoop out the inside of the potatoes and set aside. Reserve the skins for another recipe or discard.

Melt the butter in a large skillet over medium low heat. Stir in the flour to make a roux. Cook about 1 minute, stirring constantly. Gradually pour in the milk while stirring until all the milk has been added. Bring heat to medium and keep stirring until the soup mixture starts to get thick.

Add the potatoes, green onions, salt, ground black pepper, bacon and cheese. Stir well and continue to heat for about 15 minutes, allowing the flavors to blend. Stirring well, mix in the sour cream until well blended with the soup. Serve immediately.

Quick and Zesty Vegetable Soup

Ingredients

1 pound ground beef
1/2 cup chopped onion
salt and pepper to taste
2 (14.5 ounce) cans stewed tomatoes
2 cups frozen mixed vegetables
1/2 cup egg noodles
1/2 teaspoon dried oregano

Directions

In a large stock pot, brown beef and onion. Cook until onion is tender, and drain any grease. Season to taste with salt and pepper.

Stir in stewed tomatoes, vegetables, egg noodles and oregano. Bring to a boil; reduce heat, cover and simmer for 15 minutes, or until noodles are tender. Serve hot.

Red Potato Soup

Ingredients

8 red potatoes, cubed
1 onion, chopped
1 (49.5 fluid ounce) can chicken broth
1/2 cup margarine
2 tablespoons celery seed
1 teaspoon garlic powder
1 teaspoon ground black pepper
1 teaspoon onion powder
1 1/2 teaspoons seasoning salt
8 cups milk

Directions

In a large saucepan over high heat combine the potatoes, onion, broth, butter or margarine, celery seed, garlic powder, ground black pepper, onion powder and seasoning salt.

Bring to a boil, then reduce heat to medium low. Simmer for about 15 minutes, or until potatoes are tender. Add the milk, heat through and serve.

Corn and Egg Flower Soup

Ingredients

3 (14 ounce) cans chicken broth
1 (14.75 ounce) can cream-style corn
2 teaspoons sesame oil
2 tablespoons oyster sauce
2 ears corn, kernels cut from cob
1 teaspoon white pepper
3 tablespoons cornstarch
1/3 cup water
3 eggs, beaten
3 green onions, thinly sliced

Directions

Stir together the chicken broth, cream-style corn, sesame oil, oyster sauce, corn kernels, and white pepper in a large saucepan. Bring to a boil over high heat.

Dissolve cornstarch into the water and stir into boiling soup. Boil for 30 seconds until soup thickens, then remove from heat. Stir soup rapidly in one direction, then with the hot soup swirling in the pan, slowly pour in the beaten egg. Gently stir in the green onions and serve.

Weenie Soup

Ingredients

4 potatoes, peeled and cubed
1 onion, chopped
4 cups water
1 (26 ounce) can condensed
tomato soup
8 frankfurters, sliced

Directions

In a large saucepan over medium high heat, combine the potatoes, onion and water and boil for 15 minutes, or until tender.

Add the tomato soup and the hot dogs and simmer for 10 minutes, or until the hot dogs are heated through.

Cream of Chicken and Potato Soup

Ingredients

- 1/2 cup butter
- 1/2 cup all-purpose flour
- 1 onion, chopped
- 1 bunch chopped fresh chives
- 2 quarts heavy cream
- 2 cups water
- 1 quart milk
- 3 teaspoons ground cumin
- 2 teaspoons salt
- 2 teaspoons ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons dried thyme
- 4 potatoes, peeled and cubed
- 1 pound skinless, boneless chicken breast halves - cut into cubes
- 3 tablespoons chopped fresh parsley

Directions

Melt the butter in a large pot over medium heat. Stir in the flour until absorbed thoroughly by the butter. Add the onion and chives and saute for 5 minutes. Pour in the cream, water, milk, cumin, salt, ground black pepper, garlic powder, thyme, potatoes and chicken. Reduce heat to low and let simmer for 1 hour. Remove from heat, let cool slightly, pour into individual bowls and garnish each with parsley.

Chicken Tortellini Soup With Zucchini and

Ingredients

1 recipe Fast Chicken Soup Base
1 (9 ounce) package refrigerated
small cheese tortellini
1 (14.5 ounce) can diced tomatoes
2 medium zucchini, diced
1 teaspoon dried basil
1/2 cup chopped fresh parsley
Salt and freshly ground black
pepper

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 1 9-ounce package refrigerated small cheese tortellini; 1 14.5-ounce can diced tomatoes; 2 medium zucchini, diced; 1 tsp. dried basil.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.

Slow Cooker Veggie-Beef Soup with Okra

Ingredients

1 pound ground beef
1/4 cup onion, chopped
1 (14.5 ounce) can diced tomatoes, drained
1 (14.5 ounce) can Italian diced tomatoes, drained
1 (16 ounce) package frozen mixed vegetables
1 cup sliced fresh or frozen okra
2 potatoes, peeled and chopped
1 tablespoon ketchup
salt and pepper to taste

Directions

In a skillet over medium heat, cook the ground beef and onion until beef is evenly brown and onion is tender. Drain grease.

In a slow cooker, mix the beef and onion, diced tomatoes, Italian diced tomatoes, vegetables, okra, potatoes, ketchup, salt, and pepper. Pour in enough water to cover.

Cover slow cooker, and cook 4 hours on Low.

Potato Cheese Calico Soup

Ingredients

1 pound potatoes, thinly sliced
1 cup sliced onion
2 1/2 cups chicken broth
1/2 cup milk
1 cup fresh sliced mushrooms
1/2 cup red bell pepper, diced
1/2 cup chopped green onions
1 cup freshly grated Asiago cheese
salt and pepper to taste
2 tablespoons chopped fresh parsley

Directions

In 3 quart saucepan, combine potatoes, onions and broth. Bring to a boil, reduce heat to low and cook for 10 minutes or until potatoes are tender.

Transfer soup to a blender and puree. Return blended soup to saucepan and stir in milk, mushrooms, bell pepper and green onions.

Simmer over medium-low heat and add cheese, a few tablespoons at a time, continually stirring to ensure it melts. Season with salt and pepper, sprinkle with parsley and serve.

French Onion Soup VI

Ingredients

3 pounds racked beef ribs
5 red onions, sliced
2 (14 ounce) cans beef broth
2 teaspoons salt
1 ounce soy based liquid seasoning
salt and pepper to taste
6 slices French bread
2 tablespoons butter, melted
2 teaspoons garlic powder
2 teaspoons paprika
1/2 cup shredded mozzarella cheese

Directions

Place beef ribs in a large stock pot over medium heat. Brown on all sides. Cover with water and bring to a boil, then cover, reduce heat and simmer 1 hour.

Remove meat and bones to a cutting board to cool. Introduce onions, beef broth and salt to the rib water. Bring to a boil, then reduce heat and simmer 1 hour.

When the bones are cool enough to handle, remove the meat with a knife. Finely chop the meat and add to the soup.

After an hour of simmering, season the soup with the liquid seasoning and salt and pepper to taste. Simmer 30 minutes more.

Preheat oven broiler.

Cut French bread in slices that will fit in your serving bowls. Place slices on a baking sheet and brush with melted butter. Sprinkle with garlic powder and paprika. Place under preheated broiler until browned, 2 to 10 minutes.

Ladle soup into 6 ovenproof serving bowls. Lay one crouton over each serving. Top with mozzarella. Place bowls on a sturdy baking sheet and place under broiler to melt cheese, 1 minutes. Serve at once.

Strawberry Soup II

Ingredients

4 cups fresh strawberries
1 (12 ounce) container frozen
whipped topping, thawed
1/8 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1/2 teaspoon vanilla extract
1 cup white sugar
1/4 cup sour cream
12 ounces prepared pound cake,
cubed
12 sprigs fresh mint

Directions

Rinse strawberries with cool water to clean and then pat dry to absorb excess water. Remove strawberry stems and set aside 12 for later use.

In a large bowl, combine remaining strawberries, whipped topping, nutmeg, cinnamon, vanilla and sugar. With an electric mixer, mix on low speed for 5 to 7 minutes or until sugar has dissolved completely and mixture is smooth. Add sour cream and mix 1 minute. Place in refrigerator to chill.

Toast pound cake cubes under broiler for approximately 6 minutes, turning once to brown both sides.

Serve soup in chilled bowls and garnish with whole strawberries, pound cake croutons and fresh mint sprigs.

Carrot and Coriander Soup II

Ingredients

4 large carrots, cut into 1 inch pieces
1/4 large onion, chopped
1 quart vegetable broth
1/2 cup chopped fresh cilantro

Directions

Place the carrots, onion, vegetable broth and cilantro into a large saucepan. Bring to a boil, and cook until the carrots are tender, about 10 minutes. Remove from heat and allow to cool slightly.

Puree the soup until smooth, using a blender or food processor. Reheat before serving if necessary.

Minh-ai's Bitter Melon Soup

Ingredients

1/2 pound ground pork
2 tablespoons soy sauce
1/8 teaspoon garlic powder
1/8 teaspoon ground black pepper
1 bitter melon
4 cups water
1 teaspoon soy sauce, or to taste
1 teaspoon fish sauce, or to taste
1 green onions, sliced

Directions

Combine pork, 2 tablespoons of soy sauce, garlic powder, and pepper in a bowl. Cover the bowl with plastic wrap and refrigerate for 30 minutes to 1 hour. Slice the bitter melon into 1 to 1 1/2 inch thick rounds. Using the tip of a small knife, remove the spongy, seeded interior. Fill each bitter melon ring with the pork mixture, making sure to that each ring is fully stuffed. Form similar sized meatballs with any remaining pork.

Bring the water to a boil in a saucepan. Drop in the stuffed bitter melon rings and any meatballs. Simmer over medium heat until the bitter melon is tender and easily cut with a spoon, 30 to 45 minutes. Remove from heat. Season with 1 teaspoon of soy sauce and fish sauce. Stir in green onions.

Pasta Sausage Soup

Ingredients

1 1/2 pounds turkey Italian sausage links
1 medium green pepper, cut into 1-inch strips
1/2 cup chopped onion
1 garlic clove, minced
6 cups water
1 (28 ounce) can diced tomatoes, undrained
1 tablespoon sugar
1 tablespoon Worcestershire sauce
2 teaspoons chicken bouillon granules
1 teaspoon salt
1 teaspoon dried basil
1 teaspoon dried thyme
2 1/2 cups uncooked bow tie pasta

Directions

Remove casings from sausage; cut links into 1/2-in. pieces. In a Dutch oven or soup kettle, cook sausage over medium heat for 5-7 minutes or until no longer pink. Remove with a slotted spoon; drain, reserving 2 tablespoons drippings. In the drippings, saute green pepper, onion and garlic for 4-5 minutes or until tender.

Add the water, tomatoes, sugar, Worcestershire sauce, bouillon, salt, basil, thyme and sausage. Bring to a boil; add pasta. Reduce heat; simmer, uncovered, for 18-22 minutes or until pasta is tender.

Cream of Potato Soup II

Ingredients

5 pounds peeled and cubed potatoes
1 cup heavy whipping cream
2 cups skim milk
1 pound carrots, chopped
1 stalk celery, chopped
3 onions, chopped
5 cloves garlic, minced
1 green bell pepper, chopped
5 cubes chicken bouillon
3 bay leaves
1 tablespoon salt
3 tablespoons ground black pepper
1/4 teaspoon cayenne pepper

Directions

In a large stock pot boil potatoes in water until tender. Drain all water, reserving 2 cups. Mix potatoes and 2 cups reserved water with a hand mixer until slightly lumpy.

Add cream, milk, carrots, celery, onions, garlic, green bell pepper, chicken bouillon cubes, bay leaves, pepper, salt and season with red pepper. Let simmer for 3 to 4 hours, covered, stirring every 1/2 hour. Periodically add milk if too soup is becoming too thick. Once heated through and vegetables are tender, serve.

Ultimate Spicy Spud Soup

Ingredients

2 cloves garlic, peeled
1/2 red onion
1 pound ground Italian sausage
10 large russet potatoes, peeled and cubed
seasoning salt to taste
1/2 teaspoon freshly ground black pepper
1 tablespoon cayenne pepper, or to taste
1 (12 fluid ounce) can evaporated milk
1/4 cup butter
1 teaspoon dried parsley

Directions

In a blender or food processor, puree garlic and onion. Heat garlic and onion puree with Italian sausage in a skillet over medium heat. Cook until sausage is no longer pink.

Transfer the sausage mixture to a large soup pot. Add potatoes and water to cover. Stir in the seasoned salt, black pepper and cayenne pepper to taste. Bring to a boil over medium-high heat and cook until potatoes are tender. when potatoes are done, stir in the butter, evaporated milk and parsley. Cook long enough for the butter to melt. Serve hot with bread or crackers.

Lentil Soup III

Ingredients

2 cups dry lentils
2 quarts chicken broth
1 onion, diced
1/4 cup tomato paste
2 cloves garlic, minced
1 tablespoon ground cumin

Directions

In a large saucepan combine lentils, broth, onion, tomato paste, garlic and cumin. Bring to a boil, then reduce heat, cover and simmer until lentils are soft, 30 to 45 minutes. Serve with a squeeze of lemon.

Zucchini Soup II

Ingredients

3 1/2 cups diced zucchini
1/2 cup chopped celery
1 cup diced carrots
1/2 cup diced onion
1/2 cup margarine
1 tablespoon all-purpose flour
1 3/4 cups milk
1 (10.75 ounce) can condensed
cream of mushroom soup
1 1/4 cups water
2 cubes chicken bouillon
1/2 cup dry white wine (optional)
1/2 cup sour cream

Directions

In a large stock pot saute zucchini, celery, carrots and onion in margarine, until done (approximately 20 minutes).

In a small mixing bowl combine flour and milk. Mix until smooth and then add to stock pot.

Cook soup until thickened and then puree in a blender or food processor until smooth and creamy.

Pour pureed soup back into stock pot and add cream of mushroom soup, water, bouillon cubes and sour cream. If desired also add white wine. Simmer until heated through and then serve.

Rosemary Chicken Noodle Soup

Ingredients

8 cups water
2 pounds boneless, skinless chicken meat
2 tablespoons vegetable oil
2 tablespoons dried rosemary
1 tablespoon dried thyme
3 cloves crushed garlic
1 white onion
4 carrots, sliced
1 (16 ounce) package penne pasta
salt to taste
ground black pepper to taste

Directions

In a large kettle, boil water, chicken, spices, onion, and garlic for 1 hour.

Add carrots, oil, and noodles; boil for 20 minutes. Salt and pepper to taste.

German Sauerkraut Soup

Ingredients

2 smoked ham hocks
2 yellow onions, chopped
2 cloves garlic, chopped
3 quarts water
1 pound sauerkraut, drained and rinsed
1 (15 ounce) can pinto beans, drained
1/2 pound bacon, chopped
1 cup sour cream
1 tablespoon olive oil
3 tablespoons all-purpose flour

Directions

Heat olive oil in a large skillet over medium heat. Sauté onion and garlic until tender; set aside. Put ham hocks, onion, garlic and water into a stockpot, season with pepper to taste, cover and bring to a simmer for 1 1/2 hours.

Stir the sauerkraut and beans into the soup. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Remove bacon into the stockpot, reserving drippings. Stir flour into the bacon drippings to make a roux. Stir the roux into the soup. Continue to simmer the soup until thick. Remove from the heat and stir in the sour cream. Serve.

Restaurant-Quality Baked Potato Soup

Ingredients

2 potatoes
3 tablespoons margarine
2 cups chopped white onion
2 tablespoons all-purpose flour
4 cups chicken stock
2 cups water
1/4 cup cornstarch
1 1/2 cups instant mashed potato flakes
1 teaspoon salt
3/4 teaspoon ground black pepper
1/2 teaspoon dried basil
1/8 teaspoon dried thyme
1 cup half-and-half
1/2 cup shredded Cheddar cheese
8 ounces bacon - cooked and crumbled
2 green onions, chopped

Directions

Preheat oven to 400 degrees F (200 degrees C). Bake potatoes for 1 hour, or until done. Set aside to cool.

Melt butter in a 3 quart saucepan over medium heat. Saute onions until tender and golden brown. Stir in flour, and cook 5 minutes to make a roux. Pour in chicken stock and water. Add cornstarch and mashed potato flakes. Season with salt, pepper, basil and thyme. Bring to a boil, reduce heat, and simmer for 5 minutes.

Remove the skin from the cooled potatoes, and discard. Dice the potatoes into 1/2 inch cubes, and stir into soup, along with the half-and-half. Simmer for 15 to 20 minutes, or until thick. Spoon into bowls, and garnish with shredded cheese, bacon and chopped green onion.

Cheesy Leek and Mustard Soup

Ingredients

1 1/2 pounds leeks, sliced
1 onion, chopped
1 potato, cubed
1 carrot, chopped
1 tablespoon margarine
1 tablespoon olive oil
1 1/4 teaspoons dry mustard powder
2 teaspoons cornstarch
1/2 cup water
salt and pepper to taste
1 teaspoon white sugar
5 cups water
1 cube vegetable bouillon
1 cup heavy whipping cream
1/8 cup shredded Gruyere cheese
1/4 cup shredded Cheddar cheese

Directions

In a large pot over medium heat, saute the leeks, onion, potato and carrot in the butter or margarine and the olive oil for 10 minutes, or until all vegetables are tender.

Mix the mustard powder and cornstarch with the 1/2 cup water to make a thin paste. Set aside.

Season the vegetable mixture with salt and pepper and sugar. Stir in the mustard-water mixture and the 5 cups water. Bring mixture to a boil. Stir in the bouillon cube, reduce heat and simmer for about one hour, until reduced by half.

Using a hand blender or upright blender, puree mixture until frothy but not completely smooth.

Return this to the pot and bring to a boil. Stir in the heavy cream, Gruyere and Cheddar cheeses. Heat until cheeses melt, do not boil. Serve hot.

Slow Cooker Chicken with Leek Soup Mix

Ingredients

1 onion, chopped
6 skinless, boneless chicken breast halves
1 (1.8 ounce) package dry leek soup mix
1 (10.75 ounce) can condensed cream of mushroom soup
1 (10.75 ounce) can condensed cream of chicken soup

Directions

Evenly spread onion in the bottom of a slow cooker. Place chicken on top of onion, and sprinkle with dry leek soup mix. Mix the cream of mushroom soup and cream of chicken soup in a bowl, and pour into the slow cooker.

Cover, and cook 7 to 8 hours on Low.

Pressure Cooker Italian Chicken Soup

Ingredients

2 teaspoons olive oil
4 Italian turkey sausage links,
casings removed
1 medium onion, diced
3 cloves garlic, minced
1/2 cup pearl barley
1 cup green lentils
1 bone-in chicken breast half, skin
removed
1/2 cup chopped fresh parsley
3 cups chicken stock
1 (15 ounce) can chickpeas
(garbanzo beans), drained
1 (16 ounce) bag fresh spinach
leaves, chopped
1 cup mild salsa

Directions

heat 1 teaspoon olive oil in a pressure cooker over medium heat. Add sausage meat, and cook until browned, breaking it into crumbles. Remove sausage to a plate and drain oil. Add another 1 teaspoon of olive oil to pressure cooker; cook onion and garlic until onion is transparent. Add barley and stir 1 minute. Return sausage to pressure cooker. Add lentils, chicken, parsley, and chicken stock to cooker, adding enough stock to completely cover chicken. Close cover securely; place pressure regulator on vent pipe. Bring pressure cooker to full pressure over high heat (this may take 15 minutes). Reduce heat to medium high; cook for 9 minutes. Pressure regulator should maintain a slow steady rocking motion; adjust heat if necessary.

Remove pressure cooker from heat; use quick-release following manufacturer's instructions or allow pressure to drop on its own. Open cooker and remove chicken; shred meat and return to soup. Add garbanzo beans, spinach and salsa; stir to blend and heat through before serving.

Basic Ham and Bean Soup

Ingredients

1 pound dry great Northern beans
8 cups water
1/2 teaspoon salt
1 ham hock
1 cup chopped carrots
1/2 stalk celery, chopped
1 cup chopped onion
1 teaspoon minced garlic
1 teaspoon mustard powder
2 bay leaves
2 cups chopped ham
1/2 teaspoon ground white pepper

Directions

Rinse the beans, sorting out any broken or discolored ones. In a large pot over high heat, bring the water to a boil. Add the salt and the beans and remove from heat. Let beans sit in the hot water for at least 60 minutes.

After the 60 minutes of soaking, return the pot to high heat and place the ham bone, carrots, celery, onion, garlic, mustard and bay leaves in the pot. Stir well, bring to a boil, reduce heat to low and simmer for 60 more minutes.

Remove ham bone and discard. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.

Cream of Peanut Soup

Ingredients

2 tablespoons butter
1 stalk celery, chopped
1/2 medium onion, chopped
1 1/2 tablespoons Pillsbury
BEST® All Purpose Flour
4 cups chicken broth
1 cup Jif® Creamy Peanut Butter
1 cup milk
Snipped chives
Chopped peanuts for garnish
(optional)

Directions

Melt butter in medium saucepan. Cook celery and onion until onion is tender, but not browned. Stir in flour and cook about one minute. Whisk in chicken broth, cooking until thickened and bubbly.

Remove from heat. Puree mixture in batches, in a blender, until smooth. Return to saucepan.

Add the peanut butter and milk, stirring to blend thoroughly. Heat through, but do not boil. Serve hot or cold. Garnish with snipped chives.

Quick Italian Vegetable Soup

Ingredients

1 tablespoon olive oil
1 medium onion, chopped
2 carrots, sliced
2 stalks celery, sliced
1 (16 ounce) can diced plum tomatoes
2 teaspoons Italian seasoning
2 cubes beef bouillon
6 cups water
2 zucchinis, quartered and sliced
2 cups sliced cabbage
1 teaspoon garlic salt
salt and ground black pepper to taste
freshly grated Parmesan cheese (optional)

Directions

Heat oil in a large stock pot over medium-high heat. Saute onion, carrot, and celery until onion is translucent and vegetables are tender, 5 to 7 minutes. Stir in tomatoes and Italian seasoning, and cook 5 minutes more, stirring frequently.

Dissolve bouillon cubes in water, and stir into vegetables. Adjust heat to a medium simmer, and cook approximately 10 minutes. Add zucchini and cabbage, sprinkle with garlic salt, and cook until tender, 5 minutes more. Adjust seasoning with salt and pepper, and serve.

Sarah's Pea Soup

Ingredients

1 1/2 cups dry whole peas
2 quarts water
1 cup dry split peas
2 tablespoons vegetable base
12 ounces salt pork
2 onions, minced
3 small carrots, shredded
3 small carrots, cut into 1 inch pieces
1 1/2 tablespoons dried chives
1 1/2 tablespoons dried savory
salt and pepper to taste

Directions

Place the dry whole peas in a pot with enough water to cover, and soak 8 hours or overnight.

Drain soaked peas, and return to the pot. Cover with 2 quarts water. Mix in the dry split peas, vegetable base, salt pork, onions, carrots, chives, savory, salt, and pepper. Bring to a boil, reduce heat, and simmer 2 hours, until peas are tender. Remove and discard the salt pork before serving.

Hearty Beef Barley Soup

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper, divided
2 pounds lean boneless beef
sirloin steak , cut into 1/2-inch
cubes
2 tablespoons canola oil
4 cups sliced fresh mushrooms
4 (14.5 ounce) cans reduced-
sodium beef broth
4 medium carrots, sliced
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme
1 cup quick-cooking barley

Directions

In a large resealable plastic bag, combine the flour, salt and 1/4 teaspoon pepper. Add beef and shake to coat. In a Dutch oven, brown beef in oil over medium heat. Remove and set aside.

In the same pan, saute mushrooms until tender. Add the broth, carrots, garlic powder, thyme and remaining pepper; bring to a boil. Add barley and beef. Reduce heat; cover and simmer for 20-25 minutes until the meat, vegetables and barley are tender.

Turkey Wild Rice Soup

Ingredients

3 (10.5 ounce) cans condensed chicken broth
2 cups water
1/2 cup finely chopped green onions
1/2 cup uncooked wild rice
8 slices bacon
1/2 cup margarine
3/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon poultry seasoning
1/8 teaspoon ground black pepper
2 cups half-and-half cream
1 1/2 cups cooked, diced turkey meat
2 tablespoons dry sherry

Directions

In a large pot over medium heat, combine chicken broth, water, green onions and wild rice. Bring to a boil, then reduce heat and simmer until rice is tender, 35 to 40 minutes.

Meanwhile, cook the bacon in a large skillet over medium heat until crisp. Allow to cool and then crumble. Set aside.

When rice is tender, melt the margarine in a medium saucepan over medium-low heat. Stir in flour, salt, poultry seasoning and pepper all at once. Cook, stirring, until smooth and bubbly. Stir in half-and-half and cook until thickened, 2 minutes. Stir half-and-half mixture into rice mixture. Stir in bacon, turkey and sherry. Heat through and serve.

Brazilian Black Bean Soup

Ingredients

1 tablespoon olive oil
3 cups onion, chopped
8 cloves garlic, chopped, divided
1 carrot, diced
3 teaspoons ground cumin
2 teaspoons salt
1 red bell pepper, diced
2 (15 ounce) cans black beans,
drained and rinsed
1/2 cup water
1 cup orange juice
1 pinch cayenne pepper, or to
taste

Directions

Heat olive oil in a large saucepan over medium heat. Add onion, half of the garlic, and carrot. Season with cumin and salt. Cook, stirring, until onion and carrot are tender. Stir in remaining garlic, and red pepper; continue cooking until tender.

Add beans, water, and orange juice to the pan, and season with cayenne pepper. Transfer a portion of the mixture to a blender or food processor, and puree until smooth. Puree part or all of the soup, depending on how you like the texture. Return puree to the pan, and simmer for 10 more minutes to blend flavors before serving.

Fruit Soup (Fruchtsuppe)

Ingredients

4 ounces prunes
5 cups water
2 pounds tart apples - peeled,
cored and sliced
1 cinnamon stick
2 tablespoons potato flour
2 cups half-and-half cream
1/2 cup white sugar
1/2 cup white grape juice
2 tablespoons golden raisins

Directions

Place prunes and water in a large saucepan and let rest in refrigerator 8 hours or overnight.

Cook prunes in same saucepan with soaking water over medium heat, covered, 1 hour, until soft. Let cool.

In a small saucepan over medium heat, cook apples until soft, about 20 minutes.

Reserve prune water and remove pits from prunes. Puree pitted prunes with cooking water in a food processor or blender until smooth. Combine prune puree and cooked apple in a large saucepan with the cinnamon stick. Combine the potato flour with the half-and-half and stir into fruit mixture. Bring to a boil, then stir in sugar. Reduce heat to medium-low, stir in grape juice and raisins, and partially cover. Let simmer until thoroughly heated, then remove from heat.

Chill 2 hours in refrigerator before serving.

French Onion Tomato Soup

Ingredients

4 cups thinly sliced onions
1 garlic clove, minced
2 tablespoons butter or margarine
1 (46 ounce) can tomato juice
2 teaspoons beef bouillon granules
3 tablespoons lemon juice
2 teaspoons dried parsley flakes
2 teaspoons brown sugar
6 slices French bread, toasted
2 cups shredded mozzarella cheese

Directions

In a large saucepan, saute onions and garlic in butter until tender. Add the tomato juice, bouillon, lemon juice, parsley and brown sugar. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes, stirring occasionally.

Ladle soup into 10-oz. ovenproof soup bowls or ramekins. Top with French bread; sprinkle with cheese. Broil 4-6 in. from the heat for 2-3 minutes or until cheese is bubbly.

Red Pepper Soup

Ingredients

2 tablespoons butter
4 red bell peppers, chopped
1 onion, chopped
4 cloves garlic, minced
24 fluid ounces chicken broth
1/2 cup heavy cream
1/8 teaspoon ground black pepper

Directions

Melt the butter in a large saucepan over medium heat. Place the red bell pepper, onion and garlic in the saucepan and saute for 5 to 10 minutes, or until tender.

Pour in the chicken broth, stirring well, reduce heat to low and simmer for 30 minutes. Transfer to a blender and puree until smooth.

Run the soup through a strainer and return the liquid to the saucepan over medium low heat. Stir in the heavy cream and the ground black pepper and allow to heat through, about 5 to 10 minutes.

Gisela's Butternut Squash Soup

Ingredients

2 tablespoons butter
1 onion, finely chopped
1 (14.5 ounce) can chicken broth
1 (2 pound) butternut squash -
peeled, seeded, and cut into 1-
inch cubes
1 orange, juiced
1 orange, juiced and zested
3 tablespoons sour cream
salt and pepper to taste

Directions

Melt butter in a large saucepan or soup pot over medium heat, and cook and stir the onion until translucent, about 5 minutes. Pour in the chicken broth, and stir in the butternut squash cubes, orange juice, and orange zest. Bring to a boil, reduce heat, and simmer until the squash cubes are tender, 15 to 20 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 back into the pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot. Whisk in sour cream until smooth, and season to taste with salt and pepper. Heat over medium-low heat until almost simmering, and serve hot.

Old-World Cabbage Soup

Ingredients

1/2 medium head cabbage, chopped
4 large carrots, cubed
1 sweet onion, minced
4 stalks celery, cubed
3/4 cup ketchup
1 1/2 cups tomato-vegetable juice cocktail
3 cups vegetable broth
1 (14.5 ounce) can chicken broth
1 (14.5 ounce) can peeled and diced tomatoes

Directions

Place chopped cabbage into an 8-quart soup pot.

Microwave diced carrot in 2 tablespoons water for 6 minutes on high.

Microwave diced celery in 2 tablespoons water for 4 minutes on high.

Add the microwaved vegetables to the pot. Add minced sweet onion, celery, and ketchup. Add juice cocktail, vegetable broth, chicken broth, and tomatoes. Fill each can with water, and add the water to the mixture. Cover, and bring to a boil. Continue boiling for 30 minutes.

Reduce heat to simmer and cook for 2 to 3 hours.

Serve with slices of a French baguette. Have salt, black pepper, and Tabasco available to season to taste at the table.

Strawberry Soup IV

Ingredients

1 cup dry white wine
1/3 cup white sugar
2 cups chopped strawberries
1 cup orange juice

Directions

In a small saucepan mix wine and sugar, and bring to a boil. Let boil for 5 minutes and then remove from heat. Let cool.

Puree strawberries and wine mixture in a blender or food processor. Blend until very smooth and then stir in orange juice. Chill for at least 3 hours before serving.

Slovak Sauerkraut Christmas Soup

Ingredients

1 (32 ounce) package sauerkraut, chopped
2 1/2 quarts chicken broth
6 black peppercorns
4 bay leaves
salt to taste
2 cups dried forest mushroom blend
3/4 pound Hungarian style dry paprika sausage
3/4 pound smoked ham
3/4 cup chopped pitted prunes
2 tablespoons vegetable oil
1 large onion, finely chopped
2 tablespoons all-purpose flour
2 teaspoons sweet Hungarian paprika
1 cup water
1 cup sour cream

Directions

Place the sauerkraut, chicken broth, peppercorns, bay leaves, salt and mushrooms into a large pot, and bring to a boil. Add the sausage and whole piece of ham. Let it simmer over medium heat for 1 1/2 hours. Add the prunes after the first hour.

Remove the meat from the soup, and set aside. Remove bay leaves, and discard.

Heat the oil in a large skillet over medium heat. Add the onion, and fry until clear. Sprinkle the flour and paprika over the onion; cook and stir for a minute. Gradually stir in the water with a fork so that no lumps form. Bring to a boil, and allow to thicken. Pour into the soup pot. Cube the sausage and ham, and stir into the soup. Bring to a boil, and cook for another 10 minutes.

To serve, ladle into bowls, and top with a dollop of sour cream.

Creamy Zucchini Soup

Ingredients

1 tablespoon butter
2 tablespoons olive oil
1 onion, chopped
1 1/2 pounds zucchini, sliced
1/2 (14 ounce) package firm tofu, cubed
2 teaspoons red pepper flakes
1 teaspoon dried oregano
3 cups vegetable stock
1/2 cup cottage cheese
salt and pepper to taste

Directions

Melt the butter and heat the oil in a large skillet over medium heat. Mix in the onion, and cook 5 minutes. Mix in the zucchini and tofu. Season with red pepper flakes and oregano. Continue to cook and stir 10 minutes, until zucchini is tender.

Pour the vegetable stock into the skillet. Bring to a boil, reduce heat to low, and simmer 35 minutes.

In a blender, process the soup and cottage cheese until smooth. Season with salt and pepper to serve.

Vegetable Tom Yum Soup

Ingredients

10 1/2 cups chicken stock
12 thin slices galangal
6 kaffir lime leaves
3 stalks lemon grass, smashed
and cut into 1 inch pieces
3 tablespoons hot chile paste

6 tablespoons fish sauce
9 tablespoons fresh lime juice
6 shallots, thinly sliced
3 plum (Roma) tomatoes,
chopped
1 cup sliced button mushrooms
1 1/2 cups thinly sliced bok choy
1 cup thinly sliced carrot

6 sprigs fresh cilantro, for garnish
6 green onions, thinly sliced

Directions

Bring chicken stock, galangal, lime leaves, lemon grass, and hot chile paste to a boil in a large pot. Stir in fish sauce, lime juice, shallots, tomato, mushrooms, bok choy, and carrot. Reduce heat to medium-low, and simmer until the vegetables are tender, about 25 minutes. Garnish with cilantro and green onion before serving.

Vegetable Cheese Soup I

Ingredients

1 (15 ounce) can creamed corn
1 cup peeled and cubed potatoes
1 cup chopped carrots
1/2 onion, chopped
1 teaspoon celery seed
1/2 teaspoon ground black pepper
2 (14.5 ounce) cans vegetable broth
1 (16 ounce) jar processed cheese sauce

Directions

In a slow cooker, combine corn, potatoes, carrots, onion, celery seeds and pepper. Add broth and cover, cook on low 8 to 10 hours.

Stir in cheese and cook 30 to 60 minutes or until cheese is melted and blended with vegetables.

Busy Night Turkey Taco Soup with Avocado

Ingredients

1 (11 ounce) can Mexican-style corn
1 (16 ounce) can chili beans, undrained
2 (14.5 ounce) cans chicken broth
1 (16 ounce) jar chunky salsa
2 1/2 cups cooked, chopped turkey meat
salt and pepper to taste
1/4 cup chopped fresh cilantro
1/2 cup low-fat sour cream
2 tablespoons guacamole

Directions

In a large pot over medium heat, combine corn, chili beans, broth and salsa. Bring to a boil, then reduce heat and stir in cooked turkey. Season with salt and pepper. Cover, and cook 5 to 10 minutes more, until heated through. Stir in cilantro.

In a bowl, stir together sour cream and guacamole until smooth.

Ladle soup into bowls and top with guacamole mixture.

Authentic Thai Coconut Soup

Ingredients

1 pound medium shrimp - peeled and deveined
2 (13.5 ounce) cans canned coconut milk
2 cups water
1 (1 inch) piece galangal, thinly sliced
4 stalks lemon grass, bruised and chopped
10 kaffir lime leaves, torn in half
1 pound shiitake mushrooms, sliced
1/4 cup lime juice
3 tablespoons fish sauce
1/4 cup brown sugar
1 teaspoon curry powder
1 tablespoon green onion, thinly sliced
1 teaspoon dried red pepper flakes

Directions

Bring a pot of water to a boil. Boil the shrimp until cooked, about one minute. Drain shrimp, and set aside.

Pour the coconut milk and 2 cups of water in a large saucepan; bring to a simmer. Add the galangal, lemon grass, and lime leaves; simmer for 10 minutes, or until the flavors are infused. Strain the coconut milk into a new pan and discard the spices. Simmer the shiitake mushrooms in the coconut milk for five minutes. Stir in the lime juice, fish sauce, and brown sugar. Season to taste with curry powder.

To serve, reheat shrimp in the soup, and ladle into serving bowls. Garnish with green onion and red pepper flakes.

Turkey Tortilla Soup

Ingredients

1 1/4 cups chicken broth
12 (6 inch) corn tortillas, cut into
1/2 inch strips
1 1/4 cups green enchilada sauce
1 1/4 cups red enchilada sauce
1 teaspoon ground cumin
2 cups cooked turkey, chopped
1 cup half-and-half
1 tomato, chopped
1 jalapeno pepper, seeded and
minced
1 avocado - peeled, pitted and
diced
1 cup shredded Cheddar cheese

Directions

Combine chicken stock and tortilla strips in a large pot. Cook over medium heat until strips soften and broth thickens slightly. Stir in green and red enchilada sauces and cumin. Stir in turkey and half-and-half; heat through but do not boil.

Divide soup among four bowls and garnish with diced tomato, jalapeno, avocado and cheese.

Cauliflower Tomato Soup

Ingredients

1/4 cup sliced leek (white portion only)
1/4 cup chopped celery
1 tablespoon butter or margarine
1 (10.75 ounce) can condensed tomato soup, undiluted
1 1/4 cups water
1 cup fresh cauliflowerets
1/2 cup frozen peas
1/4 teaspoon dill weed
1/4 teaspoon salt

Directions

In a saucepan, saute leek and celery in butter until tender. Stir in the remaining ingredients. Bring to a boil; reduce heat. Cover and simmer for 12-16 minutes or until the vegetables are tender.

Curried Pea Soup

Ingredients

1/2 cup water
1 teaspoon chicken bouillon granules
1 garlic clove, minced
1/2 teaspoon curry powder
1/4 teaspoon salt
1/8 teaspoon white pepper
1/8 teaspoon dried mint flakes
1 (10 ounce) package frozen peas
1 celery rib, finely chopped
1/2 cup milk
1/2 cup whipping cream
2 tablespoons lemon juice
fresh mint

Directions

In a saucepan, bring water, bouillon, garlic, curry powder, salt, pepper and mint to a boil. Stir in peas and celery. Return to a boil. Reduce heat; cover and simmer for 6-8 minutes or until peas and celery are tender. Cool slightly.

Place pea mixture and milk in a blender or food processor; cover and process until smooth. Return to saucepan. Stir in cream; heat through (do not boil). Stir in lemon juice. Garnish with fresh mint if desired.

Chinese Sizzling Rice Soup

Ingredients

3 ounces baby shrimp
3 ounces skinless, boneless
chicken pieces cut into chunks
1 egg
4 tablespoons cornstarch
4 cups vegetable oil for frying
3 cups chicken broth
1 ounce mushrooms, chopped
2 tablespoons chopped water
chestnuts
1/8 cup diced bamboo shoots
1/3 cup fresh green beans, cut
into 1 inch pieces
1/2 teaspoon salt
1 tablespoon sherry
2/3 cup uncooked white rice

Directions

Mix together the shrimp, chicken, egg, and cornstarch.

Heat 3 cups of the oil in wok. When it is hot, add shrimp and chicken mixture. Cook for 1/2 minute and drain.

Place above mixture in pot with the broth, mushroom, water chestnuts, bamboo shoots, and green beans. Bring to a boil. Add salt and sherry. Return to a boil. Reduce heat and allow to simmer.

Meanwhile, heat the remaining 1 cup of oil until it is hot. Add rice and brown quickly. Drain and add to soup. Serve and enjoy!

Spicy Pumpkin and Sweet Potato Soup

Ingredients

1 tablespoon coriander seeds
2 teaspoons cumin seeds
2 teaspoons dried oregano
1 tablespoon fennel seeds
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
1/2 teaspoon whole black peppercorns
1 clove garlic
2 tablespoons olive oil, divided
1 medium sugar pumpkin
4 orange-fleshed sweet potatoes
1 large onion, chopped
1 1/2 quarts chicken broth

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a mortar or spice grinder, grind coriander, cumin, oregano, fennel, red pepper, salt and peppercorns into a coarse powder. Blend in garlic and 1 tablespoon olive oil to form a paste.

Wash pumpkin, and cut into 2-inch wide wedges, scraping away seeds. Peel potatoes and cut each potato lengthwise into 6 wedges. Smear the pumpkin and the potatoes with the spice paste and place in a baking dish.

Roast in preheated oven 30 to 40 minutes, until tender and just beginning to blacken at the thinnest points.

Meanwhile, in a large pot over medium heat, cook the onion in the remaining 1 tablespoon olive oil until translucent.

Chop pumpkin and potatoes into smaller chunks and puree in a blender or food processor with some of the chicken broth until smooth. Be sure to scrape the roasted spice paste off the baking dish and include it in the puree. It may be necessary to deglaze the dish with a little chicken broth.

Pour the pureed vegetables into the pot with the onions, and stir in as much additional chicken stock as needed to achieve the desired consistency. Heat through.

Mom's Tomato Vegetable Soup

Ingredients

1 (3 pound) broiler-fryer chicken, cut up
8 cups water
1 celery rib, halved
1 medium onion, halved
3 medium potatoes, peeled and cut into 1/2-inch cubes
2 cups tomato juice
1 (15 ounce) can mixed vegetables, drained
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 (14.5 ounce) can stewed tomatoes
1/2 cup chopped onion
2 1/2 teaspoons salt
1 teaspoon pepper
1/2 pound lean ground beef
1 (15 ounce) can cream-style corn

Directions

In an 8-qt. soup kettle, place chicken, water, celery and onion. Cover and bring to a boil; skim fat. Reduce heat; cover and simmer for 1-1/2 hours or until chicken falls off the bones. Strain broth and skim fat; return broth to kettle. Add the next eight ingredients. Debone chicken and cut into chunks; return to kettle. Bring to a boil. Meanwhile, in a medium skillet, brown beef; drain and add to soup. Reduce heat; cover and simmer for 1 hour. Stir in corn; cook, uncovered, for 30 minutes, stirring occasionally.

Beer Cheese Soup VI

Ingredients

2 tablespoons butter
1 cup chopped celery
1 cup chopped carrots
1 cup chopped onion
3 (14.5 ounce) cans chicken broth
8 ounces shredded Cheddar cheese
1/2 cup all-purpose flour
1/2 teaspoon prepared Dijon-style mustard
1 (12 fluid ounce) can or bottle beer

Directions

In a medium pot over medium heat, melt butter. Cook celery, carrots and onion in butter 5 minutes. Pour in chicken broth and bring to a boil; reduce heat and simmer 20 minutes. Puree mixture in a blender or food processor or using an immersion blender. Return to pot over medium heat.

Toss Cheddar with flour and stir, a little at a time, into the pot, until fully incorporated and melted. Season with mustard. Stir in beer to achieve desired thickness just before serving.

Greek Avgolemono Chicken Soup

Ingredients

1 (3 pound) whole chicken
1/2 cup uncooked white rice
salt and freshly ground black pepper to taste
3 egg, beaten
2 lemons, juiced

Directions

Rinse the chicken and remove any organs that may be inside. Place in a pot large enough for the chicken to move around, but not too much room or the broth will be watery. Add the chicken neck if that is included with your chicken. Fill with enough water to cover by about 1 inch. Cover and bring to a boil. When boiling, reduce heat to low and simmer for 45 minutes to 1 hour, skimming the fat from the top as it collects.

When the chicken is done, the meat should pull from the bones easily. Transfer the bird to a large bowl and set aside to cool. Add the rice, and season the broth with salt and pepper. Simmer over low heat for 20 more minutes, or until rice is tender.

Whisk the eggs with the lemon juice in a bowl. When the rice is done, turn off the heat. Whisk one ladle full of hot broth into the eggs slowly so the eggs do not curdle. Gradually whisk in more broth until the egg mixture is heated. Then pour the egg mixture back into the pot, whisking briskly. The result should be a creamy, cloudy looking soup. You may season with additional salt, pepper or lemon juice at this point.

You may add pieces of chicken to the soup before serving or serve soup with salted chicken on the side.

Potato Soup VIII

Ingredients

3 potatoes, peeled and cubed
1 cup water
1 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrots
1 cube chicken bouillon
1/4 cup nonfat dry milk powder
2 tablespoons all-purpose flour
2 cups skim milk

Directions

In a large saucepan over high heat, add the potatoes, water, onions, celery, carrots and bouillon. Bring to a boil and reduce heat to low. Cover and simmer for 20 minutes, or until potatoes are tender. Mash slightly.

In a small bowl, mix together the milk powder and the flour. Gradually add the milk, stirring until smooth. Add the milk/flour mixture to the potato mixture, stirring constantly. Cook and stir until soup is thick and bubbly.

Spicy Three Bean Soup

Ingredients

1/4 cup olive oil
1 onion, diced
2 cloves garlic, diced
2 (16 ounce) cans great Northern beans, rinsed and drained
2 (15.25 ounce) cans red kidney beans, rinsed and drained
1 (15 ounce) can black beans, rinsed and drained
3 stalks celery, chopped
3 carrots, chopped
2 large potatoes, cubed
15 ounces tomato-vegetable juice cocktail
2 tablespoons brown sugar
1 1/2 teaspoons dried thyme
4 cups water
2 cubes vegetable bouillon
1 cup red wine

Directions

Heat the olive oil in a large saucepan over medium heat. Place onion and garlic in the saucepan and slowly cook and stir until tender and browned.

Place the great northern beans, red kidney beans, black beans, celery, carrots, potatoes, tomato-vegetable juice cocktail, brown sugar, thyme, water and vegetable bouillon in the saucepan. Cook over medium-high heat approximately 25 minutes. As the mixture thickens, stir in the red wine.

Split Pea and Ham Soup I

Ingredients

1 cup chopped onion
1 teaspoon vegetable oil
1 pound dried split peas
1 pound ham bone
salt and pepper to taste

Directions

In a medium pot, saute onions in oil or bacon grease. Remove from heat and add split peas, ham bone or chopped ham. Add enough water to cover ingredients, and season with salt and pepper.

Cover, and cook until there are no peas left, just a green liquid, 2 hours. While it is cooking, check to see if water has evaporated. You may need to add more water as the soup continues to cook.

Once the soup is a green liquid remove from heat, and let stand so it will thicken. Once thickened you may need to heat through to serve.

Vegetable Beef Soup

Ingredients

1 pound boneless beef sirloin steak, cut into 1/2 inch cubes
1/4 teaspoon pepper, divided
2 teaspoons olive or canola oil
2 (14.5 ounce) cans beef broth
2 cups peeled, cubed potatoes
1 1/4 cups water
2 medium carrots, sliced
1 tablespoon onion soup mix
1 tablespoon dried basil
1/2 teaspoon dried tarragon
2 tablespoons cornstarch
1/2 cup white wine or additional beef broth

Directions

Sprinkle steak with 1/8 teaspoon pepper. In a Dutch oven, brown steak in batches in oil over medium heat. Add the broth, potatoes, water, carrots, onion soup mix, basil, tarragon and remaining pepper; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender. In a small bowl, combine the cornstarch and wine or additional broth until smooth; stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened.

Vietnamese-Style Shrimp Soup

Ingredients

1 tablespoon vegetable oil
2 teaspoons minced fresh garlic
2 teaspoons minced fresh ginger root
1 (10 ounce) package frozen chopped spinach, thawed and drained
salt and black pepper to taste

2 quarts chicken stock
1 cup shrimp stock
1 teaspoon hot pepper sauce (optional)
1 teaspoon hoisin sauce (optional)
20 peeled and deveined medium shrimp
1 (6.75 ounce) package long rice noodles (rice vermicelli)
2 green onions, chopped (optional)

Directions

Heat the vegetable oil in a large pot over medium heat. Stir in the garlic and ginger; cook and stir 1 minute. Add the spinach and season with salt and pepper. Cover, and cook until the spinach is hot, about 3 minutes. Pour in the chicken stock, shrimp stock, hot pepper sauce, and hoisin sauce. Recover, and bring to a simmer over medium-high heat.

Once the soup reaches a simmer, stir in the shrimp and noodles. Cover, and cook 4 minutes, then stir in the green onions, and cook 5 minutes more. Season to taste with salt and pepper before serving.

Tomato Rice Soup

Ingredients

2 tablespoons olive oil
1/2 cup chopped onion
2 stalks celery, chopped
1 large carrot, finely chopped
1/2 cup uncooked long-grain rice
1 (29 ounce) can diced tomatoes
2 cups chicken broth
salt and pepper to taste
3/4 pound scallops
1/4 cup chopped fresh basil

Directions

Heat oil in a large saucepan over medium heat. Add the onion, celery, and carrot; cook and stir vegetables until they begin to soften, approximately 2 to 3 minutes. Add rice and cook, stirring until rice is evenly coated in oil, 1 to 2 minutes. Stir in undrained tomatoes, chicken broth, and salt and pepper. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes.

Rinse the scallops, and if large cut scallops in half. Stir the scallops into soup, and cover. Continue to simmer until the rice is tender and the scallops are opaque, approximately 5 to 10 minutes.

Season to taste with salt and pepper. Stir in the basil, and serve.

African Peanut Soup

Ingredients

2 tablespoons olive oil
2 medium onions, chopped
2 large red bell peppers, chopped
4 cloves garlic, minced
1 (28 ounce) can crushed tomatoes, with liquid
8 cups vegetable broth or stock
1/4 teaspoon pepper
1/4 teaspoon chili powder (optional)
2/3 cup extra crunchy peanut butter
1/2 cup uncooked brown rice

Directions

Heat oil in a large stock pot over medium high heat. Cook onions and bell peppers until lightly browned and tender, stirring in garlic when almost done to prevent burning. Stir in tomatoes, vegetable stock, pepper, and chili powder. Reduce heat to low and simmer, uncovered, for 30 minutes.

Stir in rice, cover, and simmer another fifteen minutes or until rice is tender. Stir in peanut butter until well blended, and serve.

Crabmeat and Asparagus Soup

Ingredients

1 (10 ounce) can asparagus tips,
drained
2 (6 ounce) cans crabmeat,
drained and flaked
2 tablespoons fish sauce
1 tablespoon oyster sauce
1 cup chopped fresh spinach
1 cup diced firm tofu
2 teaspoons dried oregano
1 clove garlic, crushed

Directions

In a slow cooker, combine the asparagus, crabmeat, fish sauce, spinach, tofu, oregano and garlic. Fill with enough water to cover by about 2 inches. Cover, and cook on High for 45 minutes, or until you smell the aroma and the spinach has cooked down dramatically.

Sausage & White Bean Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds sweet or hot Italian sausage, in the casing
2 ounces thinly sliced prosciutto ham, minced
2 medium onions, in medium dice
2 medium carrots, peeled and in medium dice
2 medium celery stalks, in medium dice
1 teaspoon dried thyme leaves
3 (15.8 ounce) cans great Northern or other white beans, undrained
1 quart chicken broth (carton or can)

Directions

Heat oil in a large, deep saute pan or soup kettle over medium-high heat. When pan is hot, add sausages; cook, turning once or twice, until well-browned on all sides, about 5 minutes. (Sausage will not be fully cooked at this point.) Remove from pan. When cool enough to handle, cut into slices 1/4-inch thick.

Add prosciutto, onions, carrots, celery and thyme to the empty skillet; cook, stirring often, until well browned, 8 to 10 minutes. In a small bowl, mash one can of beans with a fork into a chunky puree. Add broth, whole and mashed beans, and sausage; cover and bring to a simmer. Reduce heat to medium-low; simmer, partially covered, to blend flavors, 20 minutes. Let rest 10 minutes; serve.

Italian Vegetable Soup

Ingredients

- 1 pound ground beef
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cloves garlic, minced
- 1 (14.5 ounce) can peeled and diced tomatoes
- 1 (15 ounce) can tomato sauce
- 2 (19 ounce) cans kidney beans, drained and rinsed
- 2 cups water
- 5 teaspoons beef bouillon granules
- 1 tablespoon dried parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 2 cups chopped cabbage
- 1 (15.25 ounce) can whole kernel corn
- 1 (15 ounce) can green beans
- 1 cup macaroni

Directions

Place ground beef in a large soup pot. Cook over medium heat until evenly browned. Drain excess fat. Stir in onion, celery, carrots, garlic, chopped tomatoes, tomato sauce, beans, water and bouillon. Season with parsley, oregano and basil. Simmer for 20 minutes.

Stir in cabbage, corn, green beans and pasta. Bring to a boil, then reduce heat. Simmer until vegetables are tender and pasta is al dente. Add more water if needed.

Cheeseburger Soup I

Ingredients

1/2 pound ground beef
3/4 cup chopped onion
3/4 cup shredded carrots
3/4 cup chopped celery
1 teaspoon dried basil
1 teaspoon dried parsley
4 tablespoons butter
3 cups chicken broth
4 cups cubed potatoes
1/4 cup all-purpose flour
2 cups cubed Cheddar cheese
1 1/2 cups milk
1/4 cup sour cream

Directions

In a large pot, melt 1 tablespoon butter or margarine over medium heat: cook and stir vegetables and beef , until beef is brown.

Stir in basil and parsley. Add broth and potatoes. Bring to a boil, then simmer until potatoes are tender, about 10-12 minutes.

Melt the remainder of butter and stir in flour. Add the milk, stirring until smooth.

Gradually add milk mixture to the soup, stirring constantly. Bring to a boil and reduce heat to simmer. Stir in cheese. When cheese is melted, add sour cream and heat through. Do not boil.

Black Bean Soup with Rice and Sherry

Ingredients

1 cup dry black beans
1 quart beef broth
1 quart chicken broth
1/2 pound smoked ham hock
1 large onion, sliced
1 carrot, sliced
4 sprigs fresh parsley
2 cloves garlic
1 teaspoon ground thyme
salt and pepper to taste
1 1/2 cups uncooked white rice
1/2 cup dry sherry
1 small red onion, diced

Directions

Place beans in a large bowl and cover with several inches of water. Let soak 8 hours or overnight.

Drain and rinse beans and place in a large pot over medium heat with beef broth, chicken broth, ham hock, onion, carrot, parsley, garlic and thyme. Bring to a boil, then reduce heat, cover and simmer 6 to 8 hours.

Strain soup into a large saucepan, reserving bean mixture. Remove ham hock and discard. Puree bean mixture in a blender or food processor until smooth. Stir into reserved broth. Cook over low heat 2 hours. Season with salt and pepper.

In the last 20 minutes of cooking, bring 2 1/2 cups of water to a boil in a medium saucepan. Stir in rice. Reduce heat, cover and cook 20 minutes.

Ladle soup into six bowls. Top with cooked rice, a spoonful of sherry and a sprinkling of red onion.

Chunky Chicken Noodle Soup

Ingredients

1/2 cup diced carrot
1/4 cup diced celery
1/4 cup chopped onion
1 teaspoon butter
6 cups chicken broth
1 1/2 cups diced cooked chicken
1 teaspoon salt
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/8 teaspoon pepper
1 1/4 cups uncooked medium egg
noodles
1 tablespoon minced fresh parsley

Directions

In a large saucepan or Dutch oven, saute carrot, celery and onion in butter until tender. Add broth, chicken and seasonings; bring to a boil. Reduce heat. Add noodles; cook for 10 minutes or until tender. Add parsley.

Oyster and Artichoke Soup

Ingredients

1 cup butter
1/2 cup chopped onion
1/2 cup chopped celery
1 cup chicken stock
1 (8 ounce) can quartered
artichoke hearts, drained
1 quart fresh oysters, shucked
and chopped
3 cups heavy cream
1 cup half-and-half cream

Directions

Melt butter in a large saucepan over medium heat. Saute onion and celery until tender, about 10 minutes. Pour in the chicken stock, and reduce heat to low. Cook for about 15 minutes. Add the artichokes and oysters, and simmer for 10 more minutes. Finally, stir in the heavy cream and half-and-half cream. Cook until heated through, but do not boil, about 15 minutes. Serve immediately.

Bat Wing Soup

Ingredients

4 cloves garlic, peeled
2 tablespoons vegetable oil
4 (14.5 ounce) cans stewed tomatoes
1/2 cup whipping cream
6 slices bread, crust removed
2 tablespoons butter or margarine, softened
2 teaspoons Italian seasoning

Directions

In a saucepan, saute garlic in oil until tender. In a blender or food processor, process garlic and tomatoes in batches until smooth. Return all to the pan; bring to a boil. Reduce heat to low. Add cream and heat through.

Follow directions to cut bat wings from bread.(To make bat wings, remove crusts from bread. Flatten with a rolling pin. Using a kitchen shears, cut each slice in half diagonally, cutting wavy lines to resemble bat wings.)

Place on an ungreased baking sheet. Spread with butter; sprinkle with Italian seasoning. Bake at 400 degrees F for 5-8 minutes or until golden brown, turning once. Add two wings to each bowl of soup. Serve immediately.

Hamburger Soup

Ingredients

- 1 1/2 pounds ground beef
- 2 cups diced onion (optional)
- 1 cup diced carrots
- 1 cup diced celery
- 3 garlic cloves, minced
- 3 (14.5 ounce) cans chicken broth
- 1 (15 ounce) can crushed tomatoes
- 2 tablespoons Worcestershire sauce
- 1 teaspoon hot pepper sauce
- 1/4 cup stick margarine
- 1/2 cup all-purpose flour

Directions

In a large saucepan or soup kettle, cook the beef, onions, carrots, celery and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in broth, tomatoes, Worcestershire sauce and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 15 minutes.

In another saucepan, melt margarine over medium-low heat. Stir in flour until smooth. cook and stir for 6-8 minutes or until mixture turns golden brown. Carefully stir into soup. Cover and simmer for 15 minutes, stirring occasionally.

Spinach Garlic Soup

Ingredients

1 (10 ounce) package fresh spinach, trimmed and coarsely chopped
4 cups chicken broth
1/2 cup shredded carrots
1/2 cup chopped onion
8 cloves garlic, minced
1/3 cup butter or margarine
1/4 cup all-purpose flour
3/4 cup heavy cream
1/4 cup milk
1/2 teaspoon pepper
1/8 teaspoon ground nutmeg

Directions

In a 5-qt. Dutch oven, bring spinach, broth and carrots to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Remove from heat; cool to lukewarm.

Meanwhile, in skillet, saute onion and garlic in butter until onion is soft, about 5-10 minutes. Add flour; cook and stir over low heat for 3-5 minutes. Add to spinach mixture. Puree in small batches in a blender or food processor until finely chopped. Place in a large saucepan. Add cream, milk, pepper and nutmeg; heat through but do not boil.

Cabbage Soup I

Ingredients

1 medium head cabbage, finely chopped
1 (14.5 ounce) can diced tomatoes
1 pound cubed beef brisket
1 carrot, chopped
1 onion, chopped
2 stalks celery, chopped
6 1/2 cups cold water
1/2 teaspoon citric acid powder
1 teaspoon white sugar

Directions

In a large stock pot combine the cabbage, tomatoes with liquid, beef brisket, carrot, onion and celery. Cover with cold water and season with citric acid and sugar to taste. Simmer over low heat for at least 2 hours or until all ingredients are tender. Add additional seasoning to taste.

Fast and Delicious Black Bean Soup

Ingredients

2 tablespoons vegetable oil
1 medium onion, chopped
1 green bell pepper, chopped
1 large carrot, peeled and thinly sliced
3 cloves garlic, minced
2 (15 ounce) cans black beans
1 (14 ounce) can chicken broth
2 cups cubed cooked ham
1/4 teaspoon cumin
1/2 teaspoon salt
ground black pepper to taste
1 cup shredded Cheddar cheese
1 cup sour cream

Directions

Heat the oil in a large pot over medium heat. Stir in the onion, bell pepper, carrot, and garlic, and cook 5 minutes, until tender. Mix in 1 can black beans and chicken broth.

In a blender, puree remaining can of beans until smooth. Mix into the pot. Bring soup to a boil. Reduce heat to low. Mix in ham, cumin, salt, and pepper. Simmer 20 minutes. Garnish with Cheddar cheese and sour cream to serve.

Brown Rice Turkey Soup

Ingredients

1 cup diced sweet red pepper
1/2 cup chopped onion
1/2 cup sliced celery
2 garlic cloves, minced
2 tablespoons butter or stick margarine
3 (14.5 ounce) cans reduced sodium chicken broth
3/4 cup white wine or additional reduced-sodium chicken broth
1 teaspoon dried thyme
1/4 teaspoon pepper
2 cups cubed cooked turkey breast
1 cup instant brown rice
1/4 cup sliced green onions

Directions

In a Dutch oven, saute the red pepper, onion, celery and garlic in butter for 5-7 minutes or until vegetables are tender. Add the broth, wine or additional broth, thyme and pepper. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in turkey and rice. Bring to a boil; simmer, uncovered, for 5 minutes or until rice is tender. Garnish with green onions.

Curry Pumpkin Soup

Ingredients

2 tablespoons pumpkin seeds
(optional)
2 tablespoons butter
3 tablespoons all-purpose flour
2 tablespoons curry powder
4 cups vegetable broth
1 (29 ounce) can pumpkin
1 1/2 cups half-and-half cream
2 tablespoons soy sauce
1 tablespoon white sugar
salt and pepper to taste

Directions

Preheat oven to 375 degrees F (190 degrees C). Arrange pumpkin seeds in a single layer on a baking sheet. Toast in preheated oven for about 10 minutes, or until seeds begin to brown.

Melt butter in a large pot over medium heat. Stir in flour and curry powder until smooth. Cook, stirring, until mixture begins to bubble. Gradually whisk in broth, and cook until thickened. Stir in pumpkin and half-and-half. Season with soy sauce, sugar, salt, and pepper. Bring just to a boil, then remove from heat. Garnish with roasted pumpkin seeds.

Tomato Red Pepper Soup

Ingredients

4 red bell peppers, quartered and seeded
2 large onions, chopped
4 stalks celery, chopped
5 cloves garlic, chopped
5 cups chicken stock
4 bay leaves
2 (28 ounce) cans diced tomatoes, undrained
1 (14.5 ounce) can diced tomatoes, undrained
1 cup grated Parmesan cheese
salt and black pepper to taste
2 cups refrigerated cheese tortellini (optional)

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Arrange the pepper pieces on the broiler rack so they don't touch each other, and broil until the skin is mostly charred and the peppers are softened, 8 to 10 minutes. Place the peppers into a resealable plastic zipper bag and allow to cool; strip off skin once cooled. Coarsely chop the peppers.

Place the chopped peppers, onions, celery, garlic, chicken stock, and bay leaves into a large saucepan over medium heat, and bring to a boil. Cover, reduce heat to medium-low, and simmer until the onions are and celery are tender, about 15 minutes. Stir in 2 28-ounce cans of diced tomatoes, and remove from heat. Remove and discard bay leaves.

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

Return the blended soup to the saucepan, and stir in the 14.5 ounce can of diced tomatoes and the Parmesan cheese. Bring the soup to a simmer over medium-low heat, whisking constantly to melt the cheese. Season to taste with salt and pepper.

Bring a pot of water to a boil, and stir in the tortellini. Boil the tortellini over medium-low heat until tender, about 5 minutes; drain in a colander set in the sink, rinse with water, and stir into the soup.

The Ultimate Summer Fruit Soup

Ingredients

1 1/2 cups fresh blueberries
1 cup diced fresh pineapple
3 oranges - peeled, segmented,
and chopped
1 honeydew melon - peeled,
seeded and cubed
3 tablespoons fresh lemon juice
1 tablespoon lemon zest
1/4 cup white sugar
1 (16 ounce) can pineapple juice
1/4 cup vanilla low-fat yogurt
(optional)
4 sprigs fresh mint leaves for
garnish

Directions

Combine the blueberries, pineapple, oranges, melon, lemon juice, lemon zest, sugar, and pineapple juice in a large skillet. If desired, stir in the yogurt to make the mixture more creamy. Cook and stir over medium-high heat until the sugar dissolves and the fruit softens, 3 to 5 minutes.

Place fruit mixture into a blender or the bowl of a food processor; blend or pulse until smooth. Spoon into a freezer dish. Chill until mixture becomes slushy, about 20 to 25 minutes, or until desired consistency. Serve garnished with fresh mint leaves.

Savory Pumpkin Soup

Ingredients

5 cups pumpkin puree
2 cups vegetable broth
2 cups heavy cream
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
4 ounces dry pasta
1/2 teaspoon pumpkin pie spice
1/2 cup fresh parsley, minced
1/4 cup cilantro, minced
1/4 cup butter, softened
1/2 cup plain yogurt
1/2 cup sour cream, for topping
1/4 cup shredded mozzarella
cheese
1/4 cup toasted almonds

Directions

In a large saucepan, mix the pumpkin, vegetable broth, heavy cream, garlic powder and onion powder. Bring to a boil. Stir in the pasta. Cook 12 minutes, or until pasta is tender but firm. Reduce heat to simmer.

Stir in pumpkin pie spice, parsley and cilantro. Slowly stir butter, plain yogurt and sour cream into the mixture, making sure they do not curdle. Stir in the cheese, allowing it to melt. Serve topped with nuts.

Beer Cheese Soup III

Ingredients

4 cubes chicken bouillon
1 (12 fluid ounce) can or bottle
beer
4 cups water
1 1/2 cups cubed potatoes
1 cup chopped celery
1 cup diced carrots
1 cup chopped onion
1 (20 ounce) package frozen
cauliflower and broccoli
2 (10.75 ounce) cans condensed
cream of chicken soup
1 pound processed cheese food
(eg. Velveeta), cubed

Directions

In a large pot over medium high heat, dissolve the bouillon in the beer and water. Add the potatoes, celery, carrots and onion, mix well and allow to cook for 15 to 20 minutes.

Stir in the cauliflower and broccoli mix, and heat for 10 more minutes. Finally, add the condensed chicken soup and the cheese. Reduce heat to low and allow the cheese to melt, stirring often.

Cheese and Broccoli Chicken Soup

Ingredients

1/2 cup butter
1 cup all-purpose flour
11 cups water
3 cubes chicken bouillon
2 pounds skinless, boneless
chicken breast halves - cut into
bite-size pieces
2 heads fresh broccoli, cut into
florets
1 1/2 teaspoons salt
1 teaspoon ground black pepper
1 cup light cream
3 cups shredded Cheddar cheese

Directions

In a 5-quart pot, melt butter over medium heat. Mix in flour, stirring constantly until a thick paste forms. Remove from pot, and set aside.

In same pot, combine water, bouillon cubes, chicken, broccoli, salt and pepper. Bring to boil over high heat. Reduce heat to medium low, and simmer for 45 minutes.

Stir in the flour mixture a little bit at a time until soup thickens. Simmer 5 minutes. Reduce heat, and stir in cream. Mix in cheese 1 cup at a time, and stir until melted.

Creamy Pepper Jack Cheese Soup

Ingredients

1/4 cup butter
2 tablespoons all-purpose flour
1 small onion, grated
6 cloves garlic, minced
1 (14.25 ounce) can low-sodium chicken broth
2 cups milk
2 1/2 cups shredded pepperjack cheese
1 teaspoon Worcestershire sauce
1/4 teaspoon hot pepper sauce, such as Tabasco
ground black pepper to taste
1/4 cup chopped cilantro leaves

Directions

Melt butter in a large saucepan over medium heat. Stir in flour and cook until the flour begins to turn golden brown, about 5 minutes. Add onion and garlic, cook until the onion softens and turns translucent, about 3 minutes.

Slowly whisk in chicken broth and milk. Bring to a simmer over medium-high heat, then reduce heat to medium-low, and continue to simmer, stirring occasionally, for 15 minutes until thickened and smooth.

Remove from the heat and immediately whisk in the shredded cheese until it has melted and the soup is smooth. Season with Worcestershire sauce, hot pepper sauce, and black pepper. Ladle in to serving bowls, and sprinkle with cilantro to garnish.

Spinach Lentil Soup

Ingredients

1/3 cup uncooked white rice
2/3 cup water
1 teaspoon vegetable oil
4 ounces turkey kielbasa,
chopped
1 onion, minced
1 carrot, chopped
1/2 teaspoon crushed red pepper
flakes
6 cups water
2 cups reduced sodium chicken
broth
1 cup dry lentils
1 (10 ounce) bag fresh spinach,
torn

Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Heat the oil in a large pot over medium heat, and cook the turkey kielbasa until lightly browned. Mix in onion and carrot, and season with red pepper. Cook and stir until tender. Pour in the water and broth, and mix in lentils. Bring to a boil, reduce heat to low, and simmer 25 minutes.

Stir the cooked rice and spinach into the soup, and continue cooking 5 minutes before serving.

Creamy Vegetable Cheese Soup

Ingredients

2 quarts water
2 cups diced potatoes
1/2 cup chopped onion
2 cups chopped celery
1 (16 ounce) package frozen mixed vegetables
2 (10.75 ounce) cans condensed cream of chicken soup
1 pound processed cheese food (eg. Velveeta)

Directions

In a large saucepan, combine the water, potatoes, onions and celery. Bring to a boil and then reduce heat to low. Simmer for 20 minutes. Add frozen vegetables and simmer 10 more minutes. Add the cans of soup and the cheese and cook slowly, until the cheese melts.

Byrdhouse Spinach Soup

Ingredients

1/4 cup butter
1/4 cup flour
1 (8 ounce) package sliced mushrooms
1/2 cup dry sherry
1 (14.5 ounce) can chicken broth
1 quart milk
2 bunches fresh spinach, cleaned and chopped
4 green onions, chopped
1/2 teaspoon ground nutmeg
salt and pepper to taste
8 ounces cooked small shrimp

Directions

Melt butter in a large saucepan over medium heat. Whisk in flour, and cook until the mixture turns a darker yellow color, about 5 minutes. Stir in the mushrooms, and cook for 2 minutes.

Whisk in the sherry, chicken broth, and milk, then add the spinach, green onion, nutmeg, salt, and pepper. Bring to a boil over high heat, whisking constantly, then reduce heat to medium low, and simmer until the spinach is tender, 15 to 20 minutes. Garnish with shrimp to serve.

Rub Noodle Potato Soup

Ingredients

4 potatoes, peeled and diced
8 cups water to cover
1 onion, finely diced
1/4 teaspoon celery salt
1 teaspoon salt
1/2 teaspoon ground black pepper
1 cup all-purpose flour
1 egg

Directions

Place potatoes, onion, water, celery salt, salt, and pepper in Dutch oven and bring to boil. Reduce heat and let simmer till potatoes are fork tender.

Meanwhile, mix rub noodles. Place flour in small bowl, break egg over flour, and mix with fingertips, rubbing mixture together until all flour is absorbed and small lumps form.

Drop the dough mixture slowly into boiling potatoes, stirring constantly, and reduce heat. Let simmer 20 minutes, stirring frequently. Add additional salt and pepper to taste.

Spicy Chicken Rice Soup

Ingredients

4 cups chicken broth
2 cups cubed, cooked chicken
2 celery ribs, chopped
2 medium carrots, chopped
1 medium green pepper, chopped
1 medium onion, chopped
1/3 cup uncooked long grain rice
1/4 cup minced fresh cilantro or parsley
1/2 teaspoon dried oregano
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground cumin
1/8 teaspoon crushed red pepper flakes

Directions

In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until rice and vegetables are tender.

My Momma's Easy Homemade Veggie Soup

Ingredients

3 pounds ground beef
6 potatoes, peeled and cubed
water to cover
4 (15 ounce) cans mixed
vegetables, drained
1 onion, chopped
2 cups chopped cabbage
1 (15 ounce) can tomato sauce
2 tablespoons ground black
pepper
salt to taste

Directions

Place the ground beef in a large skillet over medium high heat.
Saute for 10 to 15 minutes, or until browned and crumbly; set aside.

In a large pot over high heat, combine the potatoes with water to
cover and cook for 20 minutes, or until potatoes are almost tender.

Add the mixed vegetables, onion, cabbage, tomato sauce, reserved
ground beef and ground black pepper.

Bring to a boil, reduce heat to low and simmer for 1 1/2 to 2 hours.
Season with salt to taste.

Luscious Lima Bean Soup II

Ingredients

- 3 slices bacon
- 4 cups frozen lima beans
- 1 (15 ounce) can butter beans, undrained
- 2 potatoes, diced
- 2 stalks celery, chopped
- 2 small onions, chopped
- 3 carrots, sliced
- 1/4 cup butter
- 1/2 tablespoon dried marjoram
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 (14 ounce) cans chicken broth

Directions

Cook the bacon in a skillet over medium heat until evenly brown and crisp. Drain and crumble.

In a slow cooker, mix the cooked bacon, lima beans, butter beans and liquid, potatoes, celery, onions, carrots, and butter. Season with marjoram, salt, and pepper. Pour in the chicken broth.

Cover slow cooker, and cook soup 7 hours on Low.

Black Bean, Sausage, and Sweet Potato Soup

Ingredients

5 1/2 cups water
1 1/2 cups dry black beans
3 cloves garlic, minced
1 bay leaf
1/4 teaspoon ground allspice
2 cups chicken broth
1 tablespoon tomato paste
1 tablespoon water
1/4 pound Italian sausage, cut into
1/2 inch pieces
1/2 teaspoon Worcestershire
sauce
1 pound sweet potatoes
3 green onions
salt to taste
ground black pepper to taste

Directions

In a 4 quart saucepan, combine beans, garlic, bay leaf, allspice, broth and 5 1/2 cups water. Cook, partially covered, until beans are tender, about 50 minutes. Discard bay leaf.

In a blender puree 1 cup cooked beans with 1 cup cooking liquid, and return to pan.

In a small bowl, stir together tomato paste and 1 tablespoon water; stir into beans with sausage and Worcestershire sauce. Simmer soup, covered, for 15 minutes. Soup may be prepared up to this point 3 days ahead.

While soup is simmering, peel sweet potatoes and cut into 1/2 inch pieces. Steam until tender, about 10 minutes. Stir potatoes, 3 chopped scallions, and salt and pepper to taste into soup. Serve soup garnished with scallion greens.

Wisconsin Native's Beer Cheese Soup

Ingredients

1 1/2 cups diced carrots
1 1/2 cups diced onion
1 1/2 cups diced celery
2 cloves garlic, minced
1 teaspoon hot pepper sauce
1/8 teaspoon cayenne pepper
1/2 teaspoon salt
1/4 teaspoon black pepper
3 cups chicken broth
2 cups beer
1/3 cup butter
1/3 cup flour
4 cups milk or half and half
6 cups shredded sharp Cheddar cheese
1 tablespoon Dijon mustard
2 teaspoons Worcestershire sauce
1 teaspoon dry mustard
popped popcorn, for garnish

Directions

In a large saucepan over medium heat, stir together carrots, onion, celery, and garlic. Stir in hot pepper sauce, cayenne pepper, salt, and pepper. Pour in chicken broth and beer; simmer until vegetables are tender, about 12 minutes. Remove from heat.

Meanwhile, heat butter in a large soup pot over medium-high heat. Stir in flour with a wire whisk; cook, stirring until the flour is light brown, about 3 or 4 minutes. Gradually stir in milk, whisking to prevent scorching, until thickened. Remove from heat, and gradually stir in cheese. Keep warm.

Stir beer mixture into cheese mixture. Stir in Dijon mustard, Worcestershire sauce, and dry mustard. Adjust for hot pepper sauce. Bring to a simmer, and cook 10 minutes. Serve topped with popcorn.

Creamy Turnip With Paprika Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled turnip bulbs, not the leafy tops, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
2 teaspoons paprika
1 teaspoon dried thyme leaves
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: shallot crisps*

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add turnips, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add paprika, thyme and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until turnips are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Cream of Fresh Tomato Soup

Ingredients

2 large tomatoes, chopped
1/2 cup chopped onion
1/2 teaspoon white sugar
salt to taste
ground black pepper to taste
2 tablespoons margarine
2 tablespoons all-purpose flour
2 cups milk

Directions

Simmer tomatoes, onions, sugar, and salt and pepper. Once onions are soft, strain. Set liquid aside.

In a saucepan, melt the butter or margarine. Stir in the flour. Whisk in the milk, and cook until thickened. Slowly add the reserved tomato liquid, and gently heat. Serve hot.

Wild Rice Cheese Soup

Ingredients

1 pound ground Italian sausage
1 small onion, diced
1 cup uncooked wild rice
1 (10.75 ounce) can condensed cream of potato soup
1 (10.75 ounce) can condensed cream of chicken soup
1 cup milk
1 cup evaporated milk
1 pound processed cheese, cubed

Directions

In a medium skillet, fry the Italian sausage and onions until sausage is no longer pink. Drain and set aside. In a small saucepan, cook wild rice with 2 cups of water until tender; set aside.

In a stockpot, combine the cooked sausage and onions, rice, potato and chicken soups, milk, and evaporated milk. Cook over low heat until warm. Stir in the processed cheese and heat, stirring occasionally until cheese is melted.

French Onion Soup X

Ingredients

5 1/4 cups vegetable broth,
divided
4 onions, sliced
1/8 teaspoon white sugar
2 tablespoons all-purpose flour
1/2 cup dry white wine
1 bay leaf
1/2 teaspoon ground thyme
1/2 teaspoon ground black
pepper
1 tablespoon brandy
4 slices French bread, toasted
1 clove garlic, halved
2 tablespoons grated fat-free
Parmesan cheese

Directions

In a large non-stick saucepan, heat 1/4 cup vegetable broth. Stir in the onion and cook over medium heat until golden, 15 minutes.

Stir in the sugar and flour. Pour in the remaining 5 cups vegetable broth and the wine. Stir in the bay leaf, thyme and black pepper. Bring to a boil and let boil 8 minutes, stirring constantly; then reduce heat, partly cover, and simmer 30 minutes.

Preheat oven broiler.

Remove from heat, remove bay leaf and stir in brandy. Rub garlic clove over toast. Ladle the soup into 4 ovenproof bowls and float a piece of toast on top of each bowl. Sprinkle with the Parmesan.

Place bowls under broiler until cheese melts.

Slow Cooker Sausage Vegetable Soup

Ingredients

1 pound Bob Evans®
Original/Regular Recipe Sausage
Roll
3 (14.5 ounce) cans reduced
sodium chicken broth
1 (20 ounce) package Bob
Evans® Home Fries diced
potatoes
1 (16 ounce) package frozen
mixed vegetables
1 (8 ounce) can tomato sauce

Directions

In medium skillet over medium heat, crumble and cook sausage until brown. Place in slow cooker. Add remaining ingredients. Cover and cook on low 6 to 8 hours.

Swedish Potato Dumpling Soup

Ingredients

1 (3 1/2) pound broiler-fryer chicken, cut up
6 1/2 cups water
2 teaspoons salt
2 celery ribs, quartered
1 medium carrot, quartered
1 small onion, peeled
4 whole peppercorns
2 whole cloves
2 whole allspice
2 chicken bouillon cubes
1 (10 ounce) package frozen green beans
1 (12 ounce) package frozen noodles
DUMPLINGS:
2 medium potatoes, cooked and mashed (without added milk or butter)
1 egg, beaten or egg substitute equivalent
2 tablespoons half-and-half cream
1 teaspoon sugar
1/4 teaspoon salt
1/2 cup all-purpose flour

Directions

In a 5-qt. soup kettle, combine the first 10 ingredients. Cover and bring to a boil. Reduce heat; simmer for 3 hours. Remove chicken; allow to cool. Strain broth, discarding vegetables and seasonings. Add enough water to make 8 cups; return to kettle. Debone chicken and cut into chunks; add to kettle with beans and noodles. Bring to a boil; cook for 20 minutes. For dumplings, mix potatoes, egg, cream, sugar and salt if desired in a medium bowl. Gradually add flour to make a stiff batter (it should form a peak when spoon is lifted). Drop by teaspoons into boiling soup. Cover and simmer for 3 minutes.

Garbanzo Bean Soup

Ingredients

1 (14.5 ounce) can peeled and diced tomatoes
1 teaspoon olive oil
2 (15.5 ounce) cans garbanzo beans
salt and pepper to taste
2 sprigs fresh rosemary
1 cup acini di pepe pasta

Directions

Combine the tomatoes, olive oil and 1 1/2 cans of the beans in a large saucepan. Bring to a boil. Puree the remaining 1/2 can of garbanzo beans using a blender or food processor, and stir into the saucepan. Place the sprigs of rosemary into the pan without breaking off the leaves. The sprigs will be removed before serving.

Add acini de pepe pasta and simmer until pasta is soft, stirring gently to prevent sticking. Remove rosemary, and season with salt and pepper.

Creamy Shell Soup

Ingredients

2 cups medium seashell pasta
4 cups water
24 ounces boneless, skinless chicken meat
1 cup diced onion
1/4 cup chopped celery
1/4 cup minced fresh parsley
1 bay leaf
1 teaspoon salt
1/4 teaspoon ground white pepper
2 potatoes, diced
4 green onions, chopped
3 cubes chicken bouillon
1/2 teaspoon seasoning salt
1/2 teaspoon poultry seasoning
4 cups milk
1/4 cup margarine
1/4 cup all-purpose flour
1 pinch ground nutmeg
3 tablespoons chopped fresh parsley

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente. Drain, and set aside.

Simmer water, chicken, diced onions, celery, minced parsley, bay leaf, salt and pepper in Dutch oven until chicken is tender. Remove bay leaf; discard. Remove chicken; cool.

Add potatoes, green onions, bouillon cubes, seasoned salt and poultry seasoning to broth. Simmer 15 minutes. Add milk, cooked pasta, and chicken; return to simmer.

Melt butter or margarine over medium heat. Add flour, stirring constantly, until mixture begins to brown. Add to soup; blend well. Let soup stand 20 minutes to blend flavors. Season to taste. Garnish with nutmeg and chopped parsley.

Spinach and Blue Cheese Soup

Ingredients

6 tablespoons margarine
2 cups chopped onion
1 cup all-purpose flour
12 cups chicken broth
4 cups milk
8 ounces blue cheese, crumbled
2 (10 ounce) packages frozen
chopped spinach
1 cup heavy cream
salt to taste
ground cayenne pepper to taste
1 pound bacon

Directions

In a large pot over medium heat, combine the butter or margarine and the onions. Saute for about 3 minutes. Add flour and stir well until mixed. Add broth, raise heat to high and bring to a boil. Whisk mixture to keep flour from clumping.

Add milk, reduce heat to medium and simmer for about 5 minutes. Add the blue cheese and stir until blended, then add the spinach and cook 3 more minutes. Add the cream, bring just to a boil, turn off heat and stir well. Add salt and cayenne pepper to taste.

Allow to cool and puree in a food processor or blender a little at a time. Ladle into individual bowls and sprinkle with the bacon. (Note: to serve cold, omit the bacon and add a little freshly squeezed lemon juice.)

Carrot Cheese Soup

Ingredients

2 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 medium carrot, diced
2 green onions, sliced
2 tablespoons diced fully cooked ham
2 cups hot chicken broth
1/3 cup shredded Cheddar cheese
1 tablespoon minced fresh parsley
1/8 teaspoon pepper
1 dash hot pepper sauce

Directions

In a saucepan, melt the butter; stir in flour until smooth. Cook and stir over medium heat for 2 minutes. Add carrot, onions and ham; cook and stir for 1 minute. Gradually add broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat. Add the cheese, parsley, pepper and hot pepper sauce; heat until the cheese is melted and the vegetables are tender.

Steak 'N' Vegetable Soup

Ingredients

1 pound boneless beef sirloin steak, cut into 1/2 inch cubes
1 cup chopped onion
2 teaspoons canola oil
2 cups cubed red potatoes
1 cup chopped carrots
1 cup frozen peas
1 (14.5 ounce) can beef broth
1 cup water
2 tablespoons balsamic vinegar
1 tablespoon minced fresh parsley
1 tablespoon minced chives
1 1/2 teaspoons minced fresh basil
1 teaspoon minced fresh thyme
3/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a large saucepan, cook beef and onion in oil until meat is no longer pink; drain. Stir in the potatoes, carrots and peas. Add the broth, water, vinegar, parsley, chives, basil, thyme, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-30 minutes or until meat and vegetables are tender.

Beer Cheese Soup II

Ingredients

1 tablespoon margarine
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 teaspoon Worcestershire sauce
1 (12 fluid ounce) can or bottle
light beer
1 (14.5 ounce) can chicken broth
3 tablespoons cornstarch
2 cups half-and-half
2 cups shredded sharp Cheddar
cheese

Directions

Melt the butter or margarine in a 4 1/2 quart soup pot over medium heat. Add the onion, garlic and Worcestershire sauce and stir well. Add the beer and raise the heat to high and boil for 3 minutes to evaporate the alcohol. Add the chicken broth and bring the soup back to a boil. Lower the heat to medium-low and simmer.

Combine the cornstarch with 3 tablespoons water and stir until smooth. Set aside.

Add the half-and-half and shredded cheese to the soup. Stir constantly until the cheese melts. Then stir in the cornstarch mixture. Stir constantly until the soup is thick, about 2 minutes. Serve garnished with bacon bits.

Bratwurst, Potato and Cabbage Soup

Ingredients

16 ounces bratwurst, casings removed
2 potatoes, peeled and cubed
1 onion, chopped
2 cups water
1 medium head cabbage, chopped
3 cups milk, divided
3 tablespoons all-purpose flour
4 ounces Swiss cheese, diced

Directions

In a large skillet over medium high heat, saute the sausage for 10 minutes, or until browned and crumbled. Drain well and discard the fat.

In a large pot over high heat, combine the browned sausage, potatoes, onion and water. Bring to a boil, reduce heat to low and simmer for 20 minutes. Add the cabbage, return to a boil, reduce heat and simmer for another 20 minutes. Add 2 1/2 cups of the milk and heat slowly to just under a boil. (Note: Don't try to do this too fast, or the milk will burn on the bottom of the pot.)

In a separate small bowl, mix the flour with the remaining milk, and add to the pot slowly, stirring constantly, so that the flour does not clump. (Note: Make sure you get out all the lumps because they will not cook out on their own.)

When the mixture in the pot thickens, add the cheese and stir off and on until the cheese has melted.

Spicy Potato Soup I

Ingredients

6 large potatoes, cubed
2 red bell peppers, seeded and
diced
1 1/2 serrano chiles, finely
chopped
salt to taste
ground black pepper to taste
1 dash paprika
2 tablespoons vegetable oil
8 cups water

Directions

In a saucepan, fry potatoes in oil until golden brown.

Stir in peppers, water, and seasonings. Cover, and simmer until potatoes are tender.

French Onion Soup VII

Ingredients

1/4 cup butter
8 onions, sliced
1 quart vegetable broth
1 1/2 cups white wine
salt and pepper to taste
6 slices baguette
2 cups shredded mozzarella
cheese

Directions

Melt butter in a large pot over medium heat. Saute onions until deep brown, about 20 minutes. Stir in broth and wine, using a wooden spoon to scrape the bottom of the pot. Season with salt and pepper. Cook until heated through.

Preheat oven on broiler setting. Ladle soup into heatproof serving bowls. Top each bowl with a slice of bread, and sprinkle with cheese. Place under a hot broiler until cheese is melted and slightly browned.

Santa Fe Soup

Ingredients

1 pound ground beef
1 pound processed cheese food
(eg. Velveeta), cubed
1 onion, chopped
1 (14.5 ounce) can peeled and
diced tomatoes
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (15.25 ounce) can whole kernel
corn
2 (15 ounce) cans ranch-style
beans

Directions

Brown ground beef and drain off fat.

In a large stock pot combine browned beef, diced onion, tomatoes with liquid, stewed tomatoes with chilies, corn with liquid, Ranch-style beans with liquid, and cubed processed cheese. Simmer on low heat until the cheese is melted and the onion is tender. Serve hot..

Broccoli, Leek, and Potato Soup

Ingredients

- 4 slices bacon, diced
- 2 tablespoons olive oil
- 2 tablespoons butter
- 3 large leeks, chopped
- 1 onion, chopped
- 3 stalks celery, chopped
- 3 cups chicken stock
- 3 Yukon Gold potatoes, cubed
- 1 teaspoon herbes de Provence
- 1/2 teaspoon ground coriander
- 1/2 teaspoon fennel seed, crushed
- 1/2 teaspoon salt
- 1 tablespoon ground black pepper
- 3 cups broccoli florets
- 2 1/2 cups whole milk
- 3 green onions, chopped (optional)

Directions

Stir the bacon and olive oil in a large pot over medium heat until the bacon has turned golden brown and released its grease, about 7 minutes. Add the butter, leeks, onion, and celery. Cook and stir until the leeks have softened, about 7 minutes.

Pour in the chicken stock, potatoes, herbes de Provence, coriander, fennel, salt, and pepper. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are just beginning to turn tender, about 8 minutes. Stir in the broccoli, and simmer 5 minutes. Add the milk, and continue simmering until the vegetables are tender, about 5 minutes more.

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. Season to taste with additional salt and pepper; sprinkle with chopped green onions to serve.

Alder Wood-Smoked Acorn Squash Soup

Ingredients

3 split pieces of alder wood
4 acorn squash, halved and seeded
8 ounces sliced maple cured bacon
1 cup butter
1 quart chicken stock
1 quart water
salt to taste
1 tablespoon cumin
4 cups sour cream
1 cup parsley
2 cups chopped fresh cilantro
1 tablespoon paprika
1/4 teaspoon cayenne pepper

Directions

Prepare charcoal for smoking: Light and wait for the gray ash to cover at least 90 percent of the coals. Place the split wood on the coals and wait about 10 minutes before reducing the air flow to make it burn slower.

Arrange the squash halves cut side down on the grilling surface and close the lid. Slow smoke for 2 hours or less if you prefer them less smoky - as long as they are tender.

Place bacon in a skillet over medium heat. Cook until browned and crisp; remove and drain on paper towels.

Once the squash are smoked, scoop the flesh out of the skins with a large spoon and transfer to a food processor. Process until smooth, adding butter and half of the water. Transfer to a soup pot and stir in the chicken broth and remaining water. Season with cumin, parsley and paprika; simmer over low heat for 40 minutes.

To serve, ladle soup into bowls and top with a dollop of sour cream, a generous amount of crumbled bacon and cilantro. Dust lightly with cayenne pepper.

Black Bean Soup III

Ingredients

1/4 cup mild salsa
1 (15 ounce) can black beans,
rinsed and drained
2 cups water
1 cup cherry tomatoes
1 1/2 teaspoons ground cumin
1 teaspoon white sugar

Directions

Strain salsa through a strainer and discard pieces left in strainer. Drain and rinse black beans, placing 1 tablespoon black beans aside for later use.

Place remaining beans, strained salsa, water, cherry tomatoes, ground cumin and sugar in a food processor or blender and puree.

Stir in reserved black beans and refrigerate until ready to serve.

Carrot and Ginger Soup

Ingredients

1/2 medium butternut squash
2 tablespoons olive oil
1 onion, diced
1 pound carrots - peeled and diced
3 cloves garlic, crushed or to taste
1 (2 inch) piece fresh ginger, peeled and thinly sliced
4 cups water
salt and pepper to taste
1 pinch ground cinnamon
1/4 cup heavy cream (optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Scoop seeds out of the butternut squash half, and place cut side down onto a greased baking sheet. Bake for 30 to 40 minutes, or until softened. Allow to cool, then scoop the squash flesh out of the skin using a large spoon and set aside. Discard skin.

Heat olive oil in a large saucepan or soup pot over medium heat. Add chopped onion and garlic, and cook, stirring until onion is translucent. Pour in the water, and add squash, carrots and ginger. Bring to a boil, and cook for at least 20 minutes, or until carrots and ginger are tender.

Puree the mixture in the blender, or using an immersion blender. Add boiling water if necessary to thin, but bear in mind this is meant to be a thick creamy soup. Return soup to the pan, and heat through. Season with salt, pepper and cinnamon.

Ladle into serving bowls, and pour a thin swirl of cream over the top as a garnish if desired.

Elderberry Soup

Ingredients

5 ounces elderberries
1 quart water, divided
1 1/2 teaspoons cornstarch
1/2 pound apples - peeled, cored
and diced
1 lemon peel
white sugar to taste

Directions

Place the elderberries in a pot with 2 cups water, and bring to a boil. Reduce heat to low, and simmer 10 minutes. Remove from heat, puree in a blender until smooth, and return to the pot. In a small bowl, mix the cornstarch with 1 tablespoon of the puree, and stir into the pot to thicken.

In a separate pot, bring the apples and remaining water to a boil. Place the lemon peel in the pot. Reduce heat to low, and simmer 10 minutes. Remove peel. Mix the elderberry puree into the apple mixture, and sweeten to taste with sugar.

Catherine's Spicy Chicken Soup

Ingredients

2 quarts water
8 skinless, boneless chicken breast halves
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
2 tablespoons dried parsley
1 tablespoon onion powder
5 cubes chicken bouillon
3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, chopped
1 (16 ounce) jar chunky salsa
2 (14.5 ounce) cans peeled and diced tomatoes
1 (14.5 ounce) can whole peeled tomatoes
1 (10.75 ounce) can condensed tomato soup
3 tablespoons chili powder
1 (15 ounce) can whole kernel corn, drained
2 (16 ounce) cans chili beans, undrained
1 (8 ounce) container sour cream

Directions

In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.

In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.

Cucumber Soup

Ingredients

3 medium cucumbers
3 cups chicken broth
3 cups sour cream
3 tablespoons cider vinegar
2 teaspoons salt
1 clove garlic, minced

TOPPINGS:

2 medium tomatoes, chopped
3/4 cup sliced almonds, toasted
1/2 cup chopped green onions
1/2 cup minced fresh parsley

Directions

Peel cucumbers; halve lengthwise and remove seeds. Cut into chunks. In a blender, cover and puree cucumbers and broth in small batches. Transfer to a large bowl; stir in the sour cream, vinegar, salt if desired and garlic until well blended. Cover and refrigerate for at least 4 hours. Stir before serving. Garnish with tomatoes, almonds, onions and parsley.

Hearty Meatball Soup II

Ingredients

1 (1 ounce) envelope dry onion soup mix
2 cups chopped carrot
4 cups water
1 (14.5 ounce) can stewed tomatoes, with juice
1 (14.5 ounce) can green beans, drained
3 (14.5 ounce) cans chicken broth
1 (16 ounce) package frozen mixed vegetables
1 pound ground beef
1 egg
1 cup dry bread crumbs
1 cup grated Parmesan cheese
1 pinch ground black pepper
1 cup uncooked alphabet pasta

Directions

In a large pot over medium high heat, combine the onion soup mix, carrots and water and bring to a boil, cooking until carrots are tender. Add the tomatoes, green beans, chicken broth and mixed vegetables, and simmer for 15 minutes.

Meanwhile, in a large bowl, combine the beef, egg, bread crumbs, Parmesan cheese and ground black pepper. Roll into tiny, bite size meatballs and add to the soup.

Simmer for another 20 minutes, then add the pasta. Simmer for another 15 minutes, or until meatballs and pasta are fully cooked.

Best Broccoli Soup

Ingredients

2 cups water
4 cups chopped fresh broccoli
1 cup chopped celery
1 cup chopped carrots
1/2 cup chopped onion
6 tablespoons butter or margarine
6 tablespoons all-purpose flour
3 cups chicken broth
2 cups milk
1 tablespoon minced fresh parsley
1 teaspoon onion salt
1/2 teaspoon garlic powder
1/2 teaspoon salt

Directions

In a Dutch oven or soup kettle, bring water to boil. Add broccoli, celery and carrots; boil 2-3 minutes. Drain; set vegetables aside. In the same kettle, saute onion in butter until tender. Stir in flour to form a smooth paste. Gradually add the broth and milk, stirring constantly. Bring to a boil; boil and stir for 1 minute. Add vegetables and remaining ingredients. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender.

Shaker Herb 'N' Meatball Soup

Ingredients

2 quarts beef broth
2 (14.5 ounce) cans diced tomatoes, undrained
3 medium potatoes, peeled and cubed
3 medium carrots, sliced
1 cup shredded cabbage
1 large onion, chopped
1/2 cup chopped fresh parsley
6 whole peppercorns
1/2 teaspoon dried marjoram
1/2 teaspoon celery seed
1/2 teaspoon dried thyme
1/8 teaspoon ground cumin
1 pound lean ground beef
1/2 cup soft bread crumbs
1 egg, beaten
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper

Directions

In a Dutch oven or soup kettle, combine the first 12 ingredients; bring to a boil. Reduce heat; cover and simmer for 1 hour. In a bowl, combine beef, bread crumbs, egg, Worcestershire sauce, salt and pepper. Shape into 1-in. balls; drop into soup. Cover and simmer for 2 hours.

Home-Style Vegetable Beef Soup

Ingredients

- 1 pound ground beef
- 1 onion, diced
- 6 red potatoes, finely diced
- 5 carrots, thinly sliced
- 1/2 cup water
- 1 (15 ounce) can whole kernel corn, drained
- 2 cups frozen green beans
- 1 (46 fluid ounce) bottle tomato-vegetable juice cocktail
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook beef, onion and potatoes, covered, until beef is no longer pink and potatoes are tender, 10 to 15 minutes.

Meanwhile, place carrots and 1/2 cup water in a microwave safe bowl and microwave on high 5 minutes, until tender.

Drain beef mixture and return to pot with carrots, corn, green beans, juice cocktail, water, salt and pepper. Simmer over low heat 30 minutes, until flavors are well blended and soup is hot.

Polish Sausage Soup

Ingredients

12 small red new potatoes
2 onions, diced
4 stalks celery, chopped
1 pound baby carrots
2 pounds kielbasa, diced

Directions

In a large pot over medium heat, combine potatoes, onion, celery, carrots and sausage. Cover with water. Bring to a boil, then reduce heat and simmer 1 hour.

Matzoh Ball Soup

Ingredients

4 pounds whole chicken
2 onions, cut into 1-inch cubes
3 carrots, sliced
2 stalks celery, thickly sliced
1 cup chopped fresh dill weed
salt to taste
2 tablespoons vegetable oil
2 tablespoons chicken cracklings
(grebenes), finely minced
2 eggs, beaten
1/2 cup matzo meal
1 teaspoon salt
1/4 cup vegetable broth

Directions

Trim off neck flap all the way up to the top of the wishbone. Trim fat and skin from around the back cavity of the chicken. Reserve both for schmaltz and grebenes. Cut chicken into quarters. Place meat in large pot with onions, and cover with about 4 quarts water. Bring to a boil, reduce heat, and simmer 2 hours.

Add carrots and celery to the soup; simmer an additional hour. Season to taste with salt.

Remove chicken pieces, and set aside. You may reserve them for another use, or shred the meat for the soup. Keep the chicken covered, and at room temperature before shredding.

Dice reserved skin and fat into 1 inch pieces. Cook in a heavy bottomed skillet over medium heat, turning occasionally. Make sure the pan never gets so hot as to cause the rendered fat to smoke. When the grebenes are crisp and brown, remove them to a cutting board and drain schmaltz into a small nonplastic bowl to cool slightly. When cool enough to handle, mince the grebenes finely.

To make the matzoh balls, blend fat or oil and eggs together. Mix matzoh meal and salt together. Combine the two mixtures, and mix well. Add 4 1/2 tablespoons soup stock or water; mix until uniform. Stir in minced grebenes. Cover bowl, and place in refrigerator for 20 minutes.

Bring soup to a boil. Reduce flame, and drop balls approximately 1 inch in diameter into the slightly boiling water. Add dill. Cover pot, and cook 30 to 40 minutes. **DO NOT REMOVE THE COVER FROM THE POT WHILE COOKING!**

Hot Dog Soup

Ingredients

4 medium carrots, cut into thin strips
2 medium potatoes, peeled and cubed
2 medium parsnips, peeled and chopped
1 medium onion, chopped
1/4 cup butter or margarine
2 tablespoons all-purpose flour
1 (16 ounce) package hot dogs, halved lengthwise and cut into bite-size pieces
1 (12 ounce) can evaporated milk
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup water
1 teaspoon dried basil
1/2 teaspoon pepper

Directions

In a soup kettle or large saucepan, saute the carrots, potatoes, parsnips and onion in butter for 5 minutes. Stir in flour until blended. Add the hot dogs, milk, soup, water, basil and pepper; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until vegetables are tender, stirring occasionally.

Super Soup

Ingredients

2 turkey legs
1 cup diced celery
1 1/2 cups diced potatoes
2 (10.75 ounce) cans condensed cream of chicken soup
1 pound processed cheese, cubed
1 cup diced carrots
1 cup diced onion
1 (16 ounce) package frozen chopped broccoli
4 cups water

Directions

Boil turkey in water until tender. Cut up meat, and add back into turkey broth.

Add onions, potatoes, carrots, and celery. Boil until tender.

Add frozen vegetables, and cook 15 minutes more.

Stir in cream of chicken soup and cubed cheese. Cook over medium-low heat until cheese melts, stirring often.

Turkey Frame Vegetable Soup

Ingredients

1 turkey carcass
2 carrots, chopped
2 stalks celery, cut into 2 inch pieces
1 onions, chopped
4 cloves garlic, minced
4 sprigs fresh parsley
12 black peppercorns
2 bay leaves
1 teaspoon dried thyme
1 tablespoon chicken bouillon granules
8 cups water
water to cover
1 turnip, peeled and cubed
2 parsnips, peeled and sliced
3 carrots, chopped
1/2 cup frozen green beans
1/2 cup frozen green peas
1 (15 ounce) can red beans, drained and rinsed
1/4 cup chopped fresh parsley

Directions

Place turkey carcass in a large pot over high heat. Add the carrots, celery, onion, garlic, parsley sprigs, peppercorns, bay leaves, thyme, chicken bouillon granules, water and enough water to cover all. Bring to a boil, uncovered, then reduce heat to medium low and let simmer for 1 1/2 hours.

Remove the turkey carcass and allow it to cool. Remove any meat from the carcass, cut into bite-sized pieces and set aside. Strain the stock through a sieve OR a colander covered with cheesecloth into another large pot. Discard the unstrained ingredients. Place the turkey meat into the pot, cover and refrigerate overnight.

The next day, use a slotted spoon to remove the fat that has solidified on top of the stock. Return the stock to a large pot over high heat, add the turnip, parsnips and carrots and bring to a boil. Reduce heat to low, cover and simmer for one hour, or until vegetables are tender.

Add the green beans, peas and beans and allow to heat through, about 15 minutes. Finally add the chopped parsley and season with salt and pepper to taste.

Hearty Italian Lentil Soup

Ingredients

1 cup lentils
1 1/3 quarts water, divided
2/3 cup uncooked long grain white rice
1 tablespoon vegetable oil
1 pound ground beef
1 egg, lightly beaten
2 cloves garlic, minced
1 tablespoon grated Parmesan cheese
1 tablespoon chopped fresh parsley
3 tablespoons Italian bread crumbs
salt, to taste
ground black pepper, to taste
1 quart tomato sauce
1/4 cup grated Parmesan cheese for topping

Directions

Place lentils in a pot with 3 cups water. Bring to a boil, reduce heat to low, and cook 20 minutes or until tender. Drain and set aside.

Bring rice and 1 1/3 cup water to boil in a pot. Reduce heat, cover, and simmer for 20 minutes.

Heat oil in a skillet over medium heat. In a bowl, combine the ground beef, beaten egg, garlic, 1 tablespoon Parmesan cheese, parsley, bread crumbs, salt, and pepper. Form ground beef mixture into 1 inch balls. Place meatballs in skillet and cook 5 minutes or until evenly brown.

In a large pot, bring the tomato sauce and 4 cups water to a boil. Transfer the browned meatballs to the pot. Mix in cooked lentils and rice. Return to a boil, reduce heat to medium-low, and simmer for 30 minutes. Sprinkle with remaining Parmesan cheese to serve.

Vegetable Noodle Soup

Ingredients

3 1/2 cups milk
1 (16 ounce) package frozen
California blend vegetables
1/2 cup cubed process American
cheese
1 packet chicken noodle soup mix

Directions

In a large saucepan, bring milk to a boil. Stir in vegetables and return to a boil. Reduce heat; cover and simmer for 6 minutes. Stir in cheese and soup mix. Return to a boil. Reduce heat. Simmer, uncovered, for 5-7 minutes or until the noodles are tender and the cheese is melted, stirring occasionally.

Deer Soup with Cream of Mushroom and Celery

Ingredients

1 onion, chopped
4 carrots, chopped
1 pound venison (deer meat)
1 pound boneless pork loin,
cubed
1/2 teaspoon salt
1 teaspoon white sugar
1 pint water
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.75 ounce) can condensed
cream of celery soup

Directions

Add onion, carrots, deer meat, pork, salt, sugar, and water to crock pot. Cook for 30 minutes.

Add cream of mushroom soup and cream of celery soup. Cook 3 1/2 to 4 hours.

South of the Border Soup

Ingredients

1 egg
1/4 cup dry bread crumbs
1/2 teaspoon salt
1/4 teaspoon pepper
1 pound ground beef
1 (16 ounce) jar picante sauce
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 1/4 cups water

Directions

In a bowl, combine the first four ingredients. Crumble beef over mixture and mix well. Shape into 1-in. balls. In a large saucepan, brown meatballs; drain. Add the picante sauce, corn, beans, tomatoes and water; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until the meat is no longer pink.

Excellent Broccoli Cheese Soup

Ingredients

3/4 cup butter
3/4 cup all-purpose flour
9 cups chicken stock
9 cups milk
1 teaspoon salt
1 1/2 teaspoons white pepper
5 cups fresh broccoli florets
1 1/2 pounds processed cheese,
shredded
3 cups shredded Cheddar cheese

Directions

Melt the butter in a large pot over medium heat, and mix in the flour. Reduce heat to low, and cook, stirring constantly, about 2 minutes. Mix in the chicken stock and milk, and season with salt and white pepper. Bring to a boil, reduce heat to low, and simmer about 10 minutes.

Bring a pot of lightly salted water to a boil. Place the broccoli in the boiling water, and cook 2 minutes, or until just tender. Remove from heat, drain, and set aside.

Gradually mix the processed cheese and Cheddar cheese into the large pot until melted. Mix in the broccoli. Continue cooking about 5 minutes.

My Canadian Friend's Bean Soup

Ingredients

2 tablespoons olive oil
3 cloves garlic, minced
1 medium onion, chopped
1 pound turkey Italian sausages,
casings removed
3 (15.5 ounce) cans great
Northern beans, rinsed and
drained
2 (14.5 ounce) cans diced
tomatoes with basil, garlic and
oregano
1 (14 ounce) can chicken broth
3/4 teaspoon dried rosemary
ground black pepper to taste

Directions

Heat the oil in a pot over medium heat. Add garlic and onion; cook and stir for about 5 minutes. Add the sausage, breaking into small pieces. Cook and stir for another 5 minutes, or until browned.

Stir in the beans, tomatoes with their juice and chicken broth. Season with rosemary and black pepper. Bring to a simmer, and cook for at least 10 minutes. Serve right away, or let it simmer for a while, stirring occasionally, until you are ready to eat.

Cream of Asparagus Soup I

Ingredients

1/4 cup margarine
1 onion, chopped
3 stalks celery, chopped
3 tablespoons all-purpose flour
4 cups water
1 (10.5 ounce) can condensed chicken broth
4 tablespoons chicken bouillon powder
1 potato, peeled and diced
1 pound fresh asparagus, trimmed and coarsely chopped
3/4 cup half-and-half
1 tablespoon soy sauce
1/4 teaspoon ground black pepper
1/4 teaspoon ground white pepper

Directions

Melt butter or margarine in a heavy cooking pot. Add onions and chopped celery; saute until tender, about 4 minutes. Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy. Add water, chicken broth, and chicken soup base; stir until smooth. Bring to a boil. Add diced potatoes and chopped asparagus. Reduce heat, and simmer for about 20 minutes.

Puree soup in a food processor or blender in batches. Return to pot.

Stir in half and half cream, soy sauce, and black and white pepper. Bring soup just to boil. Adjust seasonings to taste. Serve hot.

Italian Ribollita (Vegetable and Bread Soup)

Ingredients

1 tablespoon olive oil
1 large red onion, diced
2 carrots, diced
1 stalk celery, diced
4 potatoes, diced
10 (5 inch) zucchini, diced
1 leek, sliced
1 quart hot water
1 bunch Swiss chard, chopped
1 head Savoy cabbage, quartered, cored and shredded
1 bunch kale, shredded
2 (15.5 ounce) cans cannellini beans, drained and rinsed
salt and ground black pepper to taste
3 tablespoons tomato puree
8 slices day-old bread

Directions

Place the olive oil in a deep pan and heat over medium-high heat. Stir in the onion, and cook until transparent, about 5 minutes. Mix in the carrots, celery, potatoes, zucchini, and leek. Stir and cook 5 minutes more. Pour in the hot water to cover the vegetables. Stir in the Swiss chard, Savoy cabbage, and kale. Cover, reduce heat to medium, and simmer for 1 hour.

Place 1 can of beans in a blender or food processor bowl. Blend until smooth. Stir pureed beans into the vegetable mixture along with the second can of beans. Season to taste with salt and pepper. Reduce heat to low, and simmer for 20 minutes, stirring occasionally. Stir in the tomato puree.

Prepare the soup by layering slices of bread with the vegetable mixture in a casserole or soup dish. Cover, and refrigerate for at least 8 hours, or overnight.

To serve the soup, place in a pot, and reheat over medium heat. Serve hot.

Herbed Vegetable Soup

Ingredients

3 cups finely shredded cabbage
1 (16 ounce) package frozen cut green beans
2 celery ribs, thinly sliced
2 medium carrots, thinly sliced
2 small zucchini, chopped
1 small onion, chopped
3 cups tomato juice
2 teaspoons chicken bouillon granules
1 teaspoon salt-free seasoning blend
1/2 teaspoon dried basil
1/4 teaspoon dried rosemary, crushed

Directions

In a large saucepan, combine the cabbage, beans, celery, carrots, zucchini, onion and tomato juice; bring to a boil. Reduce heat; cover and cook for 15 minutes or until vegetables are tender. Add the bouillon, seasoning blend, basil and rosemary; bring to a boil. Reduce heat; cover and simmer for 10 minutes.

White Bean 'n' Ham Soup

Ingredients

2 (15.5 ounce) cans great northern beans, rinsed and drained
2 medium carrots, diced
1 small onion, chopped
2 tablespoons butter or margarine
2 1/4 cups water
1 1/2 cups cubed fully cooked ham
1/2 teaspoon salt
1/8 teaspoon white pepper
1 bay leaf

Directions

Mash one can of beans; set aside. In a large saucepan, saute the carrots and onion in butter. Stir in the water, ham, seasonings and whole and mashed beans; cook over medium heat until heated through. Discard bay leaf before serving.

Chunky Chicken Vegetable Soup

Ingredients

1/2 pound boneless skinless chicken breasts, cut into 1/2 inch cubes
1 teaspoon oil
1 (14.5 ounce) can chicken broth
2 cups water
2 cups assorted vegetables, chopped (such as sliced carrots, broccoli florets and chopped red pepper)
1 envelope Italian salad dressing & recipe mix
1 cup Minute® White Rice, uncooked
2 tablespoons fresh parsley, chopped

Directions

Cook and stir chicken in hot oil in large saucepan until browned.

Add broth, water, vegetables and salad dressing mix. Bring to boil. Reduce heat to low; cover. Simmer 5 minutes.

Stir in rice and parsley; cover. Remove from heat. Let stand 5 minutes.

Tomato Soup Cake II

Ingredients

2 1/4 cups cake flour
1 1/3 cups white sugar
4 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon ground allspice
1 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1 (10.75 ounce) can condensed tomato soup
1/2 cup shortening
2 eggs
1/4 cup water

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9 x 13 inch pan.

Measure flour, baking soda, baking powder, soda, and spices into a large bowl. Add condensed soup and shortening. Beat at low to medium speed for 2 minutes, scraping sides and bottom of bowl constantly. Add eggs and water; beat 2 minutes more, scraping bowl frequently. Pour batter into prepared pan.

Bake 35 to 40 minutes. Cool in pan for 10 minutes; remove and cool completely on rack. Frost with cream cheese frosting.

Grilled Chicken and Artichoke Soup

Ingredients

1 ounce dried porcini mushrooms
1 cup boiling water
1 pound skinless, boneless chicken breast halves
salt and pepper to taste
6 cups chicken broth
1/2 cup sun-dried tomatoes (not packed in oil), snipped into small pieces
2 tablespoons tomato paste
1/3 cup olive oil
2 cloves garlic, minced
1 red onion, minced
2 (13.75 ounce) cans artichoke bottoms, drained and chopped
1/4 teaspoon black pepper
1/2 cup chopped fresh parsley
2 tablespoons fresh lemon juice
1/2 cup dry white wine
1/2 cup grated Parmesan cheese, or to taste

Directions

Place the dried mushrooms into the boiling water and set aside until softened, about 20 minutes. Once softened, squeeze excess water from mushrooms and finely chop. Reserve the mushroom-flavored water.

Preheat an outdoor grill for medium-high heat and lightly oil grate.

Season chicken breasts with salt and pepper. Grill chicken breasts until no longer pink in the center, about 6 minutes per side. Once cooked, set aside.

Pour chicken broth into a large pot, and bring to a boil over high heat. Stir in sun-dried tomatoes, tomato paste, and reserved mushroom liquid. Reduce heat to medium-low, and simmer for 15 minutes.

Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in the chopped mushrooms, artichokes, pepper, parsley, lemon juice, and white wine. Bring to a boil over high heat, then reduce heat and simmer 10 minutes; add to the simmering chicken broth.

Slice the grilled chicken breasts into strips and stir into the simmering soup. Sprinkle with Parmesan cheese before serving.

Grandma's Tomato Soup

Ingredients

2 tablespoons butter or margarine
1 tablespoon all-purpose flour
2 cups tomato juice
1/2 cup water
2 tablespoons sugar
1/8 teaspoon salt
3/4 cup cooked wide egg noodles

Directions

In a saucepan over medium heat, melt butter. Add flour; stir to form a smooth paste. Gradually add tomato juice and water, stirring constantly; bring to a boil. Cook and stir for 2 minutes or until thickened. Add sugar and salt. Stir in egg noodles and heat through.

Rice and Hot Dogs Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 1/2 cups uncooked white rice
8 servings hot dogs, sliced thick
1 (6 ounce) can tomato paste
water to cover
1 tablespoon paprika
2 1/2 tablespoons chicken
bouillon granules
1 teaspoon ground turmeric
1/2 teaspoon ground cumin
1 tablespoon dried parsley
salt and pepper to taste

Directions

Heat the oil in a large pot over medium heat. Add the onion and saute for 5 minutes. Add the rice and saute for 1 more minute, or until onion is tender. Add the hot dogs and the tomato paste OR diced tomatoes. Cover mixture completely with water.

Stir in the paprika, chicken bouillon granules, turmeric, cumin and parsley and season with salt and pepper to taste. Continue to cook over medium heat for 20 minutes, or until rice is completely cooked.

Broccoli Crawfish Cheese Soup

Ingredients

6 cups chicken broth
4 cups fresh chopped broccoli
1/4 cup chopped onion
1/4 cup margarine
1 tablespoon minced garlic
1 pound crawfish
1 teaspoon hot pepper sauce
Creole seasoning to taste
1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of celery soup
2 cups milk
4 tablespoons cornstarch
1/2 cup water
8 ounces shredded Cheddar cheese

Directions

In a large pot over high heat, combine the chicken broth and the broccoli. Cook about 3 to 5 minutes, or until tender. Set aside. In a large skillet, saute the onions in the butter or margarine for about 5 minutes or until lightly browned. Add the garlic, crawfish or shrimp, hot pepper sauce and Creole seasoning. Saute another 5 minutes and add to the broccoli and broth.

In a separate bowl, mix together the cream of chicken soup, the cream of celery soup, and the milk. Mix the cornstarch and cold water and stir into the soup mixture. Mix well. Add mixture to the broccoli and broth. Cook over medium heat, stirring constantly until thick and bubbly. Stir in cheese. Reduce heat to low and stir until cheese is blended. DO NOT BOIL.

Layered Patchwork Soup Mix

Ingredients

1/2 cup barley
1/2 cup dried split peas
1/2 cup uncooked white rice
1/2 cup dry lentils
1 tablespoon dried parsley
1 teaspoon granulated garlic
1 teaspoon ground black pepper
1 teaspoon salt
1/2 teaspoon garlic powder
1 teaspoon Italian seasoning
1 teaspoon dried sage

Directions

In a wide mouth pint jar layer the barley, split peas, rice, and lentils.

In a small plastic bag combine the parsley, garlic, pepper, salt, garlic powder, Italian seasoning, and sage.

Decorate jar lid and attach seasoning packet with ribbon to jar. Attach a recipe card with the following directions: 1. Empty jar contents into a colander and rinse. 2. Place contents in a large stockpot and cover with 10 cups water. 3. Stir in 1 chopped medium onion, and the seasoning packet. 4. Bring to a boil. Lower heat, cover and simmer for 1 hour, stirring occasionally. Check after 30 minutes and add additional water if necessary.

Jean's Homemade Chicken Noodle Soup

Ingredients

2 (14 ounce) cans chicken broth
2 cups water
3 carrots, chopped
3 stalks celery, chopped
1 pinch ground black pepper
3 slices fresh ginger root
1 tablespoon vegetable oil
1/2 cup chopped cooked chicken breast meat
1/2 cup egg noodles

Directions

In a large pot over medium heat combine the broth, water, carrots, celery and ground black pepper and allow to cook. In a medium skillet over medium high heat, combine the ginger, oil and chicken. Saute for about 5 minutes and remove the sliced ginger.

Add the chicken to the broth mixture, bring to a boil and then add the egg noodles. Continue to cook over medium heat for about 15 minutes until noodles and vegetables are tender.

Meatball Mushroom Soup

Ingredients

1/2 pound ground beef
2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1 1/3 cups milk
1 1/3 cups water
1 teaspoon Italian seasoning
1 teaspoon dried minced onion
1/2 teaspoon dried minced garlic
1/4 cup quick-cooking barley
1/4 cup uncooked elbow macaroni
1/4 cup uncooked long grain rice
1 medium carrot, shredded
1 (4.5 ounce) jar sliced mushrooms, drained
2 tablespoons grated Parmesan cheese

Directions

Shape beef into 1-in. balls; set aside.

In a large saucepan, combine soup, milk and water; bring to a boil. Add Italian seasoning, onion, garlic, barley, macaroni and rice. Reduce heat; simmer, uncovered, for 15 minutes.

Meanwhile, brown meatballs in a nonstick skillet until no longer pink. Stir carrot into soup; cover and simmer for 5 minutes. Use a slotted spoon to transfer meatballs to soup. Stir in mushrooms and Parmesan cheese; heat through.

Easy Vegetable Soup II

Ingredients

2 pounds cubed stew meat
5 potatoes, cubed
5 carrots, chopped
1/2 onion, chopped
1 (15.25 ounce) can whole kernel corn, with liquid
1 (15 ounce) can peas
1 (15 ounce) can green beans
1 (15 ounce) can lima beans
1 (15 ounce) can butter beans
1 (14.5 ounce) can peeled and diced tomatoes with juice
salt and pepper to taste

Directions

In a large pot over high heat, boil the stew meat in enough water to cover the meat completely for 30 minutes, skimming the froth as necessary.

Place the potatoes, carrots and onions into the pot, adding water if necessary. Boil for 30 minutes

Drain the water but leave enough to cover the meat and vegetables in the pot. Then add the corn, peas, green beans, lima beans, butter beans and tomatoes. Reduce heat to low and let simmer for 1 to 1 1/2 hours. Season with salt and pepper to taste.

Dixie Stomp Cream of Vegetable Soup

Ingredients

1 onion, sliced
1 cup sliced carrots
1 potato - peeled and cubed
1 (10.5 ounce) can condensed chicken and rice soup
1 (15 ounce) can asparagus
2 (14.5 ounce) cans chicken broth
2 cubes chicken bouillon
1 bay leaf
1/4 teaspoon dried thyme
1/4 teaspoon ground black pepper
3 cloves garlic, minced
1 tablespoon margarine
3 cups heavy cream

Directions

In a large saucepan over medium high heat, combine the carrots, onions, potato, soups, asparagus, broth, bouillon cubes, bay leaf, thyme, ground black pepper and margarine. Stir all together, bring to a boil, reduce heat to medium low and let simmer until all vegetables are tender.

Transfer to a blender or food processor in small batches and puree until smooth. (Note: This soup is meant to be totally smooth, so puree until there is no sign of visible vegetable pieces.)

Next, combine with the cream and mix all together until smooth and well blended. Return all to the saucepan and warm soup over medium low heat. (Note: Do not boil.)

Wild Rice Soup

Ingredients

1 1/2 cups wild rice, cooked
2 tablespoons butter
1 cup shredded carrots
1/2 cup chopped onion
1/2 cup chopped green bell pepper
3 tablespoons all-purpose flour
1/4 teaspoon ground black pepper
1 cup water
1 (10.5 ounce) can chicken broth
1 cup half-and-half
1/3 cup blanched slivered almonds
1/4 cup fresh parsley

Directions

In a small saucepan, combine 1/2 cup wild rice and 1 1/2 cups water. Bring to a boil, reduce heat, cover and simmer for 45 minutes.

In a 3 quart saucepan over medium heat, melt butter; add celery, carrot, onion and bell pepper. Saute until vegetables are tender.

Stir in flour, pepper, wild rice, water and broth. Bring to boil and reduce heat. Cover and simmer for 15 minutes.

Stir in half and half, almonds and parsley. Heat until hot and serve.

Sunchoke and Sausage Soup

Ingredients

4 slices turkey bacon, diced
1 (16 ounce) package turkey sausage, casings discarded, coarsely chopped
1 pound Jerusalem artichokes, peeled, halved, and cut into 1/2-inch slices
6 small white potatoes, peeled and halved
3 stalks celery, diced
1/2 large onion, diced
1 leek, white and light green parts only, chopped
3 cups chopped fresh spinach
2 cloves garlic, minced
1 quart chicken stock
1/2 cup chopped fresh parsley
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh oregano
1 pinch cayenne pepper
1 pinch ground paprika
salt and pepper to taste
1/4 cup all-purpose flour
1 cup water

Directions

Place the turkey bacon, turkey sausage, artichokes, potatoes, celery, onion, leek, spinach, and garlic into a large saucepan. Pour in the chicken stock, and season with parsley, basil, oregano, cayenne pepper, paprika, salt, and pepper. Cover, and bring to a simmer over medium-high heat. Reduce heat to medium-low, and simmer 45 minutes.

Stir the flour into the water until no lumps remain. Stir into the simmering soup, and continue simmering, covered, 30 minutes until thickened, stirring occasionally.

Tomato Soup

Ingredients

1 tablespoon vegetable oil
1 cup chopped onion
2 cloves garlic, minced
1/2 cup chopped carrot
1/4 cup chopped celery
2 (28 ounce) cans crushed tomatoes
3 1/2 cups vegetable broth
1 tablespoon vegetarian Worcestershire sauce
1 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon ground black pepper
4 drops hot pepper sauce

Directions

Heat oil in a large Dutch oven over medium-high heat. Saute onion and garlic until onion is tender.

Add carrot and celery; cook 7 to 9 minutes until tender, stirring frequently. Stir in tomatoes, broth, Worcestershire sauce, salt, thyme, pepper and hot pepper sauce. Reduce heat to low. Cover and simmer 20 minutes, stirring frequently.

Leah's Chicken Soup

Ingredients

5 pounds chicken leg quarters
1 large onions, sliced
4 large carrots, peeled and
chopped
1 bunch celery tops with leaves,
chopped
salt and pepper to taste
1 bunch fresh dill, chopped

Directions

Place the chicken quarters in the largest pot you own with the onions, carrots and celery. Fill the pot with cold water 3/4 full. Season with salt and pepper and place over medium heat. Bring to a boil, then reduce heat and simmer, covered, 45 minutes to 1 hour, skimming foam as necessary.

Stir the dill into the pot and cook 5 minutes more. Remove from heat, uncover, and let cool to lukewarm.

Remove the chicken. Get another big huge receptacle and pour the soup through a sieve into it. (Discard useless destroyed vegetables and stray chicken parts.) Refrigerate or freeze for future use. When cool enough to handle, shred or chop chicken meat for future use.

Authors notes: Put some of this stock away in the freezer for recipes -- it's good to add to a turkey roasting pan instead of water, to rice, and to just about everything else -- or emergencies such as company, illness or tsuris. If you want to make soup, put some of the stock on the stove in a soup pot (not the big one unless you're feeding mishpocha). When it's about ten minutes before serving time, add some of the chicken, carrot coins, extra fine egg noodles, or celery.

Seaweed (Nori) Soup

Ingredients

1 pound ground pork
2 quarts water
1 cube chicken bouillon
1 (8 ounce) can sliced water chestnuts
3 sheets nori (dry seaweed), broken into pieces.
1 egg, beaten
1/2 teaspoon salt
4 green onions, chopped
3/4 teaspoon sesame oil

Directions

In a large saucepan over medium-high heat, cook the ground pork until browned. Drain off excess fat, and add water. Bring to a boil, then reduce heat to medium, and simmer uncovered for 15 minutes.

Stir in the bouillon cube to dissolve, and add water chestnuts and nori. Stir in the egg, and season with salt. Remove from heat, and mix in the green onions and sesame oil. Serve immediately.

Slow-Cooker Chicken Tortilla Soup

Ingredients

1 pound shredded, cooked chicken
1 (15 ounce) can whole peeled tomatoes, mashed
1 (10 ounce) can enchilada sauce
1 medium onion, chopped
1 (4 ounce) can chopped green chile peppers
2 cloves garlic, minced
2 cups water
1 (14.5 ounce) can chicken broth
1 teaspoon cumin
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon black pepper
1 bay leaf
1 (10 ounce) package frozen corn
1 tablespoon chopped cilantro
7 corn tortillas
vegetable oil

Directions

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder, salt, pepper, and bay leaf. Stir in corn and cilantro. Cover, and cook on Low setting for 6 to 8 hours or on High setting for 3 to 4 hours.

Preheat oven to 400 degrees F (200 degrees C).

Lightly brush both sides of tortillas with oil. Cut tortillas into strips, then spread on a baking sheet.

Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

Broccoli Cheese Soup VIII

Ingredients

2 1/2 (16 ounce) packages
chopped frozen broccoli, thawed
2 cups half-and-half cream
4 cups water, divided
2 pounds processed cheese,
cubed
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon garlic powder
1 cup cornstarch

Directions

Steam the broccoli in a steamer or in a colander over boiling water until tender and bright green, 15 minutes. Set aside.

In a large microwave safe bowl, combine half-and-half, 2 cups water and cheese. Cook in microwave until cheese is melted and smooth, stirring every 2 minutes. Stir in salt, pepper and garlic powder and cook 2 minutes more. In a separate bowl, combine cornstarch and remaining 2 cups water, stirring to dissolve. Whisk the cornstarch mixture into the soup. Return the soup to the microwave, heating and stirring every 2 minutes until thick. Stir in broccoli; heat once more and serve.

Meghan and Jenn's Veggie, Chicken and Herb

Ingredients

1 green bell pepper, chopped
1/2 large white onion, chopped
2 stalks celery with leaves,
chopped
1 small head broccoli, chopped
1/4 (16 ounce) package frozen
corn kernels
2 skinless, boneless chicken
breast halves - cubed
1 clove garlic, minced
5 leaves fresh basil
2 sprigs fresh oregano
1 pinch dried rosemary
1 pinch dried parsley
salt and pepper to taste
4 cubes chicken bouillon,
crumbled

Directions

In a large pot, combine bell pepper, onion, celery (reserve leaves for garnish), broccoli, corn, chicken and garlic. Season with basil, oregano, rosemary, parsley, salt and pepper. Stir bouillon into mixture and pour in enough water to cover by 2 inches. Bring to a boil, then reduce heat and simmer 2 hours, stirring occasionally.

Beef Barley Vegetable Soup

Ingredients

1 (3 pound) beef chuck roast
1/2 cup barley
1 bay leaf
2 tablespoons oil
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
1 (16 ounce) package frozen mixed vegetables
4 cups water
4 cubes beef bouillon cube
1 tablespoon white sugar
1/4 teaspoon ground black pepper
1 (28 ounce) can chopped stewed tomatoes
salt to taste
ground black pepper to taste

Directions

In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers). Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf. Set beef, broth, and barley aside.

Heat oil in a large stock pot over medium-high heat. Saute carrots, celery, onion, and frozen mixed vegetables until tender. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture. Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste.

Wonton Soup

Ingredients

1/2 pound boneless pork loin,
coarsely chopped
2 ounces peeled shrimp, finely
chopped
1 teaspoon brown sugar
1 tablespoon Chinese rice wine
1 tablespoon light soy sauce
1 teaspoon finely chopped green
onion
1 teaspoon chopped fresh ginger
root
24 (3.5 inch square) wonton
wrappers
3 cups chicken stock
1/8 cup finely chopped green
onion

Directions

In a large bowl, combine pork, shrimp, sugar, wine, soy sauce, 1 teaspoon chopped green onion and ginger. Blend well, and let stand for 25 to 30 minutes.

Place about one teaspoon of the filling at the center of each wonton skin. Moisten all 4 edges of wonton wrapper with water, then pull the top corner down to the bottom, folding the wrapper over the filling to make a triangle. Press edges firmly to make a seal. Bring left and right corners together above the filling. Overlap the tips of these corners, moisten with water and press together. Continue until all wrappers are used.

FOR SOUP: Bring the chicken stock to a rolling boil. Drop wontons in, and cook for 5 minutes. Garnish with chopped green onion, and serve.

Lobster Soup

Ingredients

6 tablespoons margarine
6 tablespoons all-purpose flour
1 1/2 cups chicken broth
2 1/2 cups lobster meat
4 1/2 cups milk
1 1/2 onions, thinly sliced
1 pinch celery flakes
1 1/2 teaspoons chopped fresh parsley
ground black pepper to taste
salt to taste
3/4 cup light cream

Directions

Melt butter or margarine in a saucepan. Stir in flour, salt, pepper, and celery flakes; blend well. Very slowly mix in milk and chicken stock. Add cold lobster, onion, parsley. Cook for about 10 minutes over medium heat.

Add cream to desired consistency, and reheat. Season to taste.

Souper Baked Chicken

Ingredients

2 pounds chicken parts
1 tablespoon margarine or butter,
melted
1 (10.75 ounce) can Campbell's®
Condensed Cream of Chicken
Soup (Regular or 98% Fat Free)

Directions

Place chicken in 2 quart shallow baking dish. Drizzle with margarine. Bake at 375 degrees F for 30 minutes.

Spoon soup over chicken and bake 30 minutes more or until chicken is no longer pink. Remove chicken. Stir sauce.

Ten Bean Soup II

Ingredients

1 (16 ounce) package dry mixed beans
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes with green chile peppers
3 stalks celery, diced
4 carrots, diced
16 ounces smoked turkey sausage, diced
salt to taste
ground black pepper to taste
1/4 teaspoon poultry seasoning
1/2 teaspoon onion powder
2 1/2 teaspoons minced garlic

Directions

Soak bean mix in water overnight.

Place drained soaked beans, tomato sauce, tomatoes and chilies, celery, carrots and sausage in slow cooker. Add enough water to cover all ingredients and season soup to taste with salt, pepper, chicken seasoning, onion powder, and garlic. Simmer on low for 8 to 10 hours until beans are tender.

Roasted and Curried Butternut Squash Soup

Ingredients

1 butternut squash, halved and seeded
2 large onions, peeled and quartered
1 medium head garlic
6 cups vegetable broth
1 bay leaf
1 teaspoon brown sugar
1 teaspoon mild curry powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
salt and pepper to taste
1 cup plain yogurt
1/4 cup chopped fresh parsley (optional)

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper or aluminum foil.

Place squash halves and onion onto the prepared baking sheet. Wrap garlic in foil and set with other vegetables.

Roast in the center of the oven for 45 to 60 minutes, until the squash is tender. Remove from oven and set aside until cool enough to handle.

Squeeze garlic cloves out of their skin like paste into a food processor. Scrape the flesh from the squash and place into the food processor along with the roasted onion. Puree until smooth. Add vegetable broth if necessary. Transfer the pureed mixture to a stockpot and stir in vegetable broth. Season with the bay leaf, brown sugar, curry powder, oregano, cinnamon, nutmeg and salt and pepper to taste. Bring to a boil and simmer gently for 10 minutes. Remove from heat and stir in yogurt.

Remove bay leaf and serve hot. Garnish with fresh parsley if desired.

Fijian Dhal Soup

Ingredients

4 cups water
2 cups dry lentils
1/2 teaspoon fenugreek seeds
1/2 teaspoon mustard seed
10 cups water
2 tablespoons olive oil
6 cloves garlic, chopped
2 cups chopped onion
1/2 teaspoon crushed dried chile pepper
4 carrots, chopped
3 large stalks celery, chopped
1 teaspoon salt
1/2 teaspoon ground turmeric
1 teaspoon curry powder
2 tablespoons chicken bouillon powder
3 tablespoons soy sauce

Directions

In a medium size stock pot add 4 cups water, dhal peas, fenugreek seeds, mustard seeds and soak for about 1 hour. When softened, drain and rinse well.

In a large stock pot, add 10 cups water and drained dhal pea mixture and bring to a boil. Reduce heat and simmer for about 1/2 hour or until peas are soft.

In a saute pan, add olive oil, garlic and onions and cook until lightly browned.

Add onion mixture, crushed chili pepper, carrots and celery to large stock pot. Cook for 15 minutes or until carrots are tender.

Puree soup in batches in a blender or food processor. Return to stock pot and add salt, turmeric, curry powder, chicken soup base and soy sauce. Simmer for another 5 minutes and then serve

Cornish Hen Soup

Ingredients

1 Rock Cornish hens
2 tablespoons vegetable oil
5 stalks celery, chopped
3 large carrots, diced
1 onion, chopped
6 cloves garlic, minced
3 potatoes, peeled and cubed
1 (48 fluid ounce) can chicken broth

Directions

Remove the gizzards, and wash the hen thoroughly. Cut hen into several pieces.

Heat oil in a large pot. Add hen pieces, and brown on all sides. Add carrots, celery, onions, garlic, and potatoes; cook until onion is tender.

Pour in chicken broth. Use more or less broth to your taste, but make sure to cover all the ingredients in the pot. Bring to a boil, and then reduce heat. Simmer until vegetables are tender and hen is cooked through.

Remove hen from pot, and remove meat from the bones. Discard bones. and return meat to soup. Serve.

Velvety Chicken Corn Soup

Ingredients

2 (14 ounce) cans chicken broth
1 (14.75 ounce) can cream-style corn
1/2 cup shredded, cooked chicken meat
1/4 teaspoon ground white pepper
salt to taste
2 tablespoons cornstarch
1/2 cup water
1 tablespoon sesame oil
1 egg white

Directions

In a medium stock pot combine broth, corn and chicken. Bring to a boil, reduce heat and add pepper and salt. Bring back to a boil.

In a separate bowl mix the corn starch with water. While the soup is boiling add this mixture, and stir constantly until well mixed.

Season with sesame oil by adding a few drops at a time. Reduce heat, and slowly add egg white while swirling the soup with a fork in order to break egg pieces apart.

Add chopped scallion to garnish, and serve hot.

Wedding Soup

Ingredients

1 (4 pound) whole chicken
1 large onion
6 stalks celery with leaves,
chopped
9 carrots, sliced
1 sweet potato, cubed
1/2 medium head cabbage,
coarsely chopped
2 (14.5 ounce) cans chicken broth
2 (6 ounce) cans roasted garlic
tomato paste

1 1/2 pounds lean ground beef
2 eggs
1/2 cup dry bread crumbs
1/2 cup grated Romano cheese

1 (16 ounce) package acini di
pepe pasta
1 cup grated Parmesan cheese for
topping

Directions

In a large stockpot, place the chicken, whole onion and cans of broth. Add enough water to cover the chicken. Bring to a boil and cook until the chicken is falling off of the bones.

Remove the chicken from the pot and separate the meat from the bones. Tear chicken into bite sized pieces and return them to the soup pot. Remove the onion from the broth, chop and return to the pot. Add the celery, carrots, sweet potato and cabbage. Stir in the tomato paste.

In a medium bowl, combine the ground beef, eggs, bread crumbs and Romano cheese. Mix well with your hands then form into walnut sized balls. Add the balls to the soup. Continue to cook the soup for an additional hour, or until vegetables are tender.

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Serve the soup over pasta and top each bowl with a generous pinch of grated Parmesan cheese.

Creamy PHILLY Potato Leek Soup

Ingredients

2 leeks, cut into 1-inch pieces
2 pounds Yukon Gold potatoes,
peeled, cut into 1/2-inch cubes
2 tablespoons KRAFT Extra Virgin
Olive Oil Tuscan Italian Dressing
1 tablespoon chopped fresh
rosemary
3 cups water
1 (284 mL) can 25%-less-sodium
chicken broth
1 (250 g) package PHILADELPHIA
Brick Cream Cheese, cubed,
divided

Directions

Heat oven to 400 degrees F.

Combine vegetables, dressing and rosemary; spread onto baking sheet. Bake 40 min. or until vegetables are tender and golden brown, stirring occasionally.

Place water, broth and 3/4 cup cream cheese cubes in large saucepan; cook on medium heat 3 min., stirring frequently with whisk until mixture is well blended. Stir in vegetables.

Blend soup, in batches, in blender until smooth. Return to saucepan; bring to boil. Thin soup with additional water, if desired. Serve topped with remaining cream cheese cubes.

Chicken Long Rice Soup

Ingredients

3 pounds chicken leg quarters
3 (32 ounce) cartons low-sodium chicken broth
1 tablespoon Hawaiian sea salt
1 (1/2 inch) piece fresh ginger root, sliced

1 large Maui sweet onion, cubed
1 (8 ounce) package long rice noodles (rice vermicelli)
1 bunch green onions, thinly sliced
1 small head bok choy, chopped

Directions

Place chicken, chicken broth, salt, and ginger into a large pot. Bring to a boil over high heat, then reduce heat to medium-low and simmer until the chicken is tender and no longer pink, about 35 minutes. Remove chicken, and strain broth into a new pot. Discard the solids.

Fill a bowl with hot tap water. Add the long rice noodles, and let sit for 30 minutes to soften.

Stir onion into the broth, and bring to a boil, then reduce heat to medium-low. Meanwhile, remove the skin and bones from the chicken and discard. Roughly chop the meat and set aside. Add the noodles, chicken meat, green onion and bok choy; simmer until noodles are tender.

After the noodles have sat for 30 minutes, stir in the chicken meat, green onion, and bok choy. Reheat and serve.

Chilled Tomato and Avocado Soup

Ingredients

1 ripe tomato, peeled and quartered
2 large avocados - peeled, pitted, and sliced
1 small onion, quartered
1 green bell pepper, chopped
1/4 cup fresh lemon juice
1 quart tomato juice
1 1/4 cups plain nonfat yogurt
salt to taste
1/4 cup chopped fresh chives
cayenne pepper to taste

Directions

Place tomato, avocados, onion, green bell pepper, and lemon juice into the bowl of a food processor, and process until smooth. Pour in 1 cup tomato juice, and process to blend.

Transfer mixture to a large bowl, and mix in remaining tomato juice and 1 cup yogurt. Season to taste with salt. Chill for 2 hours.

Serve in bowls garnished with dollops of yogurt, chives, and a sprinkling of cayenne pepper.

Russian Mushroom and Potato Soup

Ingredients

5 tablespoons butter, divided
2 leeks, chopped
2 large carrots, sliced
6 cups chicken broth
2 teaspoons dried dill weed
2 teaspoons salt
1/8 teaspoon ground black pepper
1 bay leaf
2 pounds potatoes, peeled and diced
1 pound fresh mushrooms, sliced
1 cup half-and-half
1/4 cup all-purpose flour
fresh dill weed, for garnish (optional)

Directions

Melt 3 tablespoons butter in a large saucepan over medium heat. Mix in leeks and carrots, and cook 5 minutes. Pour in broth. Season with dill, salt, pepper, and bay leaf. Mix in potatoes, cover, and cook 20 minutes, or until potatoes are tender but firm. Remove and discard the bay leaf.

Melt the remaining butter in a skillet over medium heat, and saute the mushrooms 5 minutes, until lightly browned. Stir into the soup.

In a small bowl, mix the half-and-half and flour until smooth. Stir into the soup to thicken. Garnish each bowl of soup with fresh dill to serve.

Ham and Bean Soup I

Ingredients

- 1 pound Italian sausage
- 2 smoked ham hocks
- 3 potatoes, peeled and cubed
- 3 stalks celery, chopped, with leaves
- 2 tablespoons dried parsley
- 3 (15 ounce) cans kidney beans
- 1 (15 ounce) can tomato sauce
- 2 (14.5 ounce) cans stewed tomatoes
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon hot pepper sauce
- 2 bay leaves
- 1 teaspoon Worcestershire sauce
- 2 cloves crushed garlic

Directions

Boil sausage to remove excess fat, and cut into bite-size pieces.

Skin ham hocks, and remove excess fat. In a large pot, brown sausage and ham hocks over medium heat. Drain off excess fat.

Add potatoes, celery, parsley, beans, tomato sauce, tomatoes, salt, pepper, chili sauce, bay leaves, garlic, and Worcestershire sauce to the meat; add just enough water to cover. Bring to boil, then reduce to simmer. Cover, and continue to cook for 2-3 hours.

Remove ham hocks and cut meat into bite-size pieces. Return meat to pot. Serve.

Slow Cooker Beef Barley Soup

Ingredients

1 1/2 pounds boneless lean beef, cubed
3 tablespoons vegetable oil
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons garlic powder
3 (10.5 ounce) cans beef broth
6 cups water
4 stalks celery, chopped
6 carrots, chopped
6 green onions, chopped
1/2 cup chopped fresh parsley
1 cup barley
1 teaspoon dried thyme

Directions

In a skillet over medium heat, saute the beef in the oil for 5 minutes, or until browned. Stir in the salt, pepper and garlic powder and place seasoned meat in a slow cooker. Add a little water to the skillet and stir to pick up the browned bits. Add to the slow cooker.

Add the broth, water, celery, carrots, green onions, parsley and barley. Cover and cook on low setting for 6 to 8 hours, or until the vegetables and barley are tender. Add the thyme just before serving.

Creamy Tomato Soup

Ingredients

1 medium onion, chopped
2 tablespoons butter or margarine
2 (14.5 ounce) cans diced tomatoes, undrained
2 (10.75 ounce) cans condensed tomato soup, undiluted
1 1/2 cups milk
1 teaspoon sugar
1/2 teaspoon dried basil
1/2 teaspoon paprika
1/8 teaspoon garlic powder
1 (8 ounce) package cream cheese, cubed

Directions

In a saucepan, saute onion in butter until tender. Stir in tomatoes, soup, milk, sugar, basil, paprika and garlic powder. Bring to a boil. Reduce heat; cover and simmer for 10 minutes.

Stir in cream cheese until melted. Serve immediately.

Vegan Black Bean Soup

Ingredients

1 tablespoon olive oil
1 large onion, chopped
1 stalk celery, chopped
2 carrots, chopped
4 cloves garlic, chopped
2 tablespoons chili powder
1 tablespoon ground cumin
1 pinch black pepper
4 cups vegetable broth
4 (15 ounce) cans black beans
1 (15 ounce) can whole kernel corn
1 (14.5 ounce) can crushed tomatoes

Directions

Heat oil in a large pot over medium-high heat. Saute onion, celery, carrots and garlic for 5 minutes. Season with chili powder, cumin, and black pepper; cook for 1 minute. Stir in vegetable broth, 2 cans of beans, and corn. Bring to a boil.

Meanwhile, in a food processor or blender, process remaining 2 cans beans and tomatoes until smooth. Stir into boiling soup mixture, reduce heat to medium, and simmer for 15 minutes.

Grilled Vidalia Onion Soup

Ingredients

- 4 large Vidalia onions
- 4 tablespoons butter
- 4 cubes beef bouillon
- 12 ice cubes
- 4 tablespoons dry sherry
- 1 pinch salt and pepper to taste
- 4 slices provolone cheese

Directions

Preheat the grill for medium-high heat.

Slice the tops off of the onions, and remove the outer layer of skin. Leave the base intact. Cut slices across the top in a cross hatch pattern, going about 1/2 inch into the onion. Set each onion on a square of heavy duty aluminum foil. Double the foil if you do not have the heavy duty. Place 1 tablespoon of butter on top of each onion, then place one bouillon cube onto the butter. Fold the foil up around the onion. When almost closed, place 3 ice cubes on top of the onion, and spoon 1 tablespoon of the sherry into each packet. Seal completely.

Place the packets on the grill, and cook for 40 to 45 minutes. Don't peek inside until the 40 minutes has passed. When the onions are cooked through, they will feel tender when you squeeze the packet. Open the foil up slightly, and place a slice of cheese on top of each one. Close the grill lid, and let the cheese melt into the onions for a minute.

Remove from the grill, and serve from the packets, or remove the onions to a serving bowl, and pour the stock from the packets in with them.

Chilled Banana and Coconut Soup

Ingredients

2 pounds bananas, peeled and diced
1 lemon, juiced
1/2 cup pineapple juice
1 cup plain yogurt
1 cup vanilla ice cream
1/4 cup dark rum
2 cups canned coconut milk
1/4 cup sliced almonds, toasted

Directions

In a large bowl, combine the bananas, lemon juice, pineapple juice, yogurt, ice cream, rum and coconut milk. Ladle into a blender in batches if necessary, and blend until smooth. Refrigerate until chilled.

Divide the cold soup among chilled serving bowls, and sprinkle sliced almonds over the top for garnish.

Homemade Wonton Soup

Ingredients

1 bunch green onions, cut into 1/2-inch pieces, divided
6 fresh mushrooms, sliced
1 pound ground pork
1 tablespoon sesame oil
1 tablespoon soy sauce
1 egg
1/4 cup dry bread crumbs
1/4 teaspoon salt
1/2 teaspoon ground black pepper
1 (16 ounce) package wonton wrappers
8 cups chicken broth
16 uncooked medium shrimp, peeled and deveined (optional)
1 medium head bok choy, torn into 2-inch pieces
16 snow peas
1 dash soy sauce, or to taste (optional)
1 dash sesame oil, to taste (optional)

Directions

Dice the green onions, and set aside all but 1 tablespoon. Slice the mushrooms, and set aside all but 1 tablespoon. Finely chop the 1 tablespoon of green onions and 1 tablespoon of sliced mushrooms, and place in a bowl with the ground pork, 1 tablespoon sesame oil, 1 tablespoon soy sauce, egg, bread crumbs, salt, and pepper. Stir to thoroughly mix the pork filling.

Spoon about 1 tablespoon of the pork filling onto the center of each wonton wrapper. Use your finger or a pastry brush to lightly moisten the edges of the wonton wrappers with water. Fold one corner of the wrapper over the filling onto the opposite corner to form a triangle. Press the edges together to seal. Moisten the two long ends of the triangle, fold them together, and press them firmly to seal.

Bring the chicken broth to a boil in a large saucepan over medium heat. Drop the wontons, one by one, into the broth, and let them cook for 3 to 5 minutes, until they float to the surface. Reduce heat to a simmer, and gently stir in the shrimp, bok choy, and reserved sliced mushrooms. Let the soup simmer 2 more minutes, until the shrimp turn pink, and then drop in the snow pea pods. Garnish with the remaining green onions and a dash of soy sauce and sesame oil, and serve immediately.

Black Bean Soup I

Ingredients

2 cups dry black beans
1 ham bone
6 cups water
4 cups chicken broth
1 tablespoon salt
2 tablespoons vegetable oil
1/2 onion, chopped
1 tomato, diced
1/2 cup chopped ham
1 tablespoon distilled white vinegar

Directions

Simmer beans, water, ham bone, broth, and salt for 1 1/2 hours.

Discard ham bone. Puree about 1/2 of soup; pour back into pot.

Saute onion, tomato, and meat in oil until onion is soft. Stir in vinegar, and then add mixture to beans. Simmer for 20 minutes. Serve hot.

Split Pea and Sausage Soup

Ingredients

12 ounces dried split peas
2 (14 ounce) cans beef broth
16 ounces kielbasa sausage
1 cup chopped carrots
1 onion, chopped
1 bay leaf
salt to taste
ground black pepper to taste

Directions

Cut sausage into 1/4 inch cubes, reserving 1/4 of sausage. Place 1/4 sausage and half can of beef broth in blender. Puree.

Pour 1 1/2 cans of beef broth in soup pot. Bring to simmering boil while adding diced onion and sausage cubes. Add puree, bay leaf, and salt and pepper to taste. Simmer for 30 minutes.

Add sliced carrots and continue simmering for another 10 minutes.

Rinse split peas and add to simmering pot. Simmer until peas are soft but NOT mushy. Adjust salt and pepper to taste. Serve warm.

Pumpkin, Sweet Potato, Leek and Coconut Milk

Ingredients

1 tablespoon vegetable oil
1 onion, finely chopped
1 leek, chopped
1 pound peeled and diced pumpkin
3/4 pound sweet potato, peeled and cubed
1 quart vegetable broth
1 1/4 cups light coconut milk

Directions

Heat the oil in a soup pot over medium heat. Add the onion and leek, and cook for a few minutes, until soft. Stir in the pumpkin, sweet potato, and vegetable broth. Bring to a boil, then cover and reduce heat to low.

Simmer for about 15 minutes, until vegetables are tender. Mash vegetables coarsely using a potato masher. Stir in the coconut milk, season with salt and pepper, and serve.

Loaded Potato Soup II

Ingredients

8 potatoes, peeled and cubed
1 teaspoon salt
2 tablespoons butter
2 stalks celery, diced
2 carrots, shredded
1 large onion, diced
2 (10.75 ounce) cans condensed
cream of potato soup
1 cup milk

Directions

Place potatoes and salt in a large saucepan with water to cover. Bring to a boil, then reduce heat and simmer until just tender, 15 minutes. Drain and set aside.

In a medium skillet, melt butter over medium heat. Cook celery, carrots and onion in butter until onion is translucent.

Combine potatoes, vegetable mixture, cream of potato soup and milk in a large pot over low heat. Simmer 15 minutes, adjusting milk to desired thickness. Serve.

Green Pea and Mint Soup

Ingredients

4 tablespoons butter
4 green onions, chopped
1 pound frozen or fresh green peas
2 1/2 cups vegetable broth or stock
3 tablespoons chopped fresh mint leaves
2 1/2 cups milk
salt and freshly ground black pepper to taste
1 pinch white sugar (optional)
1/2 cup light whipping cream
2 sprigs fresh mint leaves for garnish

Directions

Melt butter in a large saucepan or Dutch oven over low heat. Add the 4 chopped green onions, and cook until softened, but not brown. Stir in the peas, vegetable stock, and 3 tablespoons of chopped fresh mint. Increase heat to medium, and bring to a boil. Reduce heat back to low, cover, and let simmer for about 30 minutes. If you are using frozen peas, 15 minutes is enough.

Using a large slotted spoon, remove about 3 tablespoons of the peas, and set aside for garnish. Pour the soup into a blender or food processor along with the milk, and puree until smooth. Season with salt and pepper to taste. Throw in a pinch of sugar if desired. Allow the soup to cool to room temperature, then refrigerate until chilled.

Pour the soup into 4 serving bowls. Swirl 1 tablespoon of light cream into each one, then garnish with reserved peas and sprigs of mint.

Lentil Soup

Ingredients

2 tablespoons olive oil
2 large onions, cubed
1 teaspoon minced garlic
3 carrots, diced
2 stalks celery, diced
3 1/2 cups crushed tomatoes
1 1/2 cups lentils - soaked, rinsed and drained
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup white wine
2 bay leaves
7 cups chicken stock
1 sprig fresh parsley, chopped
1/2 teaspoon paprika
1/2 cup grated Parmesan cheese

Directions

In a large stockpot, saute the onions in oil until they are glossy. Stir in garlic, paprika, celery, carrots, and saute for 10 minutes.

Once the vegetables have sauteed for 10 minutes stir in tomatoes, chicken stock, lentils, bay leaves, salt, and pepper. Stir well, then add the wine and bring the mixture to a boil. Slowly reduce the heat and cook for 1 hour on low to medium heat; or until the lentils are tender.

Sprinkle the soup with parsley and Parmesan (optional) before serving.

Beef Noodle Soup

Ingredients

1 pound cubed beef stew meat
1 cup chopped onion
1 cup chopped celery
1/4 cup beef bouillon granules
1/4 teaspoon dried parsley
1 pinch ground black pepper
1 cup chopped carrots
5 3/4 cups water
2 1/2 cups frozen egg noodles

Directions

In a large saucepan over medium high heat, saute the stew meat, onion and celery for 5 minutes, or until meat is browned on all sides.

Stir in the bouillon, parsley, ground black pepper, carrots, water and egg noodles. Bring to a boil, reduce heat to low and simmer for 30 minutes.

Squash Soup

Ingredients

6 crookneck squash -- peeled,
seeded and chopped
1 green bell pepper, chopped
1 onion, chopped
2 cups cubed processed cheese
salt and pepper to taste

Directions

Place squash, bell pepper and onion in a large pot with water to cover. Bring to a boil, then reduce heat and simmer until tender, about 15 minutes; drain.

Puree vegetables with a blender or food processor. Return to pot over medium heat and stir in cheese until melted. Serve.

Cheesy Meatball Soup

Ingredients

- 1 egg
- 1/4 cup dry bread crumbs
- 1/2 teaspoon salt
- 1 pound ground beef
- 2 cups water
- 1 cup diced celery
- 1 cup whole kernel corn, drained
- 1 cup potatoes, peeled and cubed
- 1/2 cup sliced carrot
- 1/2 cup chopped onion
- 2 beef bouillon cubes
- 1/2 teaspoon hot pepper sauce
- 1 (16 ounce) jar process cheese sauce

Directions

In a bowl, combine egg, bread crumbs and salt. Crumble beef over mixture and mix well. Shape into 1-in. balls. In a large saucepan, brown meatballs; drain. Add the water, celery, corn, potatoes, carrot, onion, bouillon and hot pepper sauce; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until meat is no longer pink and potatoes are tender. Stir in the cheese sauce; heat through.

Vegetable Cheese Soup II

Ingredients

1 (16 ounce) package frozen mixed vegetables
2 (10.75 ounce) cans condensed cream of chicken soup
2 1/2 cups water
1 tablespoon minced onion
1/4 tablespoon garlic powder
salt to taste
ground black pepper to taste
32 ounces processed cheese food, cubed

Directions

In a large microwave bowl, cook vegetables in microwave for 10 minutes on high. Stir and rotate midway.

On a large slow cooker, mix soup and water. Add onions, vegetables, and garlic, salt, and pepper to taste, and mix. Add cheese and mix. Simmer approximately 2 hours or until soup is creamy and cheese is melted.

Soup La Angelena

Ingredients

12 cups water
2 large potatoes, peeled and quartered
1 (14.5 ounce) can whole peeled tomatoes, mashed
1/4 cup pearl barley
1/4 cup uncooked white rice
2 tablespoons margarine
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 large carrot, diced
1 onion, chopped
1 large stalk celery, with leaves, finely chopped
1/2 cup fresh green beans, cut into 1/2 inch pieces
1 large potato, peeled and diced
1/2 cup frozen petite peas, thawed
1/2 cup broccoli florets
1/4 cup barley flakes

Directions

In a large stock pot, add water and 2 large potatoes, peeled and quartered. Bring to boil, then add mashed tomatoes. Cook for 10 minutes, add barley and rice and cook until potatoes are tender.

Remove potatoes and mash together with margarine, set aside.

Add salt, pepper, carrots and beans and cook for 10 minutes or until carrots are tender.

Add onions, cubed potatoes, celery, peas and broccoli and cook for 5 minutes.

Add the mashed potatoes and stir. Add barley flakes and cook for an additional 5 minutes and serve.

Fifteen Bean Soup

Ingredients

1 (16 ounce) package dry mixed beans
6 slices bacon
1 onion, chopped
1 tablespoon garlic powder
1 (15 ounce) can mixed vegetables, drained
water to cover
salt and pepper to taste

Directions

Soak beans in a large bowl overnight; drain.

In a large pot over medium high heat, combine the beans, bacon, onion, garlic powder and mixed vegetables. Fill with water to cover and season with salt and pepper to taste.

Bring to a boil, reduce heat to low and simmer for 60 to 90 minutes, or until beans are tender.

Lentil and Smoked Sausage Soup

Ingredients

2 tablespoons olive oil
7 ounces dry lentils
1 small onion, chopped
3/4 cup finely shredded green cabbage
1 clove garlic, crushed
2 vegetarian smoked sausages, diced
1 (16 ounce) can diced tomatoes
2 cubes vegetable bouillon
4 cups water
1 bay leaf
1 teaspoon thyme leaves
1/2 teaspoon cayenne pepper
salt and pepper to taste

Directions

Heat oil in a large saucepan over medium heat. Stir in lentils, onion, cabbage, and garlic; cook until tender. Stir in sausage and tomatoes. Crumble vegetable cubes over mixture and pour in water. Stir in bay leaf, thyme, and cayenne pepper. Bring to a boil; cover, and simmer until lentils are tender, about 30 minutes. Season with salt and pepper to taste.

Split Pea Soup with Tofu

Ingredients

1 tablespoon olive oil
1 white onion, finely chopped
3 cloves garlic, pressed
4 small red potatoes, diced
1 cup peeled, diced carrots
1 pound dry green split peas
4 cups vegetable broth
1 (16 ounce) package soft tofu
1 (6 ounce) bag fresh spinach,
finely chopped
1 tablespoon dried basil
salt and pepper to taste

Directions

Heat the olive oil in a skillet over medium heat, and saute the onion and garlic until tender.

In a large pot, mix the onion mixture, potatoes, carrots, and split peas. Pour in the vegetable broth. Bring to a boil, reduce heat to low, and simmer 1 hour.

In a blender or food processor, blend the tofu and spinach until creamy, and mix into the pot. Season with basil, salt, and pepper. Continue cooking 1 hour. If the soup becomes too thick, add water. Serve hot and enjoy.

Shrimp and Octopus Soup (Caldo de Camaron y

Ingredients

2 quarts water
2 pounds octopus, cut into 1 inch pieces
1 tablespoon vegetable oil
1 cup diced carrots
1 cup diced celery
2 cups cubed potatoes
1/2 cup crushed dry pasilla chile peppers
1/2 cup chopped onion, or to taste
1 cup diced tomato
1 1/2 pounds large shrimp in shells
1 cup fresh corn kernels (optional)
salt to taste

Directions

Place the water in a large soup pot, and bring to a boil over medium-high heat. Add octopus, and continue boiling for about 20 minutes.

While the octopus is boiling, heat oil in a skillet over medium-high heat. Add carrots, celery, potatoes, and pasilla pepper. Fry for about 15 minutes, adding the onion and tomato at the very end. The ingredients do not need to be fully cooked.

When the octopus has boiled for 20 minutes, add the shrimp in their shells to the octopus, and let it boil for 5 more minutes. Add the vegetables from the skillet, and season with salt to your liking. If corn is used, put it in with the shrimp. Let everything simmer together for 15 minutes.

Zucchini Soup I

Ingredients

2 tablespoons margarine
2 onions, chopped
2 potatoes, peeled and diced
8 zucchinis, chopped
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/2 teaspoon dried basil
1/4 teaspoon ground white pepper
4 cups chicken broth
1 cup whole milk
1/4 cup dry potato flakes
1 tablespoon soy sauce
4 tablespoons chopped fresh dill weed

Directions

In a large frying pan, melt butter or margarine; add onion and saute until translucent. Add diced potato, zucchini, thyme, rosemary, basil, and white pepper, and cook for 5 minutes.

In a medium-sized cooking pot, add broth and bring to boil. Add zucchini/potato mixture; reduce heat and simmer about 15 minutes.

When cooked, puree in food processor or blender in batches. Return to cooking pot, add milk and bring just to boil, but do not boil. Add instant mashed potato flakes and soy sauce and stir well. Adjust seasonings to taste. Garnish with dill weed. Soup may be served hot or chilled.

Fiesta Chicken Soup

Ingredients

Vegetable cooking spray
1 pound skinless, boneless
chicken breast, cut into cubes
1 large green or red pepper,
coarsely chopped
2 teaspoons chili powder
1 teaspoon garlic powder
3 1/2 cups Swanson® Chicken
Broth or Natural Goodness™ or
Certified Organic Chicken Broth
1 (10 ounce) package frozen
whole kernel corn
1 cup cooked rice
1 teaspoon chopped fresh cilantro
leaves or parsley
5 lime wedges

Directions

Spray a 3-quart saucepan with cooking spray and heat over medium heat for 1 minute. Add the chicken, pepper, chili powder and garlic powder. Cook for 5 minutes stirring often.

Stir the broth, corn and rice into the saucepan. Heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the chicken is cooked through. Stir in the cilantro. Serve each serving of soup with 1 lime wedge.

Beans, Greens and Garlic Soup

Ingredients

2 tablespoons olive oil
4 cloves garlic, peeled and chopped
1 onion, chopped
6 cups chicken broth
1 (15.5 ounce) can cannellini beans, drained and rinsed
1 cup ditalini or other small pasta
1 (10 ounce) bag baby spinach, rinsed and dried
salt and black pepper to taste

Directions

Heat the olive oil in a large stockpot over medium heat. Stir in the garlic and onions; cook and stir until the onions are transparent, 8 to 10 minutes. Add the chicken broth, increase the heat to high, and bring the mixture to a boil.

Stir in the beans and pasta; lower heat to medium, and simmer, uncovered, until the pasta is al dente, or 8 to 10 minutes. Add the spinach and stir just until wilted. Season with salt and pepper to taste.

Super Easy Chicken Noodle Soup

Ingredients

1 pound boneless, skinless
chicken meat
4 cubes chicken bouillon
8 cups water
2 cups thin egg noodles

Directions

Measure water into a large pot, and add chicken and chicken bouillon. Boil until chicken is fully cooked.

Remove chicken from the broth. Chop into small pieces, and return meat to the pot.

Add egg noodles, and cook until tender.

Budget-Friendly Hearty Winter Soup

Ingredients

2 sweet potatoes, peeled and chopped
1/2 head cabbage, coarsely chopped
1 cup chopped carrots
1 pound turkey bratwurst, sliced
1/2 teaspoon salt
1/2 teaspoon dried thyme
1/2 teaspoon dried rosemary
1/2 teaspoon ground white pepper
1/2 cup dry white wine
3 cups chicken broth

Directions

Place the sweet potatoes, cabbage, and carrots into a slow cooker, then place the bratwurst slices on top of the vegetables. Sprinkle with the salt, thyme, rosemary, and pepper. Pour the wine and chicken broth over the vegetables.

Cook on Low until the sweet potatoes are easily pierced with a fork, 5 to 6 hours.

Tangy Pumpkin Soup with Green Chili Swirl

Ingredients

1 (4 ounce) can diced green chile peppers
1/4 cup sour cream
1 (15 ounce) can solid pack pumpkin puree
1 (14 ounce) can chicken broth
1/2 cup water
1/2 teaspoon chili powder
1/2 teaspoon garlic powder
1/2 teaspoon hot pepper sauce

Directions

In a food processor or blender, puree the green chilies and sour cream until well blended. Set aside. In a medium saucepan, over medium-high heat, combine the pumpkin puree, chicken broth, and water. Season with chili powder, garlic powder and hot pepper sauce. Stir in 1/4 cup of the sour cream mixture.

Bring to a boil, then reduce heat to medium and simmer, uncovered, for 5 minutes. Pour into serving bowls, and spoon a dollop of the sour cream mixture on top. Run a knife or the tip of a spoon through the dollop to swirl.

Simple Knefla Soup

Ingredients

1/4 cup chicken soup base
5 cups water
6 potatoes, peeled and diced
2 carrots, diced
2 stalks celery, diced
1 (12 fluid ounce) can evaporated milk

1 egg, beaten
1 cup all-purpose flour
1/2 cup milk

Directions

Whisk the chicken soup base and water together in a large pot. Add the potatoes, carrots, and celery, and bring to a boil; cook until the vegetables are tender, 10 to 15 minutes. Reduce heat to simmer, and stir in the evaporated milk.

In a mixing bowl, mix together the egg, flour, and milk using your hands. Drop by teaspoonful into the hot soup. Allow the dumplings to cook in the soup until firm.

Pizza Soup I

Ingredients

1 tablespoon vegetable oil
1/2 cup fresh sliced mushrooms
1 onion, chopped
1/4 cup chopped green bell pepper
2 (14.5 ounce) cans stewed tomatoes
8 ounces sliced pepperoni
sausage
1 cup beef stock
1/2 teaspoon dried basil
1 cup shredded mozzarella cheese

Directions

Heat oil in a saucepan over medium heat. Stir-fry onions, mushrooms, and green pepper until soft but not brown.

Add tomatoes, stock, pepperoni, and basil. Cook until heated through.

Sprinkle cheese over each bowl, and broil to melt.

Creamy Mushroom Soup

Ingredients

1/4 cup butter
1 cup chopped shiitake mushrooms
1 cup chopped portobello mushrooms
2 shallots, chopped
2 tablespoons all-purpose flour
1 (14.5 ounce) can chicken broth
1 cup half-and-half
salt and pepper to taste
1 pinch ground cinnamon (optional)

Directions

Melt the butter in a large saucepan over medium-high heat. Saute the shiitake mushrooms, portobello mushrooms, and shallots for about 5 minutes, or until soft. Mix in the flour until smooth. Gradually stir in the chicken broth. Cook, stirring, 5 minutes, or until thick and bubbly.

Stir in the half-and-half, season with salt and pepper, and sprinkle with cinnamon. Heat through, but do not boil.

Friendship Soup Mix in a Jar

Ingredients

1/2 cup dry split peas
1/3 cup beef bouillon granules
1/4 cup pearl barley
1/2 cup dry lentils
1/4 cup dried onion flakes
2 teaspoons dried Italian seasoning
1/2 cup uncooked long-grain white rice
2 bay leaves
1/2 cup uncooked alphabet pasta

Directions

In a 1 1/2 pint jar, layer the split peas, bouillon, barley, lentils, onion flakes, Italian seasoning, rice, and bay leaves. Wrap the pasta in plastic wrap, and place in the jar. Seal tightly.

Attach a label to the jar with the following instructions: Friendship Soup ADDITIONAL INGREDIENTS: 1 pound ground beef, black pepper to taste, garlic powder to taste, 1 (28 ounce) can diced tomatoes - undrained, 1 (6 ounce) can tomato paste, and 3 quarts water. TO PREPARE SOUP: Remove pasta from top of jar, and set aside. In a large pot over medium heat, brown beef with pepper and garlic; drain excess fat. Add diced tomatoes, tomato paste, water, and soup mix. Bring to a boil, then reduce heat to low. Cover, and simmer for 45 minutes. Stir in the pasta, cover, and simmer 15 to 20 minutes, or until the pasta, peas, lentils and barley are tender.

Three Fruit Soup

Ingredients

1/2 cup barley
6 cups water
1/2 cup SLENDA® No Calorie
Sweetener, Granulated
1 (10 ounce) package frozen
raspberries
1/2 cup raisins
1 cup pitted cherries

Directions

In a large bowl, soak the barley in the water overnight; do not drain.

In a large saucepan over low heat, simmer the barley for one hour. Then add SLENDA® Granulated Sweetener, raspberries and raisins and simmer for another 30 minutes. Add cherries and simmer for another 15 minutes, or until the soup becomes relatively thick. Allow to chill in the refrigerator and serve cold.

Easy Tomato Soup Spice Cake

Ingredients

1 (18.25 ounce) package spice cake mix
1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
1/2 cup water
2 eggs

Directions

Preheat oven to 350 degrees F. Grease and lightly flour two 8-inch or 9-inch round cake pans.

Mix cake mix, soup, water and eggs according to package directions. Pour into prepared pans.

Bake 25 minutes or until done.

Cool on wire racks 10 minutes. Remove from pans and cool completely.

Fill and frost with your favorite cream cheese frosting.

Chicken Soup Casserole

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can condensed cream of celery soup
1 (10.5 ounce) can condensed chicken and rice soup
1 cup mayonnaise
1 tablespoon chopped onion
1 cup shredded boiled chicken breast meat
4 ounces buttery round crackers, crushed

Directions

Preheat oven to 300 degrees F (150 degrees C).

In a large bowl combine the cream of chicken soup, cream of celery soup, chicken soup with rice, mayonnaise, onion and chicken meat. Mix together well. Pour mixture into a 10x10 inch casserole dish. Sprinkle crushed cracker crumbs over the top.

Bake in the preheated oven for 30 to 35 minutes or until it starts to bubble.

To Microwave: Put in microwave for 20 minutes.

Classic Chicken and Rice Soup

Ingredients

1 recipe Fast Chicken Soup Base
3/4 cup long-grain white rice
1 cup frozen green peas
1/2 cup chopped fresh parsley
Salt and freshly ground black pepper

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 3/4 cup long-grain white rice.

Before removing from heat, stir in: 1 cup (5 ounces) frozen green peas and 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste.

Cheesy Potato Soup II

Ingredients

6 tablespoons unsalted butter
1 1/2 cups chopped onions
1 1/2 cups chopped celery
4 cups water
8 potatoes, peeled and cubed
15 slices American cheese -
broken into pieces
4 tablespoons all-purpose flour
2 1/3 cups milk
2 tablespoons chopped fresh
parsley

Directions

Melt the butter in a large pot over medium heat. Saute the onions and celery in the butter for 5 to 10 minutes, or until tender.

Stir in the water and potatoes, bring to a boil and then simmer until the potatoes are tender. Add the cheese and stir until melted.

In a separate small bowl, combine the flour and the milk and stir well until the flour is mostly dissolved. Pour this into the soup slowly, stirring constantly, until soup has thickened, about 5 minutes. Garnish with the parsley.

Italian Wedding Soup I

Ingredients

1/2 pound extra-lean ground beef
1 egg, lightly beaten
2 tablespoons dry bread crumbs
1 tablespoon grated Parmesan cheese
1/2 teaspoon dried basil
1/2 teaspoon onion powder
5 3/4 cups chicken broth
2 cups thinly sliced escarole
1 cup uncooked orzo pasta
1/3 cup finely chopped carrot

Directions

In medium bowl, combine meat, egg, bread crumbs, cheese, basil and onion powder; shape into 3/4 inch balls.

In large saucepan, heat broth to boiling; stir in escarole, orzo pasta, chopped carrot and meatballs. Return to boil, then reduce heat to medium. Cook at slow boil for 10 minutes, or until pasta is al dente. Stir frequently to prevent sticking.

Flavorful Tomato Soup

Ingredients

1/4 cup finely chopped onion
1 tablespoon butter or margarine
1/4 teaspoon dried basil
1/4 teaspoon paprika
1/8 teaspoon garlic powder
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 cup milk

Directions

In a saucepan, saute onion in butter until tender. Add basil, paprika and garlic powder. Stir in soup and milk until well blended. Cook over medium heat for 6 minutes or until heated through.

Soup For Couscous

Ingredients

- 1 green bell pepper
- 1 medium tomato
- 1 yellow onion
- 1 large carrot
- 1 baking potato
- 1 (15 ounce) can garbanzo beans, drained
- 2 eggs
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon hot pepper sauce
- 1/2 teaspoon ground turmeric
- 1 tablespoon chopped fresh cilantro
- 1 cube vegetable bouillon
- 8 cups water

Directions

Chop all the vegetables into medium chunks.

Heat the oil in a heavy pan, and saute the vegetables together with the salt, pepper, and hot sauce for 2 to 3 minutes.

Add water, garbanzo beans, coriander, turmeric, and bouillon cube. Bring soup to the boil. Wash the eggs thoroughly, and add to the pan. Turn down the heat, and simmer for 30 minutes.

Remove eggs, now hard-cooked; peel, slice, and add to the soup. Simmer for another 15 to 20 minutes. Serve over steamed couscous.

Lentil Barley Soup

Ingredients

1 medium onion, chopped
3/4 cup thinly sliced celery
1 garlic clove, minced
1 tablespoon margarine
2 quarts water
1 (28 ounce) can diced tomatoes, undrained
1 (1.8 ounce) package vegetable soup mix
3/4 cup dry lentils
3/4 cup medium pearl barley
1/4 teaspoon pepper
2 medium carrots, thinly sliced
1/2 cup shredded reduced-fat Swiss cheese (optional)

Directions

In a soup kettle or Dutch oven, saute onion, celery and garlic in margarine until tender. Add water, tomatoes, soup mix, lentils, barley and pepper; bring to a boil. Reduce heat; cover and simmer for 45 minutes or until lentils and barley are tender. Add carrots; simmer 20-25 minutes longer or until the carrots are tender. Garnish with cheese if desired.

Thai Hot and Sour Soup

Ingredients

3 cups chicken stock
1 tablespoon tom yum paste
1/2 clove garlic, finely chopped
3 stalks lemon grass, chopped
2 kaffir lime leaves
2 skinless, boneless chicken breast halves - shredded
4 ounces fresh mushrooms, thinly sliced
1 tablespoon fish sauce
1 tablespoon lime juice
1 teaspoon chopped green chile pepper
1 bunch fresh coriander, chopped
1 sprig fresh basil, chopped

Directions

In a large saucepan, bring the chicken stock to a boil. Stir in the tom yum paste and garlic, and cook for about 2 minutes. Stir in the lemon grass and kaffir lime leaves. Place the chicken in the saucepan, and cook 5 minutes, or until no longer pink and juices run clear.

Mix in the mushrooms. Add the fish sauce, lime juice, and green chile pepper. Continue cooking until well blended. Remove from heat, and serve warm with the coriander and basil.

Texas Black Bean Soup

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 (14.5 ounce) can stewed
tomatoes
1 (14.5 ounce) can diced
tomatoes, or diced tomatoes with
green chilies
1 (14.5 ounce) can chicken broth
1 (11 ounce) can Mexicorn,
drained
2 (4 ounce) cans chopped green
chilies
4 green onions, thinly sliced
2 tablespoons chili powder
1 teaspoon ground cumin
1/2 teaspoon dried minced garlic

Directions

In a slow cooker, combine all ingredients. Cover and cook on high for 4-5 hours or until heated through.

Real Potato Leek Soup

Ingredients

18 small red new potatoes
6 cups chicken broth
3 leeks, chopped
3 tablespoons butter
2 cups milk
salt and pepper to taste

Directions

Place potatoes into a large saucepan with water to cover. Bring to a boil and cook until tender. Meanwhile, saute leeks in butter until translucent.

When potatoes are done, skin them while they are still hot and cut them into bite sized pieces. Place potatoes into a stock pot with chicken broth and leeks. season with salt and pepper. Cook over medium heat until simmering, then remove from heat and stir in milk. Serve immediately.

French Onion Soup with Celeriac

Ingredients

- 1 head garlic
- 1 teaspoon olive oil
- salt to taste
- 1/2 cup butter, softened
- 2 tablespoons olive oil
- 2 tablespoons butter, melted
- 3 large sweet onions, chopped
- 1 celeriac (celery root), chopped
- 2 cups beef broth
- 1 cup dry red wine
- 2 cups vegetable broth
- 1 head garlic cloves, chopped
- 2 teaspoons paprika
- 2 tablespoons dried parsley
- Cajun seasoning to taste
- salt and pepper to taste
- 1 loaf French bread, toasted and sliced
- 1 cup shredded Swiss cheese

Directions

Preheat oven to 425 degrees F (220 degrees C). Slice the top off the whole head of garlic, sprinkle with 1 teaspoon olive oil, and season with salt. Wrap loosely in foil, and bake 45 minutes, or until the cloves are very soft. Squeeze the cloves into a small bowl, and mix with the 1/2 cup softened butter.

Heat 2 tablespoons olive oil in a large pot over medium heat. Melt 2 tablespoons butter in the pot, and blend with the oil. Stir in the onions and celery root, and saute until the onions are lightly browned. Reduce heat to medium low, and mix in the beef broth, wine, and vegetable broth. Mix in the chopped garlic, and season with paprika, parsley, Cajun seasoning, salt, and pepper. Simmer, stirring occasionally, for 1 hour.

Preheat the oven broiler.

Spread the toasted bread slices with the garlic butter. Ladle the soup into oven safe bowls, and place the bowls on a baking sheet. Reserving remaining bread, place one slice of toasted bread on top of the soup in each bowl, and sprinkle with Swiss cheese.

Broil soup 5 minutes in the preheated oven, until the Swiss cheese is melted. Cool for about 2 minutes before serving warm with remaining garlic bread.

French Onion Soup III

Ingredients

2 onions, thinly sliced
1/4 cup butter
2 tablespoons all-purpose flour
2 (10.5 ounce) cans beef broth
2 1/2 cups water
6 slices French bread, toasted
1/2 cup grated Parmesan cheese
1/2 cup shredded Swiss cheese

Directions

Preheat oven to 425 degrees F(220 degrees C). Separate sliced onion into single rings.

In a medium sauce pan saute onions in butter until soft, approximately 20 minutes. Stir in flour and gradually add broth and water. Bring to a boil and simmer for 20 minutes.

Meanwhile, toast French bread slices.

Place toasted bread into soup bowls. Pour soup mixture over bread and sprinkle with Parmesan and Swiss cheese. Bake for 10 minutes.

Chicken Rice Soup Mix

Ingredients

2 cups uncooked long grain
brown rice
1/2 cup chicken bouillon granules
4 teaspoons dried tarragon
4 teaspoons dried parsley flakes
1 teaspoon white pepper
ADDITIONAL INGREDIENTS:
3 cups water
1 tablespoon butter or margarine

Directions

In a bowl, combine the first five ingredients. Cover and store in a cool dry place for up to 6 months.

To prepare soup: In a saucepan, bring water, butter and 2/3 cup soup mix to a boil. Reduce heat; cover and simmer for 30-35 minutes or until the rice is tender.

Chicken Tortilla Soup

Ingredients

1 cup chopped onion
1 teaspoon minced garlic
3 cups chicken broth
1 (14.5 ounce) can Mexican diced tomatoes
1/2 teaspoon chili powder
1/4 teaspoon ground cumin
1 1/2 pounds skinless, boneless chicken breast meat - cubed
2 tablespoons cornstarch
1/4 cup cold water
1/4 cup shredded Mexican cheese blend
1 tablespoon minced fresh cilantro
Tortilla chips

Directions

In a large saucepan, combine the first six ingredients; bring to a boil. Add chicken. Reduce heat; cover and simmer for 4-6 minutes or until chicken is no longer pink. Combine cornstarch and water until smooth; gradually stir into soup.

Bring to a boil; cook and stir for 1 minute or until thickened. Top servings with cheese and cilantro. Serve with tortilla chips if desired.

Oatmeal Soup

Ingredients

1 cup minced celery
4 1/2 cups milk
1 teaspoon salt
1 1/2 cups rolled oats

Directions

In a medium saucepan, bring milk to a boil. Add celery and salt; boil for 1 minute. Stir in oats, simmer for at least 5 minutes, or until thick. Serve hot.

Chili Soup

Ingredients

3 pounds ground beef
1 1/2 cups chopped onion
2 potatoes, cubed
4 (15 ounce) cans kidney beans
4 (10.75 ounce) cans condensed tomato soup
8 cups tomato juice
3 teaspoons chili powder
8 cups water
salt to taste

Directions

In a large pot over medium heat, combine the ground beef and onions. Saute for 5 minutes, or until meat is browned. Drain excess fat and add the potatoes, beans, tomato soup, tomato juice, chili powder, water and salt to taste. Bring just to a boil and reduce heat to low. Simmer for 1 hour and serve.

Old-Fashioned Potato Soup

Ingredients

1/4 cup margarine
1 large onion
6 potatoes, peeled and diced
2 carrots, diced
3 cups water
2 tablespoons chicken bouillon powder
ground black pepper to taste
3 tablespoons all-purpose flour
3 cups milk
1 tablespoon dried parsley
1/4 teaspoon dried thyme

Directions

In a large stock pot melt the butter add the onions and cook over medium heat until the onions are translucent.

While the onions are cooking, place the diced potatoes, carrots, water and chicken soup base in another stock pot and bring to a boil. Cook until tender, about 10 minutes. Do not over cook. Season with ground black pepper to taste.

Add the flour to the cooked onions to make a paste. Gradually add the milk and stir well. Cook over low heat stirring constantly until warmed through. Add the potato and carrot mixture. Stir in the parsley and thyme and heat through. Serve hot.

Pumpkin Black Bean Soup

Ingredients

3 (15 ounce) cans black beans,
rinsed and drained
1 (16 ounce) can diced tomatoes
1/4 cup butter
1 1/4 cups chopped onion
4 cloves garlic, chopped
1 teaspoon salt
1/2 teaspoon ground black
pepper
4 cups beef broth
1 (15 ounce) can pumpkin puree
1/2 pound cubed cooked ham
3 tablespoons sherry vinegar

Directions

Pour 2 cans of the black beans into a food processor or blender, along with the can of tomatoes. Puree until smooth. Set aside.

Melt butter in a soup pot over medium heat. Add the onion and garlic, and season with salt and pepper. Cook and stir until the onion is softened. Stir in the bean puree, remaining can of beans, beef broth, pumpkin puree, and sherry vinegar. Mix until well blended, then simmer for about 25 minutes, or until thick enough to coat the back of a metal spoon. Stir in the ham, and heat through before serving.

Curried Leek Soup

Ingredients

3 medium leeks, white portion only, thinly sliced
1 garlic clove, minced
2 tablespoons butter or margarine
1 (14.5 ounce) can chicken broth
3/4 cup water
1 1/2 cups thinly sliced carrots
2 celery ribs, thinly sliced
2 teaspoons chicken bouillon granules
1/2 teaspoon curry powder
1/8 teaspoon pepper
1 (12 fluid ounce) can fat-free evaporated milk

Directions

In a 3-qt. saucepan, saute leeks and garlic in butter over medium heat until tender. Add the broth, water, carrots, celery, bouillon, curry powder and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender. Cool slightly. Place 1 cup soup in a blender or food processor; cover and process until smooth. Return to pan. Add milk; heat through (do not boil).

Chilled Pea Soup

Ingredients

1 medium sweet onion, chopped
3 garlic cloves, minced
1 tablespoon olive oil
3 cups frozen peas, thawed
2 cups chicken broth
2 tablespoons lemon juice
1 tablespoon snipped fresh dill
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup plain yogurt

Directions

In a large saucepan, saute onion and garlic in oil until tender. Remove from the heat. Stir in the peas, broth, lemon juice, dill, salt and pepper. Place half of the mixture at a time in a blender; cover and process until pureed. Return all to the blender. Add yogurt; puree until smooth. Cover and refrigerate for at least 1 hour.

Beer Cheese Soup I

Ingredients

1/2 cup chopped green onions
1 cup sliced celery
1 cup sliced carrots
8 ounces fresh mushrooms, sliced
3/4 cup butter
1/2 cup all-purpose flour
1 teaspoon mustard powder
5 cups chicken broth
1 small head cauliflower
1 (12 fluid ounce) can or bottle
beer
8 ounces sharp Cheddar cheese,
shredded
2 tablespoons grated Parmesan
cheese
salt to taste
ground black pepper to taste

Directions

Saute green onions, celery, carrots, and mushrooms in butter. Mix flour and dry mustard into sauteed vegetables. Add chicken broth, bring to a boil.

Break up cauliflower into bite-size pieces, steam until just tender.

Reduce heat of sauteed vegetables to a simmer, add cauliflower, beer, and cheeses. Simmer 15-20 minutes. Add salt and pepper to taste. Check seasonings.

Curried Chicken Rice Soup

Ingredients

2 large carrots, diced
2 celery ribs, diced
1 small onion, chopped
3/4 cup butter or margarine
3/4 cup all-purpose flour
1 teaspoon seasoned salt
1/2 teaspoon curry powder
3 (12 fluid ounce) cans evaporated milk
4 cups chicken broth
2 cups cubed cooked chicken
2 cups cooked long-grain rice

Directions

In a large saucepan, saute carrots, celery and onion in butter for 2 minutes. Stir in flour, seasoned salt and curry until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Gradually add broth. Stir in chicken and rice. Return to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until vegetables are tender.

Navy Bean Soup II

Ingredients

1 (16 ounce) package dried navy beans
2 onions, chopped
1 (8 ounce) can tomato sauce
2 ham hocks

Directions

Rinse beans with water. Place beans, onions, tomato sauce, and ham hocks in large pot or Dutch oven. Cover all with water. Cook on low to medium heat several hours until beans are tender. When using crock pot, soak beans overnight. Cook on high for 1 hour. Lower to low for 6-8 more hours until beans are tender.

Sauerkraut And Potato Soup

Ingredients

1 pound beef stew meat, diced
into 1 inch pieces
1 onion, chopped
3 tablespoons vegetable oil
1 1/2 cups beer
3/4 cup water
1/4 cup tomato paste
1 tablespoon paprika
1/4 teaspoon salt
1/4 teaspoon caraway seed
1/4 teaspoon ground black
pepper
3 potatoes, cubed
1 ounce sauerkraut
2 tablespoons chopped fresh dill
weed
2 tablespoons chopped fresh
parsley

Directions

In a Dutch oven, cook meat and onion in hot oil until meat is brown.

Stir in beer, water, tomato paste, paprika, salt, caraway seed, and pepper. Cover, and simmer 1 1/4 to 1 1/2 hours.

Add potatoes, undrained sauerkraut, and fresh dill to soup. Cover. Cook for about 20 minutes, or until vegetables are tender.

Cook uncovered for 10 minutes more, or until mixture is thickened and most of the liquid is evaporated. Sprinkle parsley on top before serving.

Spicy Thai Vegetable Soup

Ingredients

1 cup uncooked brown rice
2 cups water
3 tablespoons olive oil
1 sweet onion, chopped
4 cloves garlic, minced
1/4 cup chopped fresh ginger root
1 cup chopped carrots
4 cups chopped broccoli
1 red bell pepper, diced
1 (14 ounce) can light coconut milk
6 cups vegetable broth
1 cup white wine
3 tablespoons fish sauce
2 tablespoons soy sauce
3 Thai chile peppers
2 tablespoons chopped fresh lemon grass
1 tablespoon Thai pepper garlic sauce
1 teaspoon saffron
3/4 cup plain yogurt
fresh cilantro, for garnish

Directions

Bring the rice and water to a boil in a pot. Cover, reduce heat to low, and simmer 45 minutes.

Heat the olive oil in a large pot over medium heat, and cook the onion, garlic, ginger, and carrots 5 minutes, until tender. Mix in broccoli, red bell pepper, coconut milk, broth, wine, fish sauce, soy sauce, Thai chile peppers, lemon grass, garlic sauce, and saffron. Simmer 25 minutes.

Pour soup in batches into a blender or food processor, and blend until smooth and creamy. Return to the pot, and mix in yogurt and cooked rice. Top with cilantro to serve.

Hearty Lentil Soup II

Ingredients

2 1/2 tablespoons vegetable oil
1 fresh green onions, chopped
1 carrot, chopped
1 parsnip, sliced
1 stalk celery, chopped
1 potato, cubed
1 leek, chopped
1 cup dry lentils, rinsed
1 (14.5 ounce) can diced tomatoes
3 cups vegetable broth
2 bay leaves
1 dash soy sauce
1 dash Worcestershire sauce
1/2 cup red wine

Directions

In a large saucepan over medium heat, combine the oil, onions, carrot, parsnip, celery, potato and leek. Stir well for 5 minutes, or until onion is translucent. Add the lentils, tomatoes with liquid, stock, bay leaves, soy sauce, Worcestershire sauce and wine.

Bring to a boil and reduce heat to low. Cover and simmer for 30 minutes or until lentils are tender. Remove the bay leaves and add the fresh coriander or fresh parsley to taste.

Chicken Matzo Ball Soup

Ingredients

2 eggs, lightly beaten
2 tablespoons melted butter or margarine
1/2 cup matzo meal
1 teaspoon chopped fresh flat-leaf parsley
1/2 teaspoon salt
1 dash white pepper
1 tablespoon water
6 cups chicken broth
1 medium carrot, cut into 2 inch julienne strips

Directions

In a small bowl, mix eggs with the melted butter or margarine. Stir in matzo meal, parsley, salt, pepper, and water to form a soft dough. Cover and refrigerate for at least 30 minutes.

Bring chicken broth and carrots to a boil in a large pot. Reduce heat to a simmer. Shape the matzo dough into 12 balls. (For easier shaping, dip hands in cold water from time to time). Drop the matzo balls into the simmering broth. Cover and cook for 30 to 40 minutes.

Roasted Red Pepper Soup

Ingredients

2 (16 ounce) jars roasted red peppers
2 (14.5 ounce) cans chicken broth
1 (8 ounce) package sliced fresh mushrooms
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 (9 ounce) packages fresh cheese tortellini, uncooked

Directions

Place roasted red peppers in a blender or food processor, and blend until smooth.

In a large saucepan, mix roasted red peppers, chicken broth, and mushrooms. Season with basil, oregano, garlic powder, salt, and pepper. Bring the mixture to a boil. Stir in tortellini, and continue cooking 8 to 10 minutes, or until pasta is al dente.

Ravioli Soup

Ingredients

2 cups water
1 cube chicken bouillon
1 pound prepared fresh cheese ravioli
2/3 cup baby spinach leaves
2 fresh mushrooms, sliced
1/4 cup sliced carrot
1/2 cup frozen mixed peas and carrots
1 tablespoon olive oil
1 dash soy sauce
salt and black pepper to taste

Directions

In a large saucepan, bring water and bouillon cube to a boil. Place ravioli in the pot, and cook 5 minutes, stirring occasionally. Mix in spinach, mushrooms, carrot, frozen peas and carrots, olive oil, and soy sauce; cook for 5 minutes, until vegetables are tender. Season with salt and pepper.

Cream of Beer Soup

Ingredients

1 (12 fluid ounce) bottle light colored beer
2 (12 fluid ounce) bottles dark beer
1 tablespoon white sugar
1/2 teaspoon ground white pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1/2 cup heavy cream
3 egg yolks
3 egg whites

Directions

Pour the light and dark beers into a large saucepan. Stir in the sugar, pepper, cinnamon, salt and nutmeg and bring to a boil.

In a small bowl, whisk together the egg yolks and cream. Whisk in a little bit of the hot beer so the mixture warms without scrambling the yolks. Stir into the beer while whisking constantly over low heat to avoid curdling. Refrigerate until cold.

Just before serving, whip egg whites in a medium bowl until stiff but not dry. Fold them into the soup and serve.

Cream of Cauliflower and Stilton Soup

Ingredients

- 1 head cauliflower, chopped
- 1 tablespoon vegetable oil
- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 1 leek, chopped
- 3 stalks celery, chopped
- 1 baking potato, thinly sliced
- 2 cups chicken broth
- 1/4 cup dry sherry
- 1 teaspoon white pepper
- 1 teaspoon black pepper
- 1/2 cup milk
- 1 teaspoon salt
- 1/2 cup heavy cream
- 3 ounces Stilton cheese
- 1/4 cup chopped fresh parsley

Directions

Separate 3/4 cup of the cauliflower florets and place them in a pan of boiling water. Boil for 2 to 3 minutes, then rinse under cold water, and set aside for garnish.

Heat oil in a large saucepan over medium heat. Add onion, garlic, leek and celery. Cook, stirring, until tender, about 5 minutes. Add potato, chicken broth, uncooked cauliflower and sherry. Bring to a boil, then simmer over low heat, stirring occasionally until potatoes and cauliflower are tender. Remove from heat.

Puree the cauliflower mixture in batches using a food processor or blender, and transfer to a soup pot over medium-low heat. I like it smooth but still with little tiny bits in it. Season with white pepper, black pepper and salt. Stir in the milk and cream, then crumble in the Stilton cheese. Heat through, but do not boil.

Ladle into bowls, and garnish with cauliflower pieces and chopped fresh parsley.

Fiesta Chicken Soup

Ingredients

1/2 cup uncooked white rice
1 pound skinless, boneless
chicken breast meat - cut into
cubes
1 large green bell pepper,
chopped
1 onion, chopped
2 teaspoons chili powder
1 teaspoon garlic powder
1 (14.5 ounce) can chicken broth
1 (15 ounce) can whole kernel
corn, undrained
1 lime

Directions

Combine rice and 1 cup water in a small saucepan. Bring to a boil, then reduce heat, cover and simmer 20 minutes, until rice is tender.

Coat a large saucepan with cooking spray and place over medium heat. Cook chicken, bell pepper, onion, chili powder and garlic powder 5 minutes, stirring often. Pour in broth and corn. Stir in 1 cup cooked rice. Bring to a boil, then reduce heat and simmer 10 minutes, until chicken is no longer pink. Serve with lime wedges.

South of The Border Chicken Soup

Ingredients

3 tablespoons vegetable oil
3 (6 inch) corn tortillas, cut into 1/2 inch strips
1/3 cup chopped onion
1 cup chopped green bell pepper
1 clove garlic, minced
1/4 cup all-purpose flour
2 (14 ounce) cans chicken broth
2 cups cubed, cooked chicken meat
2 cups frozen mixed vegetables
1 teaspoon chili powder

Directions

Heat oil in large stock pot; add tortilla strips and fry, stirring until golden. Once golden remove tortillas and place on paper towel, lined plate. Try absorbing as much oil as possible.

Place onion and bell pepper into stock pot, over medium heat, and cook until soft.

Add garlic, stir in flour and gradually stir in chicken broth.

Add cooked chicken, frozen vegetables and chili powder and cook until thickened.

Sprinkle with tortilla strips before serving.

Spicy Black Bean Soup

Ingredients

1 pound black beans, washed
10 cups water
1 pound chopped ham
1 onion, chopped
2 stalks celery, chopped
1 cup shredded carrots
1 (14.5 ounce) can diced tomatoes
1 tablespoon minced garlic
4 teaspoons garlic powder
4 teaspoons dried parsley
2 teaspoons salt
1 teaspoon celery salt
1 teaspoon Worcestershire sauce
2 cubes chicken bouillon
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon ground mustard
1/4 teaspoon ground cayenne pepper
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme

Directions

In an eight quart stock pot, add rinsed black beans, water, ham, onion, celery, carrots, diced tomatoes, minced garlic, garlic powder, parsley, salt, celery salt, Worcestershire sauce, bouillon cubes, bay leaf, pepper, mustard, cayenne pepper, oregano and thyme. Cover and bring to a boil.

Reduce heat and simmer for 2 hours. Discard bay leave and serve.

Chilled Beet Soup

Ingredients

1 1/2 cups sour cream
2 tablespoons lemon juice
1/2 small onion
1 cup cooked beets
1 cup crushed ice

Directions

Place sour cream, lemon juice, onion and beets into a food processor or blender and puree until mixture is smooth.

Add ice or cold water, chill and serve with a dollop of sour cream on top.

Hearty Lentil Soup

Ingredients

- 2 celery ribs, thinly sliced
- 1 medium onion, chopped
- 1 garlic clove, minced
- 2 tablespoons butter or margarine
- 6 cups water
- 1 (28 ounce) can diced tomatoes, undrained
- 3/4 cup dry lentils, rinsed
- 3/4 cup pearl barley
- 2 tablespoons chicken bouillon granules
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon pepper
- 1 cup thinly sliced carrots
- 1 cup shredded Swiss cheese

Directions

In a Dutch oven or soup kettle, saute the celery, onion and garlic in butter until tender. Add water, tomatoes, lentils, barley, bouillon, oregano, rosemary and pepper; bring to a boil. Reduce heat; cover and simmer for 40 minutes or until lentils and barley are almost tender. Add carrots; simmer for 15 minutes or until carrots, lentils and barley are tender. Sprinkle each serving with cheese if desired.

Beet Soup

Ingredients

3 tablespoons olive oil
1 medium onion, chopped
3 cloves garlic, chopped
6 medium beets, peeled and chopped
2 cups beef stock
salt and freshly ground pepper
heavy cream

Directions

Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.

Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.

In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

Roasted Red Pepper and Tomato Soup

Ingredients

1 teaspoon olive oil
1 onion, chopped
2 cloves garlic, minced
3 red bell peppers
4 large tomatoes - peeled, seeded and chopped
1 1/2 teaspoons dried thyme
2 teaspoons paprika
1/8 teaspoon white sugar
6 cups chicken broth
salt and pepper to taste
1 pinch ground cayenne pepper
1 dash hot pepper sauce
2 tablespoons butter
1 1/2 tablespoons all-purpose flour
6 tablespoons sour cream

Directions

Roast peppers: rub oil on peppers and put them under the broiler until blackened, turn to get all sides. Put into paper bag and seal. Let rest for 15 minutes, then peel will come right off and core and seeds will fall out. Chop peppers. Reserve one chopped pepper; set aside.

Heat olive oil over moderate heat. Add onion and garlic and cook until soft but not brown, about 5 minutes. Stir in tomato, bell peppers (except reserved), thyme, paprika, and sugar. Cook over medium-low heat until all the tomato juices have evaporated, about 25 minutes.

Stir in chicken stock, salt and pepper, cayenne pepper, and hot sauce (if using). Bring to boiling, lower heat, and simmer, partially covered, for 25 minutes or until vegetables are tender.

Strain soup, reserving broth. Place solids in food processor or blender, and process until fairly smooth. Add puree back into broth.

Melt butter and stir in the flour, cook for 1 minute. Stirring slowly, add the broth/vegetable mixture. Add reserved chopped pepper and bring to boiling. Lower heat and simmer 10 minutes.

Ladle into bowls and add 1 tablespoon of sour cream to each bowl. For a lighter soup, this is also delicious without the sour cream.

Creamy Chicken Peanut Soup

Ingredients

1/4 cup margarine
1 cup chopped celery
1/3 cup chopped onion
3 (14.5 ounce) cans chicken broth
1 tablespoon all-purpose flour
1 cup crunchy peanut butter
2 cups heavy whipping cream

Directions

In a 4 quart saucepan saute celery and onion in butter over medium-high heat. Saute until celery and onion are tender, approximately five minutes.

Remove from heat and add the flour and peanut butter, stirring until melted. Once melted gradually stir in chicken broth.

Return to medium-high heat and bring to boil for two minutes. Reduce heat and simmer uncovered approximately 10 minutes, stirring occasionally.

Stir in heavy cream and heat through.

Spinach Tortellini Soup

Ingredients

1 (10 ounce) package frozen
chopped spinach
2 (14.5 ounce) cans chicken broth
1 (9 ounce) package cheese
tortellini
1/4 tablespoon dried basil
1/4 tablespoon garlic powder
salt and pepper to taste

Directions

In a large pot over high heat, combine the spinach and chicken broth. Heat to boiling, then reduce heat to low. Stir in tortellini, and simmer for 10 to 15 minutes, or until the tortellini is cooked to desired tenderness. Season with basil, garlic powder, salt, and pepper.

Potato Soup V

Ingredients

1 cup diced celery
1 cup diced onion
4 cups peeled and cubed potatoes
3 cubes chicken bouillon
1/4 teaspoon ground black pepper
1/2 teaspoon celery salt
1 tablespoon chopped fresh parsley
1/2 cup butter
6 tablespoons all-purpose flour
2 cups milk
1 cup half-and-half

Directions

In a large stock pot combine celery, onion, potatoes, bouillon cubes, pepper, celery salt and parsley. Add enough water so that vegetables are fully submerged, cover and cook until vegetables are tender. Remove from the heat and set aside.

In a small skillet melt butter. Once melted add flour and mix until a paste like consistency is formed. Add milk all at once and stir over low heat until it thickens.

Add milk and flour mixture to the vegetables and stir gently. Add half and half and keep warm until serving. If desired serve with Cheese Biscuits II.

Oatmeal and Tomato Soup

Ingredients

1 onion, chopped
3 cloves crushed garlic
3 1/2 tablespoons margarine
1 (14.5 ounce) can stewed tomatoes
4 cups water
salt and pepper to taste
3/4 cup rolled oats

Directions

In a skillet, saute onion and garlic in butter, until onion becomes tender and begins to brown.

Add undrained tomatoes, water, salt and pepper. Bring to a simmer.

While soup is simmering, toast rolled oats in a heavy bottomed sauce pan, stirring till they are brown. Stir in oats to soup and cook for about 6 to 10 minutes, and then serve.

Quick and Easy Chicken Noodle Soup

Ingredients

1 tablespoon butter
1/2 cup chopped onion
1/2 cup chopped celery
4 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can vegetable broth
1/2 pound chopped cooked chicken breast
1 1/2 cups egg noodles
1 cup sliced carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
salt and pepper to taste

Directions

In a large pot over medium heat, melt butter. Cook onion and celery in butter until just tender, 5 minutes. Pour in chicken and vegetable broths and stir in chicken, noodles, carrots, basil, oregano, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes before serving.

Smoky Sweet Pea Soup

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 large basil leaves, chopped
- 2 sun-dried tomatoes packed in oil, drained and chopped
- 4 cups water
- 1 dried chipotle chili pepper
- 1 bay leaf
- 2 cups sweet peas
- 1 tablespoon vegetable bouillon
- 1 tablespoon red wine vinegar
- 1/2 cup shredded Gruyere cheese
- 1 pinch freshly ground black pepper

Directions

Heat the olive oil in a large saucepan over medium-high heat. Add the onion, and cook until it begins to brown, about 5 minutes. Add the garlic, basil, and sun-dried tomatoes; cook and stir until the garlic has softened, about 2 minutes more. Pour in the water along with the chipotle pepper, bay leaf, bouillon, and vinegar. Add the peas, and bring to a boil, then reduce heat to medium-low. Simmer for 15 minutes.

Remove the soup from the heat, and discard the chipotle pepper and bay leaf. Carefully puree the soup until silky smooth in batches in a blender, or use an immersion blender right in the saucepan. Serve the soup with a sprinkle of Gruyere cheese and freshly ground black pepper.

Condensed Soup Mix

Ingredients

2 cups nonfat dry milk powder
3/4 cup cornstarch
2 tablespoons dried minced onion
1/2 teaspoon ground black pepper
1/4 cup chicken bouillon powder
1 teaspoon dried basil (optional)
1/4 teaspoon dried thyme

Directions

Using an air tight container combine dry milk, cornstarch, onion flakes, pepper and chicken bouillon. If desired also add basil and thyme. Mix well and store in the refrigerator or freezer.

When using the mix combine 1/3 cup of the mix with 1 1/4 cups of water in saucepan. Cook and stir until thickened.

Meatball Orzo Soup

Ingredients

4 (14 ounce) cans chicken broth
2 (14 ounce) packages frozen
cooked meatballs, thawed
1 small zucchini, shredded
3/4 cup orzo pasta
1 teaspoon ground black pepper
1 teaspoon dried parsley flakes
1/4 cup lemon juice
2 eggs

Directions

Pour chicken broth into a large pot and mix in meatballs, zucchini and orzo. Season with pepper and parsley. Bring to a boil, reduce heat to low and simmer uncovered 30 minutes.

In a bowl, beat together lemon juice and eggs. Mix 1/4 cup hot soup into bowl, then stir entire mixture into the pot. Serve soup hot.

Tomato Barley Soup

Ingredients

1 cup chopped onions
1 cup chopped celery
1 cup chopped carrots
2 teaspoons minced garlic
2 tablespoons vegetable oil
2 1/2 cups water
2 tomatoes, diced
1 (14.5 ounce) can peeled and
diced tomatoes with juice
1 (10.75 ounce) can chicken broth
1/4 cup uncooked barley
1/8 teaspoon ground black
pepper

Directions

In a large saucepan over medium heat, combine the onions, celery, carrots, garlic and oil and saute for 5 to 10 minutes, or until all vegetables are almost tender.

Then add the water, fresh tomatoes, canned tomatoes, chicken broth, barley and ground black pepper.

Stir thoroughly and bring to a boil. Reduce heat to low and simmer for 35 to 40 minutes, or until barley is tender.

Rosemary Corn Soup

Ingredients

2 cups chopped onions
1/2 cup diced carrots
1/2 cup diced celery
3 tablespoons butter or margarine,
divided
7 1/2 cups fresh or frozen corn,
divided
6 cups chicken broth
1 tablespoon minced fresh
rosemary
2 garlic cloves, minced
1/4 teaspoon cayenne pepper
1 medium sweet red pepper,
chopped
1 cup half-and-half cream
salt and pepper to taste

Directions

In a large saucepan, saute onions, carrots and celery in 2 tablespoons butter until tender. Add 3-1/2 cups corn, broth, rosemary, garlic and cayenne. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes, stirring occasionally. Cool; process in batches in a blender or food processor until pureed. Return to the pan.

In a small skillet, saute red pepper in remaining butter until tender. add to corn mixture. Stir in cream and remaining corn; heat through, stirring occasionally. Season with salt and pepper.

Carrot Soup with Potatoes and Cream

Ingredients

- 2 tablespoons butter
- 1 Spanish onion, chopped
- 6 cups reduced-fat chicken broth
- 5 carrots, peeled and sliced
- 3 small potatoes, peeled and sliced
- 1 teaspoon herbes de Provence
- 1 pinch dried thyme
- 1 bay leaf
- salt and pepper to taste
- 1/4 cup heavy cream
- 8 sprigs parsley

Directions

Melt the butter in a large pot over low heat. When the butter begins to foam, add the onion; cook until the onion begins to turn translucent, 3 to 4 minutes. Add the chicken broth, carrots, potatoes, herbes de Provence, thyme, and bay leaf; season with salt and pepper. Raise heat to medium-high and bring to a boil; reduce heat again to low and simmer until the potatoes are tender, about 30 minutes.

Pour the soup into a blender, filling the pitcher no more than halfway. Securing the lid of the blender with a folded kitchen towel, start to blend using a few quick pulses before allowing to blend continually; puree in batches until smooth. Divide into eight soup bowls; garnish each portion with about 1/2 tablespoon heavy cream and a sprig of parsley.

Harvest Pumpkin Soup

Ingredients

2 small sugar pumpkin
3 cups chicken stock
3/4 cup heavy whipping cream
1/4 teaspoon ground nutmeg
1/2 teaspoon ground sage
1 1/2 teaspoons salt
4 tablespoons sour cream

Directions

Preheat oven to 400 degrees F (205 degrees C). Cut pumpkins in half and scoop out seeds. Spray a cookie sheet with non-stick cooking spray. Place pumpkins, flesh side down on the cookie sheet and roast until soft to the touch, about 45 minutes. Remove pumpkins from oven and let cool. Once pumpkins are cool scrape flesh from skins into a food processor. Discard skins.

Add chicken stock to the pumpkin and puree. Pour soup into a large saucepan and bring to a simmer over medium heat. Stir in cream, nutmeg, sage and salt. Mix well and remove from heat. Serve garnished with a dollop of sour cream

Chicken Soup II

Ingredients

5 chicken thighs
2 quarts water
4 cubes chicken bouillon,
crumbled
1 large onion, chopped
3 cloves garlic, minced
3 stalks celery, chopped
6 carrots, chopped
1/2 green bell pepper, chopped
1 (10 ounce) package frozen
chopped spinach
4 ounces thin egg noodles
8 ounces meat tortellini
salt and pepper to taste

Directions

Fill a large pot with water and place chicken thighs in the pot. Bring to a boil, then reduce heat and simmer until meat falls from the bone, 45 minutes. Remove chicken, cut up meat and return meat to the pot.

Stir in chicken bouillon, onion, garlic, celery, carrots and bell pepper; simmer until vegetables are tender, 10 to 15 minutes.

Stir in frozen spinach and cook until tender, 5 to 10 minutes.

Meanwhile, bring a large pot of water to a boil. Cook egg noodles in water until al dente, 8 to 10 minutes. Drain and reserve.

Stir tortellini into soup and cook until tender, 10 to 15 minutes. Stir in reserved egg noodles, salt and pepper. Heat through and serve.

Cheesy Vegetable Soup

Ingredients

6 cups water
1 (30 ounce) package frozen shredded hash brown potatoes
1 (16 ounce) package frozen California blend vegetables
4 teaspoons chicken bouillon granules
1 pound process cheese (eg. Velveeta), cubed
2 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1 cup milk

Directions

In a large kettle, bring water to a boil. Add hash browns, vegetables and bouillon. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Stir in the cheese, soup and milk; cook and stir until cheese is melted. Serve immediately, or cool and freeze for up to 3 months.

Southwestern Chicken Soup

Ingredients

1 1/4 pounds boneless, skinless chicken breast, cut into thin strips
1 tablespoon canola oil or vegetable oil
2 (14.5 ounce) cans chicken broth
1 (16 ounce) package frozen corn, thawed
1 (14.5 ounce) can diced tomatoes, undrained
1 medium onion, chopped
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
1 (4 ounce) can chopped green chilies
1 1/2 teaspoons seasoned salt
1 teaspoon ground cumin
1/2 teaspoon garlic powder

Directions

In a large skillet, saute the chicken in oil until lightly browned. Transfer to a 5-qt. slow cooker with a slotted spoon. Stir in the remaining ingredients. Cover and cook on low for 7-8 hours. Stir before serving.

Pepper Pot Soup II

Ingredients

1 1/2 pounds round steak, cubed
1 cup red wine
1 1/2 cups water
6 ounces spaghetti
2 (14.5 ounce) cans stewed tomatoes
1 onion, thinly sliced
1 pinch white sugar
1 (15 ounce) can kidney beans
1 (10 ounce) package succotash
1 green bell pepper, chopped
salt and pepper to taste

Directions

Add cubed steak, red wine, and water to a large soup pot. Simmer, covered, over medium low heat for 1 hour.

Meanwhile, cook pasta in a large pot of boiling water for 5 minutes. The pasta should be only partially cooked. Drain.

Add pasta, tomatoes, onion, and sugar to meat. Simmer for 30 minutes.

Stir beans, succotash, and green pepper into soup. Season with salt and pepper to taste. Simmer over low heat until soup is hot and vegetables are tender.

African Sweet Potato and Peanut Soup

Ingredients

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger root
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ground coriander
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 3 medium tomatoes, chopped
- 1 1/2 pounds sweet potatoes, peeled and chopped
- 1 carrot, peeled and chopped
- 4 1/2 cups water
- 1 teaspoon salt
- 1/4 cup chopped, unsalted dry-roasted peanuts
- 1 pinch cayenne pepper
- 2 tablespoons creamy peanut butter
- 1 bunch chopped fresh cilantro

Directions

Heat the oil in a large saucepan over medium-high heat. Saute the onion 10 minutes, until lightly browned. Mix in the garlic, ginger, cumin, coriander, cinnamon, and cloves. Stir in the tomatoes, sweet potatoes, and carrot, and continue to cook and stir about 5 minutes.

Pour water into the saucepan, and season the mixture with salt. Bring to a boil, reduce heat, and simmer 30 minutes.

Remove the soup mixture from heat. In a food processor or blender, blend the soup and peanuts until almost smooth. Season with cayenne pepper. Return to the saucepan. Whisk in the peanut butter, and cook until heated through. Serve warm topped with fresh cilantro.

Italian Tortellini Soup

Ingredients

4 carrots, sliced
1 large onion, chopped
2 stalks celery, sliced
3 cloves garlic, minced
1 teaspoon dried thyme leaves, crushed
4 cups Swanson® Chicken Broth (Regular, Natural Goodness®, or Certified Organic)
2 medium zucchini, sliced
4 plum tomatoes, chopped
1 1/2 cups frozen cheese-filled tortellini
1 (15 ounce) can red kidney beans, rinsed and drained
Grated Parmesan cheese

Directions

Place the carrots, onion, celery, garlic, thyme and 2 cups of the broth in a 6-quart saucepot. Heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the onion is tender.

Add the remaining broth, zucchini, tomatoes, tortellini and beans. Heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the tortellini is tender. Serve with grated Parmesan cheese if desired.

Creamed Broccoli Soup

Ingredients

3 tablespoons butter
1 onion, chopped
4 large carrots, chopped
1 clove garlic, chopped
4 cups water
4 tablespoons chicken bouillon powder
1 pound fresh broccoli florets
2 cups half-and-half
3 tablespoons all-purpose flour
1/4 cup ice water
1 tablespoon soy sauce
1/2 teaspoon ground black pepper
1/4 cup chopped parsley

Directions

Melt butter in a saucepan over medium heat; add chopped onions, carrots, and garlic, and cook for 5 minutes, stirring occasionally until softened.

In a medium-sized cooking pot, add 4 cups water and chicken bouillon granules and bring to boil. Add precooked onion mixture to soup pot. Add broccoli florets, reserving a few pieces to be added near the end of cooking time. Reduce heat and simmer, covered, for 15 to 20 minutes or until broccoli is just tender.

In a blender or food processor, puree soup in batches and return to pot. Stir in half and half cream and remaining broccoli florets.

In a cup, mix flour with 1/4 cup cold water to form a thin liquid.

Bring soup to boil; add flour mixture slowly, stirring constantly to thicken soup as desired. Add soy sauce, black pepper, and stir well. Garnish with chopped parsley (or carrot curls) when serving. Serve soup hot or cold.

Kid's Favorite Pea Soup

Ingredients

2 cloves garlic, minced
1 onion, chopped
2 stalks celery, chopped
3 tablespoons olive oil
1 3/4 cups dried split peas
2 (14.5 ounce) cans chicken broth
1 bay leaves
2 ounces bacon
3 potatoes, peeled and cubed
2 carrots, chopped
2 teaspoons dried chervil
salt and pepper to taste

Directions

In a pressure cooker over medium heat, saute the garlic, onion and celery in the olive oil for 5 minutes, or until onion is translucent. Add the peas, broth, bay leaf and ham. Cook under pressure for 10 to 12 minutes. (Note: If you do not have a pressure cooker, cook the peas over low heat for 3 to 4 hours or use a slow cooker.)

Once the peas are soft, stir in the potatoes, carrots and chervil and simmer for 15 minutes, or until potatoes are tender. Season with salt and pepper to taste. Add water as needed to adjust the thickness of the soup.

Green and Red Tomato and Corn Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
1 clove garlic, minced
1 1/2 teaspoons ground cumin
4 green tomatoes, chopped
4 tomatoes, chopped
1 1/2 cups fresh corn kernels
7 cups vegetable broth
salt and pepper to taste

Directions

In a stockpot heat the oil over medium heat. Add the onion and garlic, saute until soft.

Stir in the cumin powder, tomatoes and corn. Cook over medium heat for 5 minutes.

Stir in vegetable broth, reduce heat to low and cook until heated through. Season to taste with salt and pepper.

Cream of Almond Soup

Ingredients

2 tablespoons butter
1 clove garlic, peeled and crushed
1 large stalk celery, thinly sliced
3 cups chicken or vegetable broth
2/3 cup ground almonds
1/8 teaspoon ground mace
1 cup heavy cream
salt to taste
2 tablespoons toasted slivered almonds

Directions

Melt butter in a saucepan over medium heat. Add garlic and celery; cook and stir until softened, 4 to 5 minutes. Pour in chicken broth, increase heat to medium-high, and bring to a simmer. Stir in almond butter until dissolved and season with mace. Reduce heat to medium-low, cover, and simmer until the celery is tender, 30 to 40 minutes.

Once the celery is tender, turn off heat, and allow the soup to stand covered for 1 hour.

Carefully puree the warm soup until smooth using a blender or immersion blender; pour through a sieve into a clean saucepan. Stir in cream and place over medium-low heat. Heat until hot, being careful not to bring to a boil or else the cream will curdle. Season with salt to taste; serve garnished with toasted slivered almonds.

Hearty Hot Dog Soup

Ingredients

1 (16 ounce) package frankfurters, sliced
1 (15 ounce) can whole kernel corn, drained
1 (6 ounce) can tomato paste
1 tablespoon chili powder
1 teaspoon cayenne pepper
1 tablespoon onion powder
1 teaspoon salt
1 pinch ground black pepper
2 cups water
1 cup shredded, processed American cheese

Directions

In a large saucepan combine frankfurters, corn, tomato paste, chili powder, cayenne, onion powder, salt, pepper, water and cheese. Cook over medium heat until frankfurters plump and cheese is melted.

Moroccan Lentil Soup

Ingredients

2 onions, chopped
2 cloves garlic, minced
1 teaspoon grated fresh ginger
6 cups water
1 cup red lentils
1 (15 ounce) can garbanzo beans, drained
1 (19 ounce) can cannellini beans
1 (14.5 ounce) can diced tomatoes
1/2 cup diced carrots
1/2 cup chopped celery
1 teaspoon garam masala
1 1/2 teaspoons ground cardamom
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground cumin
1 tablespoon olive oil

Directions

In large pot saute; the onions, garlic, and ginger in a little olive oil for about 5 minutes.

Add the water, lentils, chick peas, white kidney beans, diced tomatoes, carrots, celery, garam masala, cardamom, cayenne pepper and cumin. Bring to a boil for a few minutes then simmer for 1 to 1 1/2 hours or longer, until the lentils are soft.

Puree half the soup in a food processor or blender. Return the pureed soup to the pot, stir and enjoy!

Fresh Tomato Zucchini Soup

Ingredients

2 1/2 tablespoons olive oil
1 medium zucchini, cubed
1 clove garlic, minced
8 large tomatoes, cored
1 small sweet onion, chopped
1 tablespoon chopped fresh red chile pepper
1 (14 ounce) can vegetable broth
1 tablespoon dried tarragon
2 teaspoons dried dill weed
1 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Heat the oil in a skillet over medium heat. Cook and stir the zucchini and garlic in the skillet until lightly browned. Remove from heat, and set aside.

In a blender or food processor, puree the tomatoes, onion, and chile pepper, leaving a few small chunks.

In a large pot, mix the tomato puree and vegetable broth. Season with tarragon, dill, salt, and pepper. Bring to a boil, reduce heat to low, and mix in the zucchini and garlic. Cover, and cook 45 minutes.

Red Fish Soup

Ingredients

1 (28 ounce) can tomato puree
4 cups water
1 bunch green onions, sliced
2 tablespoons red pepper flakes,
or to taste
1 cup long grain white rice
1 pound catfish fillets, cut into 1
inch pieces
salt and pepper to taste

Directions

In a large pot, combine the tomato puree, water and green onions. Season with red pepper flakes. Set over medium heat and bring to a boil. Add rice and cook until tender, about 30 minutes. Add fish and simmer for 20 minutes. Season with salt and pepper.

Easy Cheesy Beer Soup

Ingredients

1 tablespoon butter
1/2 onion, minced
1/2 clove garlic, minced
1 tablespoon all-purpose flour
1 3/4 cups milk
8 ounces processed cheese,
cubed
1 cup beer
1/4 cup crumbled cooked bacon

Directions

Melt the butter in a large saucepan over medium heat. Add the onion and garlic; cook and stir until tender and fragrant. Sprinkle the flour over onion and garlic, and stir until blended in. Gradually whisk in the milk so that no lumps form. Continue to stir while you cook until the liquid thickens, about 10 minutes.

Reduce the heat to low, and cook for 5 more minutes, stirring occasionally. Add the cheese, bacon and beer. Gently stir until the cheese is melted and soup is well blended.

Kale Soup

Ingredients

1 medium onion, chopped
3 cloves garlic, minced
4 tablespoons olive oil
1 pound Portuguese chourico,
broken into large chunks
2 (15 ounce) cans kidney beans,
drained
1 (15 ounce) can garbanzo beans,
drained
5 Yukon Gold potatoes, cubed
2 pork chops
salt and pepper
3 tablespoons Pimenta Moida
(Portuguese hot chopped
peppers)
1 bunch kale - washed, dried, and
shredded
1/2 head savoy cabbage,
shredded

Directions

In a large soup pot, cook onion and garlic in olive oil over medium heat until soft. Mix in chourico, beans, and potatoes, and then add pork chops to the pot. Season with salt and pepper, and add enough water to the pan to cover all of the ingredients. Bring to a boil, then reduce heat, and simmer until potatoes are tender.

Once potatoes are tender, taste soup, add Pimenta Moida and more salt and pepper. Stir in kale and cabbage, and increase heat to gently boil. Kale only needs about 5 minutes. You may add some water if the soup got too thick, I like this soup on the brothy side.

Russian Green Bean and Potato Soup

Ingredients

1 tablespoon vegetable oil
1 large onion, halved and thinly sliced
4 red potatoes, cubed
1/2 pound green beans, cut into 1 inch pieces
5 cups vegetable, chicken, or beef broth
2 tablespoons whole-wheat flour
1/2 cup sour cream
3/4 cup sauerkraut with juice
1 tablespoon chopped fresh dill
Salt and pepper to taste

Directions

Heat vegetable oil in a large saucepan over medium heat. Stir in the onion, and gently cook until softened and translucent, about 5 minutes. Add the potatoes and green beans; cook until the green beans have slightly softened, about 5 more minutes.

Pour in the vegetable stock. Bring to a boil over high heat, then lower heat to medium-low, cover, and cook until the potatoes have softened, about 15 minutes. Stir the flour into the sour cream, and add it a spoonful at a time to the simmering soup. Stir in the sauerkraut and dill, season to taste with salt and pepper. Simmer for 5 minutes more before serving.

Onion Soup Au

Ingredients

1 French baguette
3 tablespoons margarine
2 onions, thinly sliced
1/4 cup all-purpose flour
1 (20 ounce) can beef consomme
5 cups hot water
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
4 tablespoons ketchup
2 tablespoons Worcestershire sauce
1 cube beef bouillon cube
3/4 cup shredded sharp Cheddar cheese
3/4 cup shredded Swiss cheese
3/4 cup grated Parmesan cheese
8 slices Swiss Gruyere cheese

Directions

Preheat oven to 325 degrees F (165 degrees C). Cut French baguette bread into slices about 3/4 inch thick and place directly on rack in oven for 20 minutes or until bread is dry and lightly browned. Remove and set aside.

Melt butter or margarine in a heavy bottomed saucepan, add onions and cook over low heat, stirring occasionally. Cook until onions are golden brown, about 15 minutes. Sprinkle onions with flour and cook, stirring for about 2 minutes or until flour is well blended.

Add beef consomme, water, salt, pepper, garlic powder, ketchup, Worcestershire sauce and beef bouillon cube; bring to boil and simmer for 20 minutes.

In a mixing bowl, combine Cheddar, Swiss and Parmesan cheese.

Set oven temperature to broil. Ladle soup into oven-proof soup bowls and top each bowl with a slice of toasted French baguette bread. Sprinkle mixed cheese over bread and place one slice of Gruyere cheese on top. Place soup bowls under broiler and broil until cheese is melted, bubbly and lightly browned, about 2 to 3 minutes. Serve immediately.

Whiskey Crab Soup for a Big Party

Ingredients

2 1/2 gallons water
1 1/2 cups fish soup base
2 pounds butter
6 cups all-purpose flour
6 1/2 cups marinara sauce
1/4 cup OLD BAYB® Seasoning
4 teaspoons ground white pepper
1 cup lemon juice
1/4 cup Worcestershire sauce
3 tablespoons hot pepper sauce
(e.g. Tabasco®, etc.)
6 cups fresh Dungeness crabmeat
1 cup heavy cream
2/3 cup cooking sherry
5 fluid ounces whiskey

Directions

Bring the water to a boil in a large stock pot. Stir in soup base, and lower heat to a simmer. Melt the butter in a skillet over low heat. Gradually whisk in the flour so as not to form any lumps. Pour this mixture into the broth. Cover, and simmer over low heat for 5 to 7 minutes.

Pour the marinara sauce into the thickened broth, and season with OLD BAYB®, white pepper, lemon juice and hot pepper sauce. Stir until blended, making sure to scrape the bottom and sides of the pot. Add the crabmeat, and stir vigorously to break into pieces.

Stir in the heavy cream until blended, then mix in the sherry and whiskey. Taste and adjust the seasoning as needed. If the soup is too salty, add more heavy cream. Add more lemon if there is no tang; more white pepper if not spicy enough. Remove from the heat. Pour into hotel pans to a depth of 4 inches or less, and refrigerate if making ahead of time. Reheat to 140 degrees F (62 degrees C) before serving.

Sausage, Kale, and White Bean Soup

Ingredients

1 cup dry navy beans
1 large bunch kale, rinsed,
stemmed and chopped
1 tablespoon olive oil
1 pound spicy linguica sausage,
sliced
1 cup chopped shallots
4 cups chicken broth
salt and pepper to taste
1/2 teaspoon hot sauce, or to
taste

Directions

Place the navy beans into a large container and cover with several inches of cool water; let stand 8 hours or overnight. Drain and rinse before using.

Cook the soaked beans in a pressure cooker in 4 cups of water for 25 minutes. Use the natural release method to release pressure. Do not drain.

Bring a separate pot of salted water to a boil. Add the kale and simmer until kale is bright green and tender, about 2 minutes. Drain in a strainer, and cool under cold running water. Set aside.

Heat olive oil over medium heat in the soup pot. Brown the linguica slices on each side, about 5 minutes. Remove from the pot with a slotted spoon and set aside. Add shallots to pot and cook until soft, about 3 minutes. Pour in a splash of chicken broth and scrape up any browned bits of sausage.

Return the sausage to the pot along with the beans and their cooking liquid. Stir in the chicken broth. Bring soup to a boil, reduce heat to low, and simmer uncovered for 15 minutes. Add the kale and cook about 4 minutes longer. Season with salt, pepper, and hot sauce to taste.

Chicken Soup with Stuffed Noodles

Ingredients

1 (3 pound) broiler-fryer chicken,
cut up

2 1/2 quarts water

2 teaspoons salt

1/4 teaspoon pepper

4 medium carrots, sliced

2 celery ribs, sliced

1 medium onion, diced

NOODLES:

1 1/4 cups all-purpose flour

1 teaspoon salt

1 egg

5 tablespoons water

1 teaspoon vegetable oil

FILLING:

2 eggs

1 1/4 cups seasoned bread

crumbs

3 tablespoons butter or margarine,
melted

Directions

Place chicken, water, salt and pepper in a large soup kettle. Cover and bring to a boil; skim fat. Reduce heat; cover and simmer 1-1/2 hours or until chicken is tender. Debone chicken and cut into chunks; return to broth. Meanwhile, for noodles, mix flour and salt in a medium bowl. Make a well in the center. Beat together the egg, water and oil; pour into well. Stir together, forming a dough. Turn dough onto a floured surface; knead 8-10 times. Roll into a 16-in. x 12-in. rectangle. Combine filling ingredients; mix well. Sprinkle over dough to within 1/2 in. of edge; pat down. Moisten edges with water. Roll up jelly-roll style from long end; cut into 1/2-in slices. Add noodles to gently boiling soup and cook for 6-8 minutes or until tender.

Creamy Vegetable Soup

Ingredients

1 onion, chopped
1/4 cup butter, melted
3 sweet potatoes, peeled and diced
3 zucchini, chopped
1 1/2 cups fresh broccoli, chopped
3 (14 ounce) cans chicken broth
2 potatoes, peeled and shredded
1/2 teaspoon celery seed
2 teaspoons salt
1 teaspoon ground cumin
2 cups milk

Directions

In a slow cooker stir together the onion, butter or margarine, sweet potatoes, zucchini and broccoli. Pour in the chicken broth and stir. Add the potatoes, celery seed, salt and ground cumin and stir.

Cover and cook on low for 8 to 10 hours. Add the milk and cook for 30 minutes to 1 hour. Serve.

Roasted Red Bell Pepper Soup

Ingredients

3 red bell peppers
1 onion, chopped
1 tablespoon minced garlic
1 tablespoon olive oil
2 (15 ounce) cans cannellini
beans, drained and rinsed
2 (14.5 ounce) cans chicken broth
salt and pepper to taste

Directions

Preheat oven to broil.

Place the bell peppers on a baking sheet and broil on the top rack of the oven, using tongs to turn them as each side blackens. Place the blackened peppers in a paper bag, close tightly and allow them to cool for 20 to 30 minutes. Then peel the skin off the peppers and discard the stem and all the seeds. Chop the peppers and set aside.

In a large pot over medium heat, saute the onion and garlic in the oil for 5 minutes, or until onion is translucent. Now add the chopped, roasted red bell peppers and saute for 2 to 3 more minutes.

Next, add the chicken broth and the beans, stirring well. Using a blender, puree the soup in small batches and return to the pot over low heat for 5 minutes.

Fast Vegetable Soup

Ingredients

1 (19 ounce) can minestrone soup
1 (16 ounce) package frozen
mixed vegetables
1 (15 ounce) can whole kernel
corn, drained
1 (15 ounce) can black beans,
rinsed and drained
1 (14.5 ounce) can Italian diced
tomatoes, undrained

Directions

Combine all ingredients in a 2-1/2 quart microwave-safe bowl.
Cover; microwave on high for 8-10 minutes, stirring twice.

Black Bean Salsa Soup

Ingredients

2 tablespoons butter
1/2 cup chopped carrots
1/2 cup chopped celery
1/2 cup chopped onion
1 (48 fluid ounce) can chicken broth
1 (14.5 ounce) can diced tomatoes with green chile peppers
3 (15 ounce) cans black beans, drained and rinsed
1/4 cup cooking sherry
1 teaspoon minced garlic
1 teaspoon ground cumin
1/2 teaspoon ground cayenne pepper
salt to taste
1/2 cup chopped fresh cilantro

Directions

Melt the butter in a large pot over medium heat. Stir in the carrots, celery, and onion, and cook 15 minutes. Pour in chicken broth. Mix in diced tomatoes with green chile peppers, black beans, sherry, and garlic. Season with cumin, cayenne pepper, and salt. Bring to a boil, reduce heat to low, and simmer 20 minutes. Mix in cilantro during last few minutes of cook time.

Easy Vegetable Soup III

Ingredients

1 (29 ounce) can tomato sauce
6 cups water
2 cups frozen mixed vegetables
1 (8 ounce) package dry pasta
(optional)

Directions

Place the spaghetti sauce and water in a large pot over medium high heat. Bring just to a boil, reduce heat to medium low and add the mixed vegetables.

Add the pasta, if desired, and let simmer until heated through or until pasta is done, about 15 minutes.

The Absolute Best Potato Soup

Ingredients

1 (49.5 fluid ounce) can chicken broth, divided
1 (1 ounce) package country style gravy mix (such as McCormick®)
6 cups peeled and cubed potatoes
1 carrot, diced
1 onion, diced
2 (1/2 inch thick) slices deli ham, diced

Directions

Pour 1 cup of the chicken broth, and the contents of the gravy mix packet, into a small bowl. Whisk well to combine.

Combine potatoes, carrot, onion, ham, and remaining chicken broth in a large soup pot; bring to a boil. Cook for 5 minutes, and turn down to a simmer. Whisk in the broth and gravy mixture. Simmer soup for one hour.

Coconut Lentil Soup

Ingredients

- 1 1/2 cups red lentils
- 2 1/2 cups water
- 1/2 red onion, finely chopped
- 1 clove garlic, finely chopped
- 1/2 inch piece fresh ginger root, finely chopped
- 1/2 cup fresh shredded coconut
- 3/4 cup soy milk
- 1 tablespoon curry powder
- 1 teaspoon ground black pepper

Directions

Place the lentils and water in a medium saucepan over medium heat, and bring to a boil. Stir in onion, garlic, and ginger. Cover, reduce heat, and simmer 30 minutes, or until lentils are tender.

Place the coconut and soy milk in a blender, and blend until smooth and thick. Stir into the lentil mixture. Season with curry and pepper. Continue cooking 10 to 15 minutes.

Minnesota Wild Rice Soup

Ingredients

1/3 cup olive oil
1/4 cup minced onion
1/2 cup diced celery
2 tablespoons minced garlic
1 cup all-purpose flour
6 cups vegetable broth
4 cups cooked wild rice
1 cup grated carrot
1/4 cup sliced almonds
1 pinch red pepper flakes
(optional)
2 cups half-and-half
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat. Stir in garlic, onion, and celery, and cook until the onion has softened and turned translucent, about 5 minutes. Stir in flour, and cook for 3 minutes more. Pour in the vegetable broth, then bring to a boil. Reduce heat to medium-low, and simmer for 10 minutes, stirring frequently.

Stir in wild rice, carrot, almonds, and red pepper flakes; return to a simmer, and cook until the carrots are tender, about 5 minutes. Stir in half and half, and cook until warmed through. Season to taste with salt and pepper before serving.

Lower Fat Potato Soup

Ingredients

1 onion, chopped
2 stalks celery, chopped
2 (14.5 ounce) cans fat-free
chicken broth
4 potatoes, peeled and cubed
1 pinch dried parsley
1 teaspoon garlic powder
salt and pepper to taste
1 1/2 cups skim milk
1/2 cup potato flakes

Directions

Coat a large pot with cooking spray and place over medium heat. Add the onion and celery and saute for 10 minutes, or until onion is tender. Add the broth and potatoes and stir well. Now stir in the parsley, garlic powder and salt and pepper to taste.

Bring to a boil, reduce heat to low and simmer for 20 minutes. Add the milk and continue to simmer for 10 minutes. Finally, stir in the potato flakes and allow to heat through.

Easy Vegetable Soup I

Ingredients

46 ounces tomato-vegetable juice
cocktail
1 (14.5 ounce) can diced tomatoes
with green chile peppers
2 (15 ounce) cans mixed
vegetables, drained
1 (15 ounce) can kidney beans
2 potatoes, peeled and cubed

Directions

In a pot, mix together the tomato-vegetable juice, diced tomatoes, mixed vegetables, kidney beans and potatoes. Simmer over medium low heat for at least 30 minutes.

Roasted Garlic and Eggplant Soup

Ingredients

1 bulb garlic
1/4 teaspoon olive oil
1 (1 1/2 pound) eggplant
1 tablespoon olive oil
1/4 cup finely chopped onion
6 cups chicken broth
3/4 cup tomato puree
1 dash cayenne pepper
1 1/4 cups half-and-half
1 teaspoon Worcestershire sauce

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with foil.

Peel away any excess paper from the bulb of garlic, then cut the top off to expose the cloves. Rub exposed cloves with 1/4 teaspoon olive oil, and set onto the prepared baking sheet. Poke the eggplant all over with a fork; place onto baking sheet.

Bake in preheated oven until the garlic has turned golden brown and the eggplant is tender, 30 to 40 minutes. Allow to cool until cool enough to handle. Peel eggplant and chop into large chunks; peel or squeeze the roasted garlic from its skin, and set aside.

Heat 1 tablespoon olive oil in a large saucepan over medium heat. Stir in onion, and cook until soft and translucent, about 5 minutes. Pour in chicken broth, then stir in reserved eggplant, roasted garlic, tomato puree, and cayenne pepper. Bring to a boil over medium-high heat, then reduce heat to medium-low, cover, and simmer for 40 minutes.

Once cooked, carefully puree soup in batches in a blender or food processor until smooth. Return soup to the stove in a clean saucepan. Stir in half-and-half, season to taste with salt and pepper; cook over medium-low heat until hot.

Spicy Tomato and Lentil Soup

Ingredients

1 onion, finely chopped
1 tablespoon olive oil
1 chile pepper, chopped
1 cup red lentils
1 (14.5 ounce) can peeled and diced tomatoes
1 cup water
salt and pepper to taste
1/2 teaspoon ground cumin
1 teaspoon dried basil

1/4 cup sour cream, for topping (optional)
2 sprigs fresh basil leaves for garnish (optional)

Directions

Heat the olive oil in a large saucepan or Dutch oven. Lightly brown the onions in the oil. Add the tomatoes, chili pepper, lentils, cumin and basil to the pan along with the water. Bring to a boil, then reduce heat to medium-low and simmer for about 20 minutes, or until the lentils are tender.

When the lentils have softened, use a stick blender to puree the soup. Season to taste with salt and pepper. For a special touch, put sour cream in a squirt bottle, and squeeze a spiral onto the top of each bowl of soup, and garnish with a sprig of fresh basil.

Tangy Bean Soup

Ingredients

2 (14.5 ounce) cans chicken broth
1 (16 ounce) package frozen mixed vegetables
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 medium onion, chopped
1 tablespoon chili powder
1 tablespoon minced fresh cilantro
4 garlic cloves, minced
1/4 teaspoon pepper
CORNMEAL DUMPLINGS:
1/2 cup all-purpose flour
1/2 cup shredded Cheddar cheese
1/3 cup cornmeal
1 tablespoon sugar
1 teaspoon baking powder
1 egg
2 tablespoons milk
2 teaspoons vegetable oil

Directions

In a slow cooker, combine the first 10 ingredients. Cover and cook on high for 4-5 hours.

For dumplings, combine the flour, cheese, cornmeal, sugar and baking powder in a bowl. In another bowl, combine the egg, milk and oil; add to dry ingredients just until moistened (batter will be stiff). Drop by heaping tablespoons onto soup. Cover and cook on high 30 minutes longer (without lifting cover) or until a toothpick inserted in a dumpling comes out clean.

Carrot Soup 'a la Louise'

Ingredients

4 tablespoons margarine
1 onion, chopped
2 cloves garlic, minced
10 carrots, sliced
6 cups chicken stock
1 pinch dried dill weed
1 pinch dried marjoram
1 pinch dried thyme
1 pinch dried parsley
salt to taste
ground black pepper to taste
3 tablespoons cornstarch
1/2 cup heavy whipping cream

Directions

In a large Dutch oven, heat the margarine, add the onion and the garlic, and saute until light golden.

Pour in the chicken stock and add the carrots. Then stir in the dill, marjoram, thyme, parsley and salt and pepper to taste. Reduce heat to low and let simmer until carrots are to desired tenderness.

Mix cornstarch with small amount of cold water to dissolve. Add the diluted cornstarch and stir well. Add the cream and let simmer another 15 minutes (do not boil). Bon Appetit!

Slow Cooker Beef Vegetable Soup

Ingredients

1 pound cubed beef stew meat
1 (15.25 ounce) can whole kernel corn, undrained
1 (15 ounce) can green beans
1 (15 ounce) can carrots with juice
1 (15 ounce) can sliced potatoes with juice
1 (28 ounce) can crushed tomatoes
1 (1.25 ounce) package beef with onion soup mix
salt and pepper to taste

Directions

Place meat, corn, green beans, carrots, potatoes, tomatoes, soup mix, and salt and pepper to taste into the slow cooker; stir to combine.

Cook on LOW for at least 6 hours. Add water if necessary.

Zucchini Soup III

Ingredients

- 1 pound sausage
- 2 cups chopped celery
- 2 pounds sliced zucchini
- 1 cup chopped onion
- 4 (14.5 ounce) cans stewed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon Italian seasoning
- 1 teaspoon white sugar
- 1 teaspoon garlic powder
- 1 green bell pepper, chopped

Directions

In a large pot over medium high heat, saute the sausage for about 8 minutes, or until browned. Drain excess fat. Add the celery and continue to cook for about 10 minutes, stirring occasionally.

Add the zucchini, onions, tomatoes, oregano, Italian-style seasoning, sugar, and the garlic powder. Reduce heat to medium low. Cover and simmer for 30 minutes.

Remove cover and add the bell peppers. Continue to simmer for about 10 minutes. Serve and enjoy.

Potato, Broccoli and Cheese Soup

Ingredients

2 cups chopped onion
2 tablespoons margarine
2 1/2 pounds peeled and cubed potatoes
5 cups boiling water
4 cubes chicken bouillon
3 cups fresh broccoli, cooked and drained
salt and pepper to taste
3 cups shredded Cheddar cheese

Directions

In a large stock pot saute onion in butter. Add potatoes, water and bouillon cubes. Cover, bring to boil and then reduce heat to medium and cook until potatoes are tender, about 15 minutes.

Remove tough outer skin of broccoli stems and cook broccoli. Once cooked add to soup.

In a blender or food processor puree half of the soup and return to stock pot. Season with salt and pepper.

Add cheese and heat soup through until cheese is melted. Serve warm.

Curry and Coconut Milk Soup

Ingredients

2 teaspoons vegetable oil
1 cup finely diced onion
1 cup chopped carrot
1 cup finely diced red pepper
4 cups chicken or vegetable stock
1 cup coconut milk
1 (341 ml) bottle VHB® Yellow Curry Sauce
2 cups baby spinach
1/2 cup finely sliced green onions
1/4 cup finely chopped fresh cilantro

Directions

In a large pot saute onion, carrot and pepper in vegetable oil over medium heat. Cook until tender, about 10 minutes.

Add stock, coconut milk and VHB® Yellow Curry sauce; simmer over low heat for 15 minutes.

Stir in spinach, green onions and cilantro, cook 1 minute and serve.

Zesty Tomato Soup for One

Ingredients

1/2 tomato
1/4 white onion
1/2 cup tomato-vegetable juice
cocktail
salt and pepper to taste

Directions

In a food processor or a blender, puree the tomato and onion. Transfer the mixture to a small saucepan. Stir in the vegetable juice and season to taste with salt and pepper. Bring to a boil and then let simmer for about 10 minutes. Serve hot topped with your favorite cheese or fresh bread.

French Onion Soup XI

Ingredients

1/3 cup butter
10 onions, peeled and thinly sliced
2 cloves garlic, crushed
1 (12 fluid ounce) can or bottle
beer
1 quart beef broth
1/2 teaspoon dry mustard
1 teaspoon dried thyme
1/4 teaspoon ground black
pepper
1 bay leaf
6 slices French bread, toasted
3 cups shredded Gruyere cheese

Directions

In a large saucepan over medium heat, melt butter. Stir and cook onions in butter until golden brown, 15 minutes.

Stir in the garlic and cook 1 minute. Pour in the beer and beef broth and season with mustard, thyme, black pepper and the bay leaf. Bring to a boil, then reduce heat, cover and simmer 30 minutes.

Preheat oven to 425 degrees F (220 degrees C).

Remove bay leaf from soup and ladle soup into a large casserole or individual ovenproof bowls, leaving about 1 inch of room at the top of the dish or dishes. Float slices of toasted bread on the soup and pile generously with Gruyere.

Bake in preheated oven 10 minutes, until cheese is lightly browned and bubbly.

Potato Soup with Gravlax Rosettes

Ingredients

1 tablespoon butter
3 russet potatoes, peeled and finely diced
1 onion, chopped
2 cups vegetable broth
6 tablespoons mascarpone cheese
salt and black pepper to taste
1/2 teaspoon lemon juice, or to taste
4 (1 ounce) slices thinly sliced smoked salmon (gravlax)
2 tablespoons mascarpone cheese
1 tablespoon chopped fresh chives

Directions

Melt butter in a saucepan over low heat, and cook and stir the potatoes and onion until the onion starts to become translucent, about 3 minutes. Raise heat to medium, pour in the vegetable broth, and bring to a boil. Reduce heat to a simmer, cover, and cook until the potatoes are tender, 10 to 15 minutes. Pour the mixture into a large bowl, and puree through a food mill back into the saucepan. (Discard any fibrous vegetables left in the food mill.)

Bring the pureed soup back to a simmer over medium-low heat, and whisk in 6 tablespoons of mascarpone. Season with salt, pepper, and lemon juice to taste.

Preheat oven to 200 degrees F (95 degrees C), and warm 4 oven-safe soup plates for about 5 minutes.

Roll a slice of smoked salmon loosely into a rose shape, pinching the roll at the bottom and fanning the roll out at the top. Place a rosette of salmon into the bottom of each warmed soup plate, gently pour the soup over the rosette, and drizzle each bowl with about 1/2 tablespoon of mascarpone cheese. Sprinkle with chives, and serve.

Bean, Bacon and Pepper Soup

Ingredients

5 slices bacon
3 onions, chopped
2 carrots, chopped
1 red bell pepper, chopped
2 stalks celery, chopped
4 cloves garlic, minced
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1/4 teaspoon ground cayenne pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 bay leaf
1 teaspoon dried thyme
1 tablespoon Worcestershire sauce
4 cups chicken broth
2 (15 ounce) cans cannellini beans, with liquid
1/2 cup chopped parsley

Directions

In a large pot over medium high heat, saute the bacon until crisp. Drain the fat, leaving about 2 tablespoons in the pot. Crumble the bacon, reserving for later for garnish. Add the onions, carrots, red bell pepper, celery and garlic to the pot and saute in the bacon fat for 10 minutes.

Stir in the sugar, ground black pepper, cayenne pepper, garlic powder, onion powder, bay leaf, thyme and Worcestershire sauce. Now pour in just a small amount of chicken stock to deglaze the pan. (Note: This removes all of the caramelized particles from the bottom of the pan.)

Add the beans and the rest of the stock and continue to cook over medium high heat for 10 to 15 minutes, or until all vegetables are tender.

In a food processor or blender, puree 3 cups of soup at a time, adjusting seasoning if necessary. Return all pureed soup to the pot, stir in the parsley and crumbled bacon and simmer for 10 more minutes.

Simple Seafood Soup

Ingredients

1 (10.75 ounce) can condensed cream of potato soup
1 (10.75 ounce) can condensed cream of shrimp soup
1 cup cooked shrimp
1 (10.75 ounce) can condensed oyster stew
2 cups half-and-half cream
1 cup milk
1/2 teaspoon dried thyme
1/4 teaspoon white pepper

Directions

In a medium saucepan over medium-low heat, combine potato soup, shrimp soup, shrimp, oyster stew, half-and-half, milk, thyme and pepper. Heat slowly, stirring occasionally, until hot, 20 minutes.

Butter Bean Soup

Ingredients

4 medium red potatoes, diced with peel
1/2 onion, chopped
1 (10.75 ounce) can condensed cream of celery soup
1 cup cubed cooked ham
1 (15.5 ounce) can butter beans, drained
1/4 teaspoon ground cumin, or to taste
1/4 teaspoon ground coriander, or to taste

Directions

Place the potatoes into a saucepan, and fill with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain, leaving one inch of liquid in with the potatoes. Place over low heat, and add the onion. Simmer until onion is soft. Stir in the cream of celery soup, ham and butter beans. Season with cumin and coriander. Simmer for 5 or 10 minutes, until heated through.

Real French Onion Soup

Ingredients

2 tablespoons olive oil
8 large red onions, halved and
thinly sliced
salt and pepper to taste
4 (14.5 ounce) cans low-sodium
beef broth
1 sprig fresh thyme
1 sprig fresh parsley
1 cup sherry wine
8 French bread
1 cup shredded Gruyere cheese

Directions

Heat olive oil in a Dutch oven or soup pot over medium heat. Add the onions, and season with a little salt and pepper. Cook, stirring occasionally until onions are nicely browned, about 20 minutes. This step can not be hurried, the end result will be a rich golden brown mass of onion. This is where all your flavor comes from and can take a little practice. The darker you can get the onion without burning, the better the flavor.

Slowly pour the beef broth into the soup, stirring to remove any bits of onion that may be stuck to the bottom of the pan. Add the sprigs of parsley and thyme to the soup. Bring to a simmer, and cook for 20 minutes. Do not boil. Pour the sherry into the soup, and simmer for 5 more minutes. Taste and season with salt and pepper if desired. Remove the sprigs of parsley and thyme.

Preheat the oven's broiler. Place serving bowls onto a baking sheet. Ladle the soup into serving bowls, and float a slice of bread on top of each one. Sprinkle shredded Gruyere cheese over the top. Broil for 2 minutes, or until browned. Serve immediately.

Creamy Corn Soup

Ingredients

1/2 onion, chopped
1 clove garlic, minced
1/4 cup chopped fresh parsley
1 tablespoon margarine
3 tablespoons all-purpose flour
2 1/2 cups milk
1 cup chicken broth
2 (12 ounce) cans whole kernel corn
2 1/2 tablespoons cream cheese
1 teaspoon garlic salt
1 teaspoon ground black pepper
ground cayenne pepper to taste

Directions

In a large pot over medium heat, combine the onion, garlic, parsley and butter or margarine. Saute for about 5 minutes, or until onions are tender.

Add the flour, stirring well, to make a pasty mixture. Whisk in the milk and the broth. Add the corn and the cream cheese and allow to heat through. Add the garlic salt, black pepper and cayenne pepper to taste. Stir together and serve.

Vegetarian Kale Soup

Ingredients

2 tablespoons olive oil
1 yellow onion, chopped
2 tablespoons chopped garlic
1 bunch kale, stems removed and leaves chopped
8 cups water
6 cubes vegetable bouillon (such as Knorr)
1 (15 ounce) can diced tomatoes
6 white potatoes, peeled and cubed
2 (15 ounce) cans cannellini beans (drained if desired)
1 tablespoon Italian seasoning
2 tablespoons dried parsley
salt and pepper to taste

Directions

Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

Asparagus and Yukon Gold Potato Soup with

Ingredients

1/3 cup light sour cream
1 tablespoon chopped fresh chives
1 tablespoon lemon juice
salt and white pepper to taste

1 tablespoon olive oil
1 tablespoon butter
1 pound fresh asparagus, trimmed and coarsely chopped
1/2 onion, chopped
1 clove garlic, minced
1/2 teaspoon dried thyme
2 tablespoons all-purpose flour
6 cups chicken stock
2 Yukon Gold potatoes, cubed
1 pinch salt and white pepper to taste
4 ounces lump crabmeat

Directions

In a small bowl, stir together the sour cream, chives and lemon juice. Season with salt and white pepper. Cover and refrigerate until needed to blend the flavors.

Heat the olive oil and butter in a soup pot over medium heat. Add the asparagus and onion; cook and stir until onion is soft, about 5 minutes. Add the garlic and thyme, and cook just until fragrant, about 1 minute. Stir in the flour until smooth, then gradually whisk in the chicken stock to avoid causing lumps. Add the potatoes and bring to a simmer. Simmer over medium heat until potatoes are tender, about 20 minutes.

Puree the soup in a food processor or blender, or use a stick blender in the pot. Return to the pot and bring to a gentle simmer. Season with salt and white pepper.

To serve, ladle soup into warmed bowls and garnish with a dollop of the chive sour cream and a few chunks of crabmeat. Garnish with additional chives if you have extra.

Creamy Tuscan Bean and Chicken Soup

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Celery Soup (Regular or 98% Fat Free)
2 cups water
1 (15 ounce) can white kidney beans (cannellini), rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
2 cups cubed cooked chicken
1/4 cup bacon bits
3 ounces fresh baby spinach leaves
Olive oil
Grated Parmesan cheese

Directions

Heat the soup, water, beans, tomatoes, chicken and bacon in a 3-quart saucepan over medium-high heat to a boil.

Stir in the spinach. Cook for 5 minutes or until the spinach is wilted. Serve the soup with a drizzle of oil and sprinkle with the cheese.

Tortellini Soup

Ingredients

2 garlic cloves, minced
1 tablespoon butter or stick margarine
3 (14.5 ounce) cans reduced sodium chicken broth or vegetable broth
1 (9 ounce) package refrigerated cheese tortellini
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
1 (14.5 ounce) can diced tomatoes with green chilies, undrained

Directions

In a saucepan, saute the garlic in butter until tender. Stir in the broth. Bring to a boil. Add tortellini; cook for 5-6 minutes or until tender. Stir in the spinach and tomatoes; heat through.

Dilled Vegetable Barley Soup

Ingredients

1 cup uncooked pearl barley
2 cups water

1 tablespoon butter
1/2 cup minced onion
1 teaspoon salt
2 bay leaves
2 carrots, chopped
2 stalks celery, chopped
1/2 cup dry white wine
1 (8 ounce) package mushrooms,
chopped
2 teaspoons dried dill weed
1 teaspoon soy sauce
8 cups turkey broth
ground black pepper to taste

Directions

Bring the barley and water to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes.

Melt the butter in a large pot over medium heat. Stir in the onion, salt, and bay leaves. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the carrot and celery; cook for 5 more minutes. Pour in the wine and bring to a boil over high heat. Add the mushrooms, dill, soy sauce, turkey broth, and cooked barley; season to taste with pepper. Bring to a boil; reduce heat to medium-low, cover, and simmer 1 1/2 hours.

Sitta Soup

Ingredients

3 tablespoons olive oil
16 ounces elbow macaroni
1 (29 ounce) can tomato sauce
2 cloves garlic
1 onion, chopped
4 cups chicken broth
6 cups water

Directions

In a large kettle, heat oil over medium heat. Add noodles; stir and brown slightly.

In a blender, puree onion, garlic, and tomato sauce.

Add puree, chicken broth, and water to the slightly browned noodles. Bring to a boil, and simmer till noodles are tender.

Butternut Squash Soup with Sage

Ingredients

1 tablespoon vegetable oil
2 1/2 pounds butternut squash,
peeled and seeded and cut into 1-
inch cubes
2 medium Granny Smith apples,
cored and sliced
1 large onion, chopped
1 tablespoon sugar
1 teaspoon ground coriander
1/4 teaspoon cayenne pepper
3 cups Swanson® Chicken
Broth (regular, Natural Goodness®
or Certified Organic)
1 tablespoon butter or margarine
12 fresh sage leaves

Directions

Heat oil in saucepot over medium heat. Add squash, apples and onion and cook until almost tender. Stir in sugar, coriander and red pepper. Cook and stir 2 minutes.

Add broth. Heat to a boil. Cook over low heat 10 minutes. or until squash is tender.

Place cooked squash mixture in food processor, using a slotted spoon. Cover and blend until smooth, adding enough cooking liquid to make soup of desired consistency.

Heat butter in small skillet. Add sage and cook until crisp. Remove and drain on paper towels. Reserve butter in skillet. Divide soup among 4 bowls. Drizzle each with sage butter and garnish with fried sage leaves.

Onion Soup Gratinee

Ingredients

6 tablespoons olive oil
4 medium yellow onions, sliced
1/4 inch thick
1 tablespoon unsalted butter
1 clove garlic, thinly sliced
4 sprigs fresh thyme
1 bay leaf
salt to taste
1/4 teaspoon ground white
pepper
3/4 cup dry white wine
2 quarts chicken stock
1/2 cup port wine
6 slices French bread
2 cups shredded Gruyere cheese

Directions

Heat the olive oil in a heavy pot over medium heat. Add the onions; cook and stir until golden brown, about 30 minutes.

Add butter, garlic, thyme, bay leaf, salt, and white pepper. Cook and stir for about 10 minutes. Increase the heat to high, and stir in the white wine. Bring to a boil, and cook until wine has reduced by half, 3 to 5 minutes. Pour in the chicken stock, and simmer over medium heat for 45 minutes.

Preheat the oven's broiler. Remove the thyme sprigs and bay leaf from the soup, and stir in the port wine. Ladle soup into 6 crocks or heat proof bowls, top each with a slice of bread, and a generous helping of Gruyere cheese. Place the bowls on a baking sheet for ease in handling.

Place under the broiler for 2 to 3 minutes, until the bread and cheese are toasted and bubbly. Serve immediately.

Instant Creamy Onion Soup

Ingredients

1 (10.5 ounce) can condensed onion soup
1 1/4 cups water
3/4 cup milk
1/2 cup shredded Swiss cheese
1 tablespoon grated onion

Directions

In a medium saucepan over medium heat, combine soup, water and milk. Stir in cheese and onion and bring to a boil. Remove from heat and serve.

Lemon Chicken Soup II

Ingredients

3 quarts chicken broth
5 cups chopped cooked chicken breast
1 cup uncooked white rice
3 lemons, juiced
1 bunch spinach, rinsed and chopped
2 large carrots, chopped
black pepper to taste

Directions

In a large pot over medium heat, combine chicken broth, cooked chicken, rice, lemon juice, spinach, carrots and pepper. Bring to a boil, then reduce heat and simmer until rice and greens are tender, 20 minutes.

Vegetable Deer Soup

Ingredients

1/2 cup butter
2 pounds venison stew meat
3 cups chopped cabbage
3 large potatoes, cubed
2 (15 ounce) cans peas, drained
2 (15 ounce) cans carrots, drained
2 (15 ounce) cans green beans, drained
2 (15.25 ounce) cans whole kernel corn, drained
2 (15 ounce) cans diced tomatoes with juice
1 cup butter
1 (64 fluid ounce) bottle tomato juice
1 (32 fluid ounce) container beef broth
2 tablespoons white sugar
2 tablespoons beef bouillon granules
1 teaspoon salt
2 teaspoons ground black pepper
1 pinch ground cumin
1 pinch ground mustard
1 pinch curry powder
1 pinch cayenne pepper
1 pinch dried parsley
1 pinch Italian seasoning
1 pinch garlic powder

Directions

Melt 1/2 cup of butter in a large pot over medium-high heat. Brown the cubed venison in the hot butter, stirring frequently. Add the cabbage, potatoes, peas, carrots, green beans, corn, diced tomatoes, and remaining 1 cup of butter. Pour in the tomato juice and beef broth, then sprinkle in the sugar, beef bouillon granules, salt, black pepper, cumin, mustard, curry powder, cayenne pepper, parsley, Italian seasoning, and garlic powder. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the venison is tender, and the soup slightly thickened, about 1 1/2 hours.

Sopa de Ajo Mexicana (Mexican Garlic Soup)

Ingredients

2 tablespoons olive oil
30 cloves garlic, minced
4 cups chicken broth
1/2 baguette, cut into 1/4 inch slices
2 tomatoes, seeded and finely chopped
1 fresh poblano chile pepper, seeded and minced
salt to taste

Directions

Heat olive oil in a large skillet over medium heat. Add the garlic, and cook until golden brown, about 4 minutes. Remove garlic with a slotted spoon and transfer to a large saucepan.

Fry bread slices in the oil until golden on both sides. Remove and set aside. Add tomatoes and chile to the skillet and cook over high heat for several minutes until they begin to soften.

Pour chicken stock, tomatoes and chiles into the large saucepan with the browned garlic. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 20 minutes. Season to taste with salt.

To serve, place 2 or 3 toasted baguette slices in each bowl, then ladle the soup over them.

Lentil Soup IV

Ingredients

1 pound dry lentils
2 quarts water
1/4 cup extra-virgin olive oil
1 pinch salt
1 large onion, grated
4 large tomatoes, grated
8 cloves garlic, minced
3 potatoes, diced
3 carrots, sliced
2 plantains, sliced
5 bay leaves
salt and pepper to taste

Directions

Rinse and pick through lentils, then place in a bowl with water to cover and let soak while you prepare the other ingredients.

Fill a large pot with 2 quarts of water, and stir in the olive oil and salt. Bring to a boil.

Drain the lentils, and carefully pour into the boiling water. Add the onions, tomatoes, garlic, potatoes, carrots and plantains into boiling water. Drop in bay leaves and season with salt and pepper. Reduce heat, cover and simmer until lentils and plantains are tender, 45 to 60 minutes.

Chicken Vegetable Soup With Pasta

Ingredients

1 tablespoon vegetable oil
2/3 cup medium diced carrots
2/3 cup medium diced celery
2/3 cup medium diced onions
1 teaspoon dried tarragon
2 (18.5 ounce) cans COLLEGE
INN® Chicken Broth
1/2 cup pasta, uncooked*
1 1/2 cups cubed cooked chicken
or turkey

Directions

Place oil in medium saucepan and heat over medium-high heat. Add vegetables and tarragon; saute until tender (3-4 minutes). Add broth and bring to a gentle boil. Add pasta and chicken/turkey; boil gently for 6-8 minutes or until pasta is cooked.

Dorsey's Cream of Crab Soup

Ingredients

1/2 cup butter
1 onion, chopped
3 celery, chopped
3 tablespoons all-purpose flour
4 cups water
1 (10.5 ounce) can condensed chicken broth
4 tablespoons chicken soup base
1 tablespoon chopped fresh parsley
1 potato, peeled and diced
1 quart half-and-half cream
1 tablespoon soy sauce
1 pound crabmeat
1 teaspoon Old Bay Seasoning
TM
salt and pepper to taste

Directions

In a large stockpot, melt butter over medium heat. Add onions and celery; saute until onions are transparent, about 4 minutes.

Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy. Add water, chicken broth and chicken soup base; stir until smooth. Bring to a boil. Stir in parsley and diced potato. Reduce heat and simmer for about 20 minutes.

Stir in cream, soy sauce, crab meat and seasonings. Raise heat to medium and bring chowder just to a boil. Serve hot.

Knefla Soup I

Ingredients

6 potatoes, peeled and chopped
2 onions, chopped
1 carrot, sliced
1 stalk celery, sliced
4 cubes chicken bouillon
1 tablespoon dried parsley
5 cups water
1 teaspoon salt
1 pinch ground black pepper
1/3 cup margarine
2 cups all-purpose flour
1 egg
1 teaspoon salt
1 cup milk
1 (12 fluid ounce) can evaporated milk

Directions

In a large stock pot combine potatoes, onion, carrot, celery, chicken bouillon cubes, parsley, water, salt, pepper and butter. Simmer soup until vegetables become tender.

In a separate bowl mix flour, egg, salt and milk. Mix until dough is uniformed and then form into long strips. Cut strips into small pieces.

Once vegetables are tender add knefla pieces and let simmer for 30 minutes.

Add evaporated milk, stir and serve.

Sassy Sausage and Black Bean Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can black beans, undrained
1 (14.5 ounce) can stewed tomatoes
1 (10.5 ounce) can condensed beef broth
1/2 cup chunky salsa
1/2 cup water
12 ounces beef sausage
1/4 cup chopped fresh cilantro

Directions

In a large saucepan over medium heat, combine the oil, onions and garlic. Saute for 8 minutes, or until tender. Add the beans, tomatoes with liquid, broth, salsa and water. Bring to a boil over high heat.

Cut sausage into 1/2 inch slices and stir into soup. Reduce heat to low, cover and simmer for 15 minutes, stirring occasionally. Ladle soup into bowls and sprinkle with cilantro.

Hearty Vegetable Soup

Ingredients

3/4 cup chopped celery
3/4 cup chopped onion
1 cup chopped carrots
1 (14.5 ounce) can diced tomatoes, drained
3 cups tomato-vegetable juice cocktail
2 cups water
1 leek, chopped
1 potato, peeled and cubed
1 (15 ounce) can peas, drained
1 (15 ounce) can whole kernel corn, drained
2 (15 ounce) cans garbanzo beans, drained
1 cup long-grain white rice
1 tablespoon soy sauce
1/4 teaspoon dried thyme
1/2 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 teaspoon dried dill weed

Directions

In a large pot over high heat, combine the celery, onion, carrots, tomatoes, tomato-vegetable juice, water, leek, potato, peas, corn, beans, rice, soy sauce, thyme, ground black pepper, garlic powder and dill weed.

Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender.

Cucumber Soup II

Ingredients

2 cups cucumber - peeled,
seeded and shredded
2 tablespoons grated onion
2 (10.75 ounce) cans condensed
cream of celery soup
2 cups cottage cheese
2 cups buttermilk
1 pinch seasoning salt

Directions

Grate cucumber and onion, and strain out liquid.

In a blender, mix cream of celery soup, buttermilk, cucumber and onion mixture. Blend, add one cup of cottage cheese and blend again.

Since the blender may not hold all of the ingredients, pour half of blended mixture into a bowl. Add remaining cottage cheese and blend. Combine all soup into one bowl and stir in seasoning salt. Refrigerate until ready to serve.

Chunky Potato Soup

Ingredients

4 medium potatoes, peeled and cubed
3/4 cup chopped onion
1 small carrot, chopped
1/4 cup chopped celery
1 1/2 cups chicken broth
3 tablespoons butter, cubed
3 tablespoons all-purpose flour
2 1/2 cups milk
1 tablespoon minced fresh parsley
3/4 teaspoon salt
1/2 teaspoon pepper
1 cup shredded Swiss cheese

Directions

In a large saucepan, combine the potatoes, onion, carrot, celery and broth. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender; lightly mash.

Meanwhile, in a small saucepan, melt butter; stir in flour until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir into potato mixture. Cook and stir until thickened and bubbly. Add parsley, salt and pepper. Remove from the heat; stir in cheese until melted.

Lentil Lemon Soup

Ingredients

1 (14.5 ounce) can chicken broth
6 cups water
1 small onion, peeled and diced
1 bay leaf
3 sprigs Italian flat leaf parsley
2 sprigs fresh thyme

4 cups water
1 1/2 cups dried brown lentils,
rinsed and drained
1 1/2 pounds Swiss chard -
rinsed, stems removed and cut
into 1/2 inch slices
2 tablespoons olive oil
1 large onion, finely chopped
4 cloves garlic, crushed
3 tablespoons chopped fresh
cilantro
1/2 cup lemon juice
salt to taste
1 lemon, cut into wedges

Directions

In a large saucepan, combine the chicken broth, 6 cups of water, 1 small onion, bay leaf, parsley and thyme. Bring to a boil, then reduce heat to low and simmer for about 1 1/2 hours. Strain, and reserve 4 cups of the broth for the recipe. Reserve the remaining broth for other uses.

Pour the 4 cups of broth into a large soup pot, and add 4 cups of water to it. Stir in lentils, and bring to a boil. Cover, reduce heat to low, and simmer for about 1 hour.

Heat olive oil in a large skillet over medium heat. Add the large onion, and cook until transparent, stirring frequently. Add the garlic, and cook for just a minute, until fragrant. Place the chard in the pan, and cook until wilted, about 5 minutes. The smells here are delicious!

Transfer the chard and onion mixture to the pot with the lentils. Stir in the cilantro and lemon juice. Season with salt and additional lemon if desired. Simmer covered for an additional 15 minutes before serving. Serve with lemon wedges.

Sweet Lentil Soup with Asparagus Tips

Ingredients

3 tablespoons olive oil
1 medium head garlic
1/4 teaspoon dried basil
1 red bell pepper
2 1/2 cups dry lentils
2 (32 fluid ounce) containers
chicken broth
1 1/2 large carrot, shredded
1 large onion, grated
1 cup asparagus tips
1 cup sweet peas
1/4 cup white sugar
2 tablespoons orange marmalade
2 tablespoons curry powder
1 pinch saffron
1 teaspoon kosher salt
ground black pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C).

Cut the top off of the head of garlic and place in a shallow dish in 1 inch of water. Drizzle with 2 tablespoons olive oil, sprinkle with basil, cover and place on a baking sheet. Halve and seed the bell pepper, drizzle with remaining 1 tablespoon olive oil and place on the baking sheet.

Bake garlic and pepper in preheated oven until pepper is browned and garlic is soft, 20 to 40 minutes. Remove from oven and, when cool enough to handle, remove skin from pepper and chop. Squeeze out garlic cloves and mash together in a bowl to form a paste.

While garlic and pepper are baking, combine lentils and chicken broth in a large pot over medium heat. Bring to a boil, then reduce heat and simmer 40 minutes, until lentils are just tender.

Stir garlic paste, bell pepper, carrots, onion, asparagus, peas into lentil mixture, adding more broth to thin if necessary. Season with sugar, marmalade, curry powder, saffron, salt and pepper. Simmer 30 minutes more, until vegetables are tender and flavors are well blended.

French Onion Soup

Ingredients

1/4 cup butter
2 pounds onions, thinly sliced
1 tablespoon sugar
4 tablespoons all-purpose flour
3 (14.5 ounce) cans beef broth
2 cups water
1 teaspoon salt
1 teaspoon dried minced onion
1 teaspoon beef bouillon granules
1/4 teaspoon garlic salt
1/4 teaspoon pepper
8 slices French bread, toasted
1 cup shredded Swiss cheese

Directions

In a Dutch oven or soup kettle, melt butter. Add onions and sugar; cook over low heat until lightly browned, about 1 hour.

Sprinkle flour over onions and stir until blended. Gradually stir in broth. Add the water, salt, dried onion, bouillon, garlic salt and pepper.

Bring to a boil; cook and stir for 2 minutes. Reduce heat; cover and simmer for 45 minutes.

Ladle soup into ovenproof bowls. Top with a slice of toasted bread; sprinkle with cheese. Place on a baking sheet. Bake at 400 degrees F for 5 minutes.

Creamy Squash Soup

Ingredients

3 bacon strips
1 cup finely chopped onion
2 garlic cloves, minced
2 cups mashed, cooked winter squash
2 tablespoons all-purpose flour
1 (12 fluid ounce) can evaporated milk, divided
3 cups chicken broth
1/2 teaspoon curry powder
1/2 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground nutmeg
Sour cream

Directions

In a saucepan or Dutch oven, cook bacon until crisp; crumble and set aside. Drain all but 1 tablespoon drippings; saute onion and garlic in dripping until tender. In a blender or food processor, puree squash, flour, 1/3 cup milk and onion mixture; add to pan. add broth, curry powder, salt, pepper, nutmeg and remaining milk; bring to a boil over medium heat. Boil for 2 minutes. Top servings with a dollop of sour cream if desired. Sprinkle with bacon.

Cold Beet Soup - Lithuanian Saltibarsciai

Ingredients

4 eggs
1 quart buttermilk
1 pound beets, peeled and shredded
1 large English cucumber - peeled, quartered, and sliced
1/4 cup minced chives
1 bunch fresh dill, minced

Directions

Place the eggs into a saucepan in a single layer and cover the eggs with water by 1 inch. Cover the saucepan and bring the water to a boil. Remove from the heat and let the eggs stand in the hot water for 15 minutes; drain. Cool the eggs under cold running water in the sink. Peel and chop the eggs.

Pour the buttermilk into a large bowl; add the eggs, beets, cucumber, chives, and dill. Stir gently to combine. Chill in refrigerator for 1 full day before serving.

Peasant Bean Soup

Ingredients

1 pound Great Northern beans,
washed and sorted
2 1/2 quarts cold water, divided
3 carrots, sliced
3 stalks celery, sliced
2 medium onions, chopped
1 garlic clove, minced
1 (16 ounce) can stewed
tomatoes, cut up
1 bay leaf
2 tablespoons olive oil
salt and pepper to taste

Directions

Soak beans overnight in 2 qts. water. Add remaining water to softened beans and bring to a boil; reduce heat and simmer 30 minutes. Add all remaining ingredients; simmer 60 minutes or until beans are tender. Remove bay leaves before serving.

Gold Onion Soup

Ingredients

1 cup butter
6 onions, thinly sliced
1 tablespoon dried thyme
ground black pepper to taste
4 tablespoons all-purpose flour
8 cups water
2 cups dry white wine
1/2 cup soy sauce
4 tablespoons honey
1 1/2 cups shredded Swiss cheese

Directions

Melt butter in large saucepan over medium heat. Add onions and thyme, season with pepper. Cover and cook until onions are translucent, stirring occasionally, about 15 minutes. Cook until they are brown and caramelized, another 10 minutes.

Add flour to onions and stir until browned, scraping bottom of pan for about 5 minutes. Mix in water, wine, soy sauce, and honey. Bring to boil. Reduce heat; cover and simmer until soup is slightly thickened, about 1 1/2 hours. Add shredded Swiss cheese, stir till melted. Serve with French bread.

Italian Sausage Soup

Ingredients

1 pound Italian sausage
1 clove garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups spinach - packed, rinsed and torn
1/4 teaspoon ground black pepper
1/4 teaspoon salt

Directions

In a stockpot or Dutch oven, brown sausage with garlic. Stir in broth, tomatoes and carrots, and season with salt and pepper. Reduce heat, cover, and simmer 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer another 15 minutes, or until zucchini is tender.

Remove from heat, and add spinach. Replace lid allowing the heat from the soup to cook the spinach leaves. Soup is ready to serve after 5 minutes.

Swedish Fruit Soup

Ingredients

4 cups cranberry-apple juice
1/4 cup quick-cooking tapioca
1 medium lemon, thinly sliced
6 whole cloves
1/4 teaspoon ground nutmeg
1 (20 ounce) can pineapple
chunks, drained
1 (11 ounce) can mandarin
oranges, drained
1 (10 ounce) package frozen
sweetened strawberries, thawed,
undrained
1/3 cup maraschino cherry juice
or grenadine syrup (optional)
1/8 teaspoon salt

Directions

In a 3-qt. saucepan, combine the first five ingredients; let stand for 10 minutes. Bring to a boil over medium heat. Reduce heat; cook and stir for 15 minutes or until thickened and clear. Remove from the heat; discard lemon slices and cloves. Stir in remaining ingredients. Cover and refrigerate for at least 4 hours.

Meatball Noodle Soup

Ingredients

1 egg
1 tablespoon dry bread crumbs
1 teaspoon dried parsley flakes
1/2 teaspoon salt
1/8 teaspoon pepper
1 pinch dried oregano
1 pound lean ground beef
2 (14.5 ounce) cans chicken broth
1 cup fine egg noodles, uncooked

Directions

In a bowl, combine the first six ingredients. Crumble beef over mixture and mix well. Shape into 1/2-in. balls; set aside. In a large saucepan, bring broth to a boil; add meatballs. Reduce heat; simmer, uncovered, for 20 minutes. Add noodles; cook 15 minutes longer or until the meat is no longer pink and the noodles are tender.

Creamy French-American Soup

Ingredients

1/4 cup butter
2 onions, halved and thinly sliced
1 pint heavy cream
2 cups beef broth
salt and pepper, to taste
3 slices French bread
3 slices provolone cheese
3 slices Swiss cheese

Directions

Preheat oven to broiler setting.

Melt butter in a saucepan over medium heat. Add onions and cook until softened, 5 to 8 minutes. Stir in the heavy cream and beef broth. Bring to a boil, then reduce heat to low and simmer, loosely covered, for 20 minutes. Season with salt and pepper, to taste.

Top each slice of bread with one slice of provolone and one slice of Swiss cheese; place on a cookie sheet. Broil on top oven rack until the cheese browns and the edges of the bread are crispy, 3 to 5 minutes.

To serve, ladle soup into 3 bowls and top with one slice of the cheese-topped bread.

Green Bean Soup

Ingredients

2 pounds fresh green beans
1 clove garlic, minced
1 sprig fresh parsley
1 pinch salt
2 slices bacon
3 tablespoons all-purpose flour
1 onion, chopped
1 cup sour cream
3 tablespoons vinegar

Directions

In a large pot over medium heat, combine green beans, garlic, parsley, salt and water to cover and cook until beans are tender.

Fry bacon until crisp, set aside. Add onion and flour to bacon grease, stirring until smooth and brown. Add some water from the beans, stirring slowly and constantly to prevent lumps.

Cook to thicken a bit, then add it to the bean soup and bring to a boil. Stir crisp bacon, sour cream and vinegar.

Chicken Wild Rice Soup III

Ingredients

1 cup uncooked wild rice
3 cups diced, cooked chicken breast meat
2 tablespoons chicken bouillon granules
1 onion, chopped
5 cups water
4 potatoes, cubed
1 1/2 cups milk
2 tablespoons all-purpose flour

Directions

In a large saucepan over medium-high heat, bring rice, chicken, bouillon, onion and water to a boil. Remove from heat and pour into slow cooker. Stir in potatoes. Combine milk and flour and stir until smooth. Stir into soup mixture. Cook 6 to 8 hours, until rice and potatoes are tender and flavors are well blended.

Easy Cheesy Cream of Broccoli Soup

Ingredients

1 (10 ounce) package frozen
chopped broccoli
1 (10.75 ounce) can condensed
cream of mushroom soup
1 1/4 cups milk
8 ounces processed cheese food
(eg. Velveeta)
salt and pepper to taste

Directions

Prepare broccoli according to directions. Drain off excess water.

Add cream of mushroom soup and one can of milk to broccoli. Stir and heat thoroughly on low.

Add cheese, stirring until melted. Add salt and pepper to taste. Your quick and creamy soup is ready to serve!

Patricia's Green Chile Soup

Ingredients

1 tablespoon butter
1/2 cup finely diced onion
1 teaspoon minced garlic
1/2 cup chopped fresh green chile peppers
1 (5 ounce) can chunk chicken
1 1/2 teaspoons ground cumin
1 (10.75 ounce) can condensed cream of chicken soup
1 1/4 cups half-and-half cream
1 cup shredded Cheddar cheese
1/4 cup sour cream

Directions

Melt butter in a large saucepan over medium-high heat. Saute onion until transparent. Stir in the garlic, green chiles, chicken meat, and cumin. Cook for one minute to blend the flavors. Stir in the cream of chicken soup and half-and-half. Cook until heated through, about 5 minutes. Ladle hot soup into bowls. Top with cheese and a dollop of sour cream.

Pepper Pot Soup I

Ingredients

4 cups water
4 tablespoons chicken bouillon powder
2 potatoes, shredded
2 carrots, shredded
2 stalks celery, chopped
2 onions, chopped
1 green bell pepper, chopped
1/2 cup all-purpose flour
2 teaspoons salt
1/2 teaspoon ground black pepper
1 cup water
6 cups milk

Directions

Mix together 4 cups water, bouillon, potatoes, carrots, celery, onions, and green pepper; simmer for 20 minutes.

In a separate bowl mix together flour, black pepper, 1 cup water, and milk until smooth and add to the vegetables. Heat through and serve.

Stroganoff Soup

Ingredients

1 (16 ounce) package dry egg noodles
1 1/2 pounds round steak, cut into small pieces
1 small yellow onion, diced
2 (10.75 ounce) cans condensed cream of mushroom soup
2 2/3 cups water
1 (16 ounce) container sour cream
1 teaspoon steak sauce

Directions

Bring a large pot of lightly salted water to a boil. Add egg noodles and cook for 8 to 10 minutes, or until al dente; drain and rinse under hot water.

In a slow cooker, combine the soup, 2 2/3 cup (or 2 soup cans) of water, sour cream and steak sauce. Mix until smooth. Add cooked steak pieces, onions and cooked noodles. Cook on low for 2 hours, or to desired taste and consistency.

In a large skillet, brown the round steak pieces with the onion to desired doneness.

Cheesy Floret Soup

Ingredients

3 cups fresh broccoli florets
3 cups fresh cauliflowerets
3 celery ribs, sliced
1 small onion, chopped
2 cups water
1/2 teaspoon celery salt
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
2 1/3 cups milk
1 pound process cheese (eg. Velveeta), cubed

Directions

In a large saucepan, combine the first six ingredients. Bring to a boil. Reduce heat; cover and simmer for 12-15 minutes or until vegetables are tender.

Meanwhile, in a small saucepan, melt butter; stir in flour until smooth. Gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Reduce heat; add cheese. Cook and stir until cheese is melted. Drain vegetables; add cheese sauce and heat through.

Roasted Butternut Squash Soup with Apples and

Ingredients

1 (3 pound) butternut squash - peeled, seeded, and cubed
1 tablespoon olive oil
salt and ground black pepper to taste
8 strips bacon, chopped
1 large onion, chopped
6 stalks celery, chopped
6 carrots, chopped
1 bay leaf
2 teaspoons curry powder
1 teaspoon dried thyme
salt and ground black pepper to taste
1 Granny Smith apple - peeled, cored, and cubed
4 cloves garlic, minced
1 cup apple cider
1 1/2 quarts chicken stock
1/2 teaspoon ground nutmeg (optional)
1 1/2 cups sour cream

Directions

Preheat an oven to 375 degrees F (190 degrees C). Place squash in a large bowl and drizzle with olive oil; mix to coat; sprinkle with salt and pepper. Spread squash into a single layer on a baking pan. Roast the squash in the preheated oven, turning once, until fork-tender and caramelized; 30 to 40 minutes.

Place the bacon in a Dutch oven and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Remove the bacon slices to a paper towel-lined plate, reserving the drippings in the pan.

Place the onion, celery, carrot, bay leaf, curry powder, thyme, and salt and pepper in the Dutch oven; cook in reserved bacon drippings until the carrots and celery are soft. Mix in the apples and cooked squash and cook another 5 minutes. Stir the garlic into the mixture and cook another 1 minute. Pour the apple cider over the mixture; reduce heat to medium-low and bring to a simmer; allow to reduce to about half its original volume. Stir in the chicken stock; simmer over medium-low heat for about 20 minutes.

Puree the soup in small batches in a blender, or use an immersion blender. If using a blender, don't fill the blender more than half-way. Always remove the center lid piece of a stand blender when blending hot liquids so the steam can escape. Cover the hole with a dish towel while blending. Stir the nutmeg into the soup. Garnish each bowl with 1 tablespoon of sour cream and some of the bacon pieces to serve.

White Bean with Fennel Soup

Ingredients

4 cups Swanson® Vegetable Broth (Regular or Certified Organic)
1/8 teaspoon ground black pepper
1 small bulb fennel, trimmed and sliced
1 medium onion, chopped
2 cloves garlic, minced
1 (10 ounce) package frozen leaf spinach, thawed
1 (14.5 ounce) can diced tomatoes, undrained
1 (16 ounce) can white kidney beans (cannellini), undrained

Directions

Stir the broth, black pepper, fennel, onion and garlic in a 5 1/2- to 6-quart slow cooker.

Cover and cook on LOW for 6 to 7 hours.

Add the spinach, tomatoes and beans. Turn the heat to HIGH. Cover and cook for 1 hour or until the vegetables are tender.

Cabbage Veggie Cream Soup

Ingredients

1 pound elk breakfast sausage
2 tablespoons olive oil
3 cloves garlic, minced
2 teaspoons minced fresh ginger root
1 onion, chopped
2 cups cubed butternut squash
2 beets, sliced into rounds
4 red potatoes, diced
4 carrots, chopped
1/2 medium head green cabbage, chopped
1 teaspoon hot pepper sauce (such as Tabasco®), or to taste
2 teaspoons dried dill weed
2 teaspoons dried rubbed sage
2 teaspoons dried thyme leaves
salt and black pepper to taste
2 quarts chicken broth
1 (10.75 ounce) can condensed cream of mushroom soup
1/4 cup red wine vinegar

Directions

Heat a large pot over medium-high heat. Cook and stir the sausage in the hot pot until crumbly, evenly browned, and no longer pink. Drain and discard any excess grease; reserve the browned sausage.

Pour the olive oil into the pot; stir in the garlic, ginger, onion, butternut squash, beets, red potatoes, carrots, and cabbage. Cook and stir for 10 minutes. Season with hot pepper sauce, dill, sage, thyme, salt, and pepper. Add the browned sausage, chicken broth, cream of mushroom soup, and vinegar. Bring to a simmer over high heat. Reduce heat to medium-low, cover, and simmer until all of the vegetables are tender, about 30 minutes.

Chicken Gumbo Soup

Ingredients

8 cups water
1 teaspoon garlic powder
1 tablespoon hot pepper sauce
2 carrots, sliced thin
4 ounces fresh mushrooms
1 (10 ounce) package frozen okra,
thawed and sliced
1/4 cup uncooked wild rice
1 skinless, boneless chicken
breast half - cut into cubes
1 1/2 cups uncooked rotini pasta
salt to taste
ground black pepper to taste
3 green onions, thinly sliced

Directions

Bring the water to a boil. Add the garlic powder and the hot pepper sauce. Put the carrots and mushrooms into the pot of water. Cook for five minutes.

Add the okra, wild rice, and chicken cubes. Turn heat to low, and cook for three hours.

Add the spiral pasta, and cook for ten minutes. Add salt and pepper to taste. Serve hot, garnished with green onions.

Vegan Split Pea Soup I

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 bay leaf
3 cloves garlic, minced
2 cups dried split peas
1/2 cup barley
1 1/2 teaspoons salt
7 1/2 cups water
3 carrots, chopped
3 stalks celery, chopped
3 potatoes, diced
1/2 cup chopped parsley
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
1/2 teaspoon ground black pepper

Directions

In a large pot over medium high heat, saute the oil, onion, bay leaf and garlic for 5 minutes, or until onions are translucent. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low. Simmer for 2 hours, stirring occasionally.

Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for another hour, or until the peas and vegetables are tender.

Hot and Sour Chicken Soup

Ingredients

3 cups chicken broth
1/2 cup water
2 cups sliced fresh mushrooms
1/2 cup sliced bamboo shoots,
drained
3 slices fresh ginger root
2 cloves garlic, crushed
2 teaspoons soy sauce
1/4 teaspoon red pepper flakes
1 pound skinless, boneless
chicken breast halves - cut into
thin strips
1 tablespoon sesame oil
2 green onions, chopped
1/4 cup chopped fresh cilantro
(optional)
3 tablespoons red wine vinegar
2 tablespoons cornstarch
1 egg, beaten

Directions

In a saucepan, combine the chicken broth, water, mushrooms, bamboo shoots, ginger, garlic, soy sauce, and hot pepper flakes. Bring to a boil, then reduce the heat to low, cover and simmer while you assemble the rest of the ingredients.

Place the chicken slices into a bowl and toss with the sesame oil to coat. In a separate bowl, stir together the cornstarch and vinegar, and set aside.

Increase the heat under the broth to medium-high, and return to a rolling boil. Add the chicken slices. Return to a boil, and then drizzle in the egg while stirring slowly to create long strands of egg. Stir in the vinegar and cornstarch. Simmer over medium heat, stirring occasionally, until chicken is cooked through and the broth has thickened slightly, about 3 minutes. Serve garnished with green onions and cilantro.

Lentil and Sausage Soup

Ingredients

1/2 pound sweet Italian sausage
1 large onion, chopped
1 stalk celery, finely chopped
1 tablespoon chopped garlic
1 (16 ounce) package dry lentils, rinsed
1 cup shredded carrot
8 cups water
2 (14.5 ounce) cans chicken broth
1 (28 ounce) can diced tomatoes
1 tablespoon garlic powder
1 tablespoon chopped fresh parsley
2 bay leaves
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1 tablespoon salt, or to taste
1/2 teaspoon black pepper
1/2 pound ditalini pasta (optional)

Directions

Place sausage in a large pot. Cook over medium high heat until evenly brown. Add onion, celery and chopped garlic, and saute until tender and translucent. Stir in lentils, carrot, water, chicken broth and tomatoes. Season with garlic powder, parsley, bay leaves, oregano, thyme, basil, salt and pepper. Bring to a boil, then reduce heat. Cover, and simmer for 2 1/2 to 3 hours, or until lentils are tender.

Stir in pasta, and cook 15 to 20 minutes, or until pasta is tender.

Portuguese Bean Soup

Ingredients

1 ham hock
1 (10 ounce) linguica sausage, sliced
1 onion, minced
2 quarts water
4 potatoes, peeled and cubed
2 celery rib, chopped
2 carrots, chopped
1 (15 ounce) can stewed tomatoes
1 (8 ounce) can tomato sauce
1 clove garlic, minced
1/2 head cabbage, thinly sliced
1 (15 ounce) can kidney beans

Directions

Place ham hock, linguica, onion, and water into a Dutch oven over high heat. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 1 hour.

Remove meat from ham hock, chop, and return to soup. Stir in potatoes, celery, carrots, stewed tomatoes, tomato sauce, and garlic. Cover, and continue simmering for 1 1/2 hours, stirring occasionally.

Stir in cabbage and kidney beans, cook until the cabbage has softened, about 10 minutes.

Veggie Meatball Soup

Ingredients

3 cups beef broth
2 cups frozen mixed vegetables,
thawed
1 (14.5 ounce) can stewed
tomatoes
15 frozen cooked meatballs,
thawed
3 bay leaves
1/4 teaspoon pepper
1 cup spiral pasta, cooked and
drained

Directions

In a slow cooker, combine the first six ingredients. Cover and cook on low for 4-5 hours. Just before serving, stir in pasta; heat through. Discard bay leaves.

Slow Cooker Taco Soup

Ingredients

1 pound ground beef
1 onion, chopped
1 (16 ounce) can chili beans, with liquid
1 (15 ounce) can kidney beans with liquid
1 (15 ounce) can whole kernel corn, with liquid
1 (8 ounce) can tomato sauce
2 cups water
2 (14.5 ounce) cans peeled and diced tomatoes
1 (4 ounce) can diced green chile peppers
1 (1.25 ounce) package taco seasoning mix

Directions

In a medium skillet, cook the ground beef until browned over medium heat. Drain, and set aside.

Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chile peppers and taco seasoning mix in a slow cooker. Mix to blend, and cook on Low setting for 8 hours.

Creole Onion Soup

Ingredients

1 (1 pound) loaf French bread
1/4 cup butter
2 onions, thinly sliced
1/4 cup all-purpose flour
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1/2 teaspoon Creole-style seasoning
1/4 cup spaghetti sauce
2 tablespoons soy sauce
2 (10.5 ounce) cans beef broth
1 cup shredded Swiss cheese
1 cup grated Parmesan cheese

Directions

Slice the bread in thick slices and place on the rack in the oven. Heat oven to 325 degrees F (165 degrees C). Check bread periodically throughout following steps and remove from oven when golden.

In a saucepan over medium heat, melt butter. Cook onion in butter, stirring, until golden, 15 minutes. Sprinkle flour, pepper, garlic powder and Creole seasoning over onion and continue to cook until flour is golden brown as well. Stir in spaghetti sauce and soy sauce, cook 1 minute more. Stir in beef broth and simmer 10 minutes, or until onions reach desired consistency.

Place slices of bread in ovenproof bowls and top with Swiss cheese. Ladle soup into bowls and top with Parmesan. Place in oven until Parmesan melts. Serve at once.

Delicious Vegetable Beef Soup

Ingredients

2 (14 ounce) cans vegetable broth
2 cups water
5 small potatoes, peeled and diced
1/3 head cabbage, chopped
1 1/2 pounds ground beef
1 small onion, diced
1/4 cup diced celery
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
2 (11.5 ounce) cans tomato-vegetable juice cocktail
1 (14.5 ounce) can Italian-style diced tomatoes
1/2 (16 ounce) package frozen mixed vegetables
1 cup frozen cut okra
1 cup frozen lima beans
2 cubes beef bouillon, crumbled
2 tablespoons Worcestershire sauce
1 tablespoon celery seed
1 tablespoon bacon grease
salt and pepper to taste

Directions

Pour 1 can vegetable broth and water into a large pot. Place potatoes and cabbage into pot, and bring to a boil. Cook 10 minutes, or until potatoes are tender but firm.

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease and mix beef into the pot. Stir the onion, celery, green bell pepper, and garlic into the skillet. Cook until tender, then mix into the pot.

Pour remaining broth and tomato-vegetable juice cocktail into the pot. Mix in tomatoes, frozen mixed vegetables, okra, lima beans, beef bouillon, Worcestershire sauce, celery seed, and bacon grease. Season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 2 hours.

Lemon Soup

Ingredients

1 (48 fluid ounce) can chicken broth
2 egg yolks
2 egg whites
1 lemon, juiced
salt and pepper to taste
1 cup uncooked orzo pasta

Directions

Pour chicken broth into a large pot, and bring to a boil. Add orzo pasta, and simmer for 10 minutes, until tender.

In a medium glass or metal bowl, whip egg whites to medium stiff peaks. Stir in egg yolks and lemon juice. When the pasta has finished cooking, Gradually ladle about 1 cup of the soup into the egg mixture while stirring gently. This will heat up the eggs so they will not be shocked by the boiling liquid. Pour the egg mixture into the soup pot, and stir until well blended. Season with salt and pepper, and serve immediately.

Kitchen Sink Soup

Ingredients

10 cups chicken broth
2 potatoes, cubed
2 carrots, sliced
2 stalks celery, diced
5 fresh mushrooms, sliced
1 green bell pepper, chopped
1 fresh broccoli, chopped
4 cups cauliflower florets
1 parsnip, sliced
1 onion, chopped
1 cup green peas
1 cup cut green beans, drained
1 cup wax beans, drained
1/2 cup cooked chickpeas
1/2 cup cooked navy beans
salt and pepper to taste
1 teaspoon dried parsley

Directions

In a large stockpot, combine all the ingredients and cook over medium heat partially covered for about 30 minutes or until all the vegetables are tender. Serve hot with buttered biscuits.

Chilled Squash and Carrot Soup

Ingredients

1 1/2 pounds butternut squash,
peeled, seeded and cubed
1 (14.5 ounce) can chicken broth
2 medium carrots, sliced
1 medium onion, chopped
1/4 teaspoon salt
1/2 cup fat-free evaporated milk
3 tablespoons reduced fat sour
cream

Directions

In a large saucepan, combine the squash, broth, carrots, onion and salt. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are very tender. Remove from the heat; cool.

In a blender or food processor, puree squash mixture in batches. Transfer to a bowl, stir in milk. Cover and chill until serving. Garnish with sour cream.

Coconut Curry Pumpkin Soup

Ingredients

- 1/4 cup coconut oil
- 1 cup chopped onions
- 1 clove garlic, minced
- 3 cups vegetable broth
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground coriander
- 1/4 teaspoon crushed red pepper flakes
- 1 (15 ounce) can 100% pure pumpkin
- 1 cup light coconut milk

Directions

Heat the coconut oil in a deep pot over medium-high heat. Stir in the onions and garlic; cook until the onions are translucent, about 5 minutes. Mix in the vegetable broth, curry powder, salt, coriander, and red pepper flakes. Cook and stir until the mixture comes to a gentle boil, about 10 minutes. Cover, and boil 15 to 20 minutes more, stirring occasionally. Whisk in the pumpkin and coconut milk, and cook another 5 minutes.

Pour the soup into a blender, filling only half way and working in batches if necessary; process until smooth. Return to a pot, and reheat briefly over medium heat before serving.

Lemony Turkey Rice Soup

Ingredients

6 cups chicken broth, divided
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
2 cups cooked rice
2 cups diced cooked turkey
1/4 teaspoon pepper
2 tablespoons cornstarch
1/4 cup lemon juice
1/4 cup minced fresh cilantro or parsley

Directions

In a large saucepan, combine 5-1/2 cups of broth, soup, rice, turkey and pepper. Bring to a boil; boil for 3 minutes. In a small bowl, combine cornstarch and remaining broth until smooth. Gradually stir into hot soup. Cook and stir for 1-2 minutes or until thickened and heated through. Remove from the heat; stir in lemon juice and cilantro.

Chicken Wild Rice Soup II

Ingredients

1 cup uncooked wild rice
1 cup water

1 cup water

3 tablespoons butter
2 skinless, boneless chicken breast halves - cubed
1 onion, diced
1/2 cup chopped celery

2 (10.75 ounce) cans condensed cream of chicken soup
2 2/3 cups milk
1 (14.5 ounce) can sliced carrots
3 tablespoons sliced almonds
5 tablespoons butter
3 tablespoons dried parsley

Directions

Soak rice in 1 cup water for 6 to 8 hours. Drain.

Bring 1 cup water to a boil in a small saucepan. Stir in drained rice. Boil until water level dips below rice, 10 minutes. Set aside.

In a medium saucepan, melt 3 tablespoons butter over medium-high heat. Cook chicken, onion and celery in butter until browned and slightly crispy, 10 to 15 minutes. Set aside.

In a large pot, combine cream of chicken soup, milk, chicken mixture, carrots, almonds, 5 tablespoons butter and parsley. Bring to a boil, stirring, then reduce heat to low and stir in rice. Simmer, uncovered, 15 minutes, stirring occasionally and adding more water or milk to thin if needed. Serve at once.

Stuffed Pepper Soup IV

Ingredients

1 pound ground sirloin
1 green bell pepper, chopped
1 cup finely diced onion
1 (29 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (14 ounce) can chicken broth
1/4 teaspoon dried thyme
1/4 teaspoon dried sage
salt and pepper to taste
1 cup white rice

Directions

In a large stock pot brown ground meat. Drain fat and add pepper and onion. Cook until onion is translucent, not letting them brown.

Add tomatoes, tomato sauce, broth, thyme, sage and season with salt and pepper. Cover and simmer for 30 to 45 minutes, until peppers are tender.

In another saucepan boil 2 cups water, and add rice. Cook until rice is tender and then add to soup. Heat soup through and serve.

Creamy Chicken and Wild Rice Soup

Ingredients

4 cups chicken broth
2 cups water
2 cooked, boneless chicken breast halves, shredded
1 (4.5 ounce) package quick cooking long grain and wild rice with seasoning packet
1/2 teaspoon salt
1/2 teaspoon ground black pepper
3/4 cup all-purpose flour
1/2 cup butter
2 cups heavy cream

Directions

In a large pot over medium heat, combine broth, water and chicken. Bring just to boiling, then stir in rice, reserving seasoning packet. Cover and remove from heat.

In a small bowl, combine salt, pepper and flour. In a medium saucepan over medium heat, melt butter. Stir in contents of seasoning packet until mixture is bubbly. Reduce heat to low, then stir in flour mixture by tablespoons, to form a roux. Whisk in cream, a little at a time, until fully incorporated and smooth. Cook until thickened, 5 minutes.

Stir cream mixture into broth and rice. Cook over medium heat until heated through, 10 to 15 minutes.

Mulligatawny Soup II

Ingredients

1 tablespoon ghee (clarified butter), or vegetable oil
1 onion, chopped
4 cloves garlic, minced
2 teaspoons grated fresh ginger
2 green chile peppers, chopped
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
2 teaspoons ground coriander seed
1 1/2 teaspoons ground cumin
1 teaspoon ground turmeric
4 pods cardamom, bruised
1 tablespoon chopped fresh curry
1 carrot, chopped
1 apple - peeled, cored, and chopped
1 large potato, peeled and diced
1 cup Masoor dhal (red lentils), rinsed, drained
8 cups chicken broth
1 tablespoon tamarind concentrate
1 tablespoon lemon juice
2 cups coconut milk
2 tablespoons chopped fresh cilantro

Directions

Heat ghee or vegetable oil in large pan (use low heat); cook onion, garlic, ginger, chilies, spices and curry leaves, stirring, until onion is browned lightly and mixture is fragrant. Do not over brown the onion or else it will give the soup a burnt taste.

Add carrot, apple, potato, dhal, and chicken stock to pan; simmer, covered, for about 15 minutes or until vegetables are just tender. Discard cardamom pods and curry leaves.

Blend or process soup mixture, in batches, until pureed; return to pan. Add tamarind, lemon juice, coconut milk and fresh coriander leaves; stir until heated through.

Tomato and Garlic Bread Soup

Ingredients

1 tablespoon olive oil
1/2 cup yellow onion, diced
1/2 teaspoon fresh garlic, minced
1/4 teaspoon dried red pepper flakes
2 cups low-sodium vegetable broth
1 (14.5 ounce) can Italian-style crushed tomatoes, undrained
4 slices Roman Meal Bread, toasted and cut into 1/2-inch pieces
3 tablespoons fresh basil leaves, thinly sliced
2 tablespoons Parmesan cheese, shaved

Directions

Heat oil in large saucepan over medium-high heat; add onions, garlic and red pepper flakes. Cook, stirring occasionally, for 3 to 5 minutes until onions are tender. Add broth, tomatoes and bread cubes. Cook; stirring occasionally until simmering. Stir in basil.

Divide into four serving bowls. Top with cheese and additional basil if desired.

Easy Chourico Soup

Ingredients

5 ounces Portuguese chourico, diced
1 red onion, diced
1 (15 ounce) can garbanzo beans, with liquid
1 (14.5 ounce) can diced tomatoes
1 sweet potato, peeled and diced
4 cups vegetable broth
1 teaspoon dried thyme leaves
5 ounces baby spinach
salt and ground black pepper

Directions

Cook the chourico in a soup pot over medium-high heat until it releases some oil. Add the chopped onion; stir and cook until the onions are soft, about 5 minutes. Mix in the garbanzo beans, diced tomatoes, sweet potatoes, vegetable broth, and thyme. Bring the soup to a boil over high heat, then reduce the heat to medium-low, cover, and simmer until the sweet potatoes are soft, about 10 minutes.

Stir the baby spinach into the soup and continue cooking for 5 minutes. Season with salt and pepper to taste.

Fall Vegetable Soup with Black-Eyed Peas and

Ingredients

3/4 pound skinless, boneless chicken breast
2 tablespoons olive oil
2 large onions, diced
3 large carrots, diced
2 medium parsnips, diced
1 bulb fennel, trimmed and diced
4 cups SwansonB® Chicken Broth (regular, Natural GoodnessB „ÿ or Certified Organic)
1 (15 ounce) can black-eyed peas, rinsed and drained
2 tablespoons chopped fresh parsley

Directions

Lightly oil the grill rack and heat the grill to medium. Grill the chicken for 15 minutes or until the chicken is cooked through, turning the chicken halfway through cooking. Remove the chicken to a cutting surface. Let cool for 5 minutes. Cut into strips. Set aside.

Heat the oil in a 6-quart saucepot over medium heat. Add the onions, carrots, parsnips and fennel. Cook for 5 minutes or until the vegetables are tender. Add the broth and heat to a boil. Reduce the heat to medium-low and cook for 30 minutes or until the vegetables are very tender.

Stir in the chicken, peas and parsley and heat through. Season to taste. Divide the soup mixture among 8 serving bowls.

Avocado and Cilantro Soup

Ingredients

4 avocados - peeled, pitted and diced
1 shallot, finely chopped
3 1/2 cups cold chicken broth
2 tablespoons tomato paste
1 teaspoon hot pepper sauce (e.g. Tabasco, etc.)
1 tablespoon fresh lime juice, or to taste
1 tablespoon tequila (optional)
2 tablespoons chopped fresh cilantro
salt and pepper to taste
2 tablespoons sour cream

Directions

In a large food processor, combine the avocado, shallot, chicken broth, tomato paste, hot pepper sauce, lime juice and tequila. Reserve a little bit of cilantro for garnish, then put the rest into the processor. Process until smooth. If you have an immersion blender, you may do this in a pot or large bowl. Season with salt and pepper. Transfer to a large bowl, cover and refrigerate for at least 2 hours before serving.

To serve, divide the soup between four chilled bowls. Top with a dollop of sour cream and a sprig of cilantro.

Kris' Lentil Sausage Soup

Ingredients

2 tablespoons vegetable oil
1 onion, diced
2 carrots, sliced
2 stalks celery with leaves,
chopped
1 pound kielbasa sausage, sliced
2 quarts chicken broth
1 (15 ounce) can crushed
tomatoes
1 clove garlic, crushed
1 pound dry lentils, rinsed
2 bay leaves
salt and pepper to taste

Directions

Heat oil in a large stockpot over medium heat. Stir in the onion, carrots, and celery; cook and stir for 2 minutes. Add kielbasa, chicken broth, tomatoes, garlic, lentils, and bay leaves and bring to a boil. Reduce heat and simmer for 2 hours. Season to taste with salt and pepper.

Berry Soup

Ingredients

1/2 cup barley
6 cups water
1/2 cup white sugar
1 (10 ounce) package frozen
raspberries
1/2 cup raisins
1 cup pitted cherries

Directions

In a large bowl, soak the barley in the water overnight; do not drain.

In a large saucepan over low heat, simmer the barley for one hour. Then add the sugar, raspberries and raisins and simmer for another 30 minutes. Add the cherries and simmer for another 15 minutes, or until the soup becomes relatively thick. Allow to chill in the refrigerator and serve cold.

Wisconsin Cheese Soup I

Ingredients

5 tablespoons margarine
2 carrots, chopped
2 stalks celery, chopped
1 green bell pepper, chopped
1 onion, chopped
5 button mushrooms, chopped
1/2 cup chopped ham
1/2 cup all-purpose flour
2 tablespoons cornstarch
4 cups chicken broth
4 cups milk
1/2 teaspoon paprika
1/4 teaspoon ground cayenne
pepper
1/2 teaspoon ground mustard
2 cups shredded sharp Cheddar
cheese
salt to taste
ground black pepper to taste

Directions

In a large heavy kettle, melt butter or margarine. Add carrots, celery, onion, green pepper, mushrooms, and ham; cook over medium heat until vegetables are crisp tender, about 10 minutes, stirring occasionally. Do not brown.

Stir in flour and cornstarch; cook, stirring constantly, about 3 minutes. Add broth and cook, stirring, until slightly thickened. Add milk, paprika, cayenne, and mustard.

Stir in cheese gradually, stirring until cheese is melted. To avoid curdling, do not allow soup to boil after cheese is added. Season to taste with salt and pepper. Serve piping hot.

Turkey Soup with Dressing Dumplings

Ingredients

1 roast turkey carcass
6 quarts water
4 medium onions
6 medium carrots
5 stalks celery
6 cups leftover stuffing
6 egg whites
cooking spray
1 cup peas
1 cup corn kernels
1 cup cubed turnips
1 cup fresh green beans, trimmed
1 (16 ounce) can jellied cranberry sauce
1 (16 ounce) can whole berry cranberry sauce
1 tablespoon poultry seasoning, such as Bell's
salt and pepper to taste

Directions

Set the oven rack about 6 inches from the heat source and preheat the oven's broiler. Remove all meat from cooked turkey carcass and set aside. Arrange bones in a roasting pan and broil until browned on both sides.

Transfer browned bones to large stock pot and cover with 6 quarts of water. Trim, peel, and chop the onions, carrots, and celery; add peels and ends of raw onions, celery, and carrots to the stock pot and reserve the cleaned vegetables for the soup. Simmer bones and vegetable scraps for 1 hour. Turn off the heat and allow stock to cool for 20 minutes. Strain the stock, discarding the bones and vegetable scraps. Remove the fat from the stock by refrigerating the stock overnight and removing the hardened fat layer from the top or by skimming the fat from the top of the liquid with a ladle.

Combine leftover stuffing and egg whites in a large bowl. Form the stuffing mixture into small balls and place on a microwave-safe plate. Microwave the dumplings on High for 1 1/2 to 2 minutes. Heat a large skillet over medium heat, and coat with cooking spray. Add the dumplings and cook until they are golden brown on all sides. Remove from pan and set aside.

Add the reserved and chopped turkey meat, onions, celery, and carrots to the strained soup stock; simmer for 1 hour. Stir in the peas, corn, green beans, and turnips; simmer until the vegetables are tender. Pour in the jellied and whole berry cranberry sauces, poultry seasoning, salt, and pepper; stir. When the cranberry sauce has dissolved into the soup add the cooked dumplings and heat through.

Potato Leek Soup I

Ingredients

5 pounds white potatoes, peeled and quartered
6 cups chicken broth
2 leeks, bulb only
1/2 cup butter
1/4 cup white wine
salt to taste
1/4 teaspoon freshly ground white pepper

Directions

Cook potatoes in chicken stock until soft. Set aside, do not drain.

Put potatoes in the work bowl of a food processor in batches. Add 5 cups of chicken stock from the potato cooking pot. Puree until smooth.

Half the leeks lengthwise, and soak in water to clean. Finely slice. Saute in butter until transparent. Add white wine, and cook for 3 minutes.

In a soup pot, combine remaining cup of chicken stock from the potato cooking pot and sauteed leeks. Stir in pureed potatoes, and bring to a simmer. Season with salt and white pepper. Cook to desired consistency, adding more stock if necessary. Garnish with parsley.

Jen's Hamburger Soup

Ingredients

1 (16 ounce) package baby carrots
1 (10 ounce) package sliced fresh mushrooms
2 cups whole kernel corn, drained
1/2 head Savoy cabbage, sliced
3 cups peeled, seeded and cubed butternut squash
1 (28 ounce) can crushed tomatoes
1/2 cup water
1 pound extra lean ground beef
1/2 (1 ounce) package low-sodium taco seasoning
1/2 teaspoon seasoned salt (optional)
1/2 teaspoon garlic salt (optional)

Directions

Place carrots in a large, heavy pot, then layer mushrooms, corn, Savoy cabbage, butternut squash, tomatoes, and water on top. Cover and bring to a boil over medium-high heat.

While the soup is coming to a boil, heat a large skillet over medium-high heat and stir in the ground beef and taco seasoning. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Add beef to the soup, and reduce heat to medium. Continue simmering until the carrots are tender, about 1 hour.

Slow Cooker Calico Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
1 meaty beef roast bone
2 (14.5 ounce) cans peeled and diced tomatoes
1 1/2 cups red wine
3 tablespoons dried minced onion flakes
1 tablespoon dried parsley
1 teaspoon paprika
1 tablespoon celery seed
2 bay leaves
1 teaspoon seasoned salt
1 tablespoon garlic powder
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1 pinch crushed red pepper flakes
water to cover

Directions

Soak the beans in water overnight, rinse well and drain.

In a slow cooker, combine the soaked beans, meat bones, tomatoes, red wine, parsley, paprika, celery seed, bay leaves, seasoned salt, garlic powder, sugar, ground black pepper and crushed red pepper flakes. Add water to cover.

Cook on low setting for 3 to 4 hours, or until beans are tender. Remove the bones and strip and shred any meat from the bones. Discard the bones and return the meat to the slow cooker. Allow to heat through.

Lamb Barley Soup

Ingredients

1 pound ground lamb
1/2 large onion, chopped
1 (28 ounce) can diced tomatoes, drained
2 cups water
3 (10.5 ounce) cans beef consomme
1 (10.75 ounce) can condensed tomato soup
4 medium carrots, chopped
3 stalks celery, chopped
1/2 teaspoon chili powder
1/2 teaspoon ground black pepper
1/2 cup barley

Directions

Place the lamb and onion into a large soup pot over medium heat. Cook and stir until the lamb is browned and crumbled. Drain excess grease if any. Stir in the tomatoes, water, consomme, and tomato soup. Add the carrots, celery, and barley, and season with chili powder and pepper. Simmer over medium heat for 45 minutes.

Sherry's Wild West Soup

Ingredients

4 cups fat-free chicken broth
2 (4.5 ounce) cans diced green chile peppers, drained
2 cups shredded cooked chicken meat
1 (15 ounce) can garbanzo beans
1 teaspoon dried oregano
2 minced chipotle peppers in adobo sauce, or to taste
1 cup cooked white rice
1 pinch salt and pepper to taste
1 avocado - peeled, pitted and sliced
1 cup diced Monterey Jack cheese

Directions

Pour broth into a soup pot, or large saucepan, and bring to a simmer. Add the chile peppers, chicken, garbanzo beans, oregano, chipotle peppers, rice, salt and pepper. Return to a simmer, and cook for 30 minutes. If the soup is too thick, you can add a little more broth. Ladle into serving bowls, and top with sliced avocado and cheese cubes.

Pork and Cabbage Soup

Ingredients

1 pound pork sausage
1 (14 ounce) can beef broth
2 cups water
2 teaspoons beef bouillon granules
1/2 head cabbage, finely chopped
3 potatoes, diced
1 onion, diced
1 clove garlic, diced
1 tablespoon dried marjoram
salt and pepper to taste

Directions

Place sausage in a large pot, break apart, and cook until evenly brown.

Pour the broth and water into the pot with the sausage. Dissolve the beef bouillon granules in the liquid. Mix in the cabbage, potatoes, onion, and garlic. Season with marjoram, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 20 minutes.

Light Coconut Cream Broccoli and Barley Soup

Ingredients

3/4 cup barley
3 cups water
2 tablespoons unsalted butter
1 onion, chopped
2 celery stalks, chopped
5 cloves garlic, cut into slivers and divided
2 tablespoons fresh ground black pepper
1 tablespoon red pepper flakes
1 tablespoon sea salt
2 dashes ground nutmeg
7 cups chopped broccoli florets and stalks
3 1/4 cups low-sodium vegetable stock
1 (14 ounce) can reduced-fat coconut milk
1 cup 2% milk
1/4 cup grated Asiago cheese (optional)
1/2 bunch fresh parsley, chopped (optional)

Directions

Bring the barley and water to a boil in a saucepan over high heat. Cover, reduce heat to low, and simmer until the barley is tender, about 30 minutes. Drain and set aside.

Melt the butter in a large pot over medium heat. Stir the onion and celery into the melted butter, place a cover on the pot, and cook until tender, about 5 minutes. Add about half the garlic. Season with the black pepper, red pepper flakes, sea salt, and nutmeg. Return the cover to the pot and cook another 5 minutes.

Stir the broccoli, vegetable stock, and remaining garlic into the mixture and bring to a boil. Return the cover to the pot, reduce heat to medium, and cook another 15 minutes, stirring once. Remove the pot from heat.

Pour the soup into a blender, filling the pitcher no more than halfway. Hold the blender lid 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 puree the soup with a stick blender directly in the pot.

Return the soup to medium-low heat. Stir the coconut milk, 2% milk, and barley into the pureed soup; cover and cook until hot, 5 to 8 minutes. Ladle into bowls and top with Asiago cheese and parsley to serve.

Hearty Lasagna Soup

Ingredients

1 pound ground beef
1/4 teaspoon garlic powder
1 (14 ounce) can SwansonB®
Seasoned Beef Broth with Onion
1 (14.5 ounce) can diced tomatoes
1/4 teaspoon dried Italian
seasoning
1 1/2 cups uncooked mafalda or
corkscrew-shaped pasta
1/4 cup grated Parmesan cheese

Directions

Cook beef with garlic in skillet until browned. Pour off fat.

Add broth, tomatoes and Italian seasoning. Heat to a boil.

Stir in pasta. Cook over medium heat 10 min. or until pasta is done.
Stir in cheese. Serve with additional cheese if desired.

Spinach and Leek White Bean Soup

Ingredients

2 teaspoons olive oil
4 leeks, bulb only, chopped
2 cloves garlic, chopped
2 (16 ounce) cans fat-free chicken broth
2 (16 ounce) cans cannellini beans, rinsed and drained
2 bay leaves
2 teaspoons ground cumin
1/2 cup whole wheat couscous
2 cups packed fresh spinach
salt and pepper to taste

Directions

Heat olive oil in a large saucepan or soup pot over medium heat. Add the leeks and garlic; saute until tender, about 5 minutes. Stir in the chicken broth, cannellini beans, bay leaves and cumin. Bring to a boil, then reduce the heat to low, and stir in the couscous. Cover, and simmer for 5 minutes. Stir in spinach and season with salt and pepper. Serve immediately.

Italian Riboletta Soup

Ingredients

2 tablespoons olive oil
1 onion, chopped
2 tablespoons minced garlic
2 stalks celery, chopped
1 carrot, chopped
1 bay leaf
1/4 cup chopped parsley
4 cups chicken broth
1 cup water
2 (14.5 ounce) cans stewed tomatoes
1 teaspoon dried thyme
3 cups shredded cabbage
1 potato, peeled and diced
2 1/2 cups cooked white beans
6 slices French or Italian-style bread
1/2 cup grated Parmesan cheese

Directions

In a large saucepan, heat the olive oil over medium heat. Cook the onions, garlic, celery and carrot until the onion is soft.

Stir in bay leaf, parsley, chicken stock, water, tomatoes, thyme, cabbage, potato, and cooked beans. Bring to a simmer and cook for about 40 minutes, or until beans are tender. Season with salt and pepper to taste.

Preheat oven to 350 degrees F(175 degrees C). In a 4 quart casserole dish, place 1/3 of the mixture over the bottom. Layer 3 of the stale pieces of bread over the top. Place another 1/3 of the soup mixture over the bread followed by remaining 3 slices of bread. Top with remaining 1/3 of soup.

Sprinkle with Parmesan cheese and bake for 30-40 minutes, or until soup is bubbling and cheese is light golden.

Diet Soup

Ingredients

1 medium head cabbage,
chopped
1 onion, chopped
3 large carrots, chopped
3 stalks celery, chopped
3 tomatoes, chopped
16 ounces frozen green beans
2 (1 ounce) packages dry onion
soup mix
6 cups water

Directions

Combine water, soup mix, and vegetables in a large stock pot. Bring to a boil. Reduce heat, and simmer until the vegetables are tender.

Slightly Healthier College Ramen Soup

Ingredients

2 1/2 cups water
1 carrot, sliced
4 fresh mushrooms, sliced
1 (3 ounce) package ramen noodle
pasta with flavor packet
1 egg, lightly beaten
1/4 cup milk (optional)

Directions

In a medium saucepan bring the water to a boil over high heat. Stir in the carrot and mushrooms and boil for about 7 minutes. Add the noodles and the flavoring packet; stir to break up the noodles. Reduce heat to medium and simmer for 3 minutes. Slowly pour in the egg and stir for 30 seconds until the egg has cooked. Stir in the milk.

Creamy Chorizo and Chicken Soup

Ingredients

2 tablespoons olive oil
2 tablespoons butter
4 skinless boneless chicken breasts, cut into 2-inch cubes
2 tablespoons Worcestershire sauce
1 teaspoon garlic salt
black pepper to taste
2 cloves garlic, minced
1/2 pound chorizo sausage, casings removed
4 cups chicken stock
1 (14.5 ounce) can Mexican-style stewed tomatoes
1 cup heavy cream
salt to taste
1 cup shredded Monterey Jack cheese
1/4 cup grated Parmesan cheese
1/4 cup sour cream, for topping

Directions

Heat the olive oil in a large pot over high heat, then add the butter. Stir in chicken and season with Worcestershire sauce, garlic salt, and pepper. Cook the chicken breasts until no longer pink in the center, then stir in the garlic. Place chicken onto a plate and set aside.

Cook the chorizo until it becomes a dark golden brown, breaking up the large pieces, using the same pot over medium-high heat. Stir in the chicken stock, tomatoes, and reserved chicken with juices. Reduce heat to medium-low and simmer for 20 minutes. Stir in heavy cream and simmer for another 5 minutes. Season with salt. Serve soup garnished with Monterey Jack cheese, Parmesan cheese, and a dollop of sour cream.

SwansonB® Winter Vegetable Bean Soup with

Ingredients

2 medium carrots, diced
3 medium potatoes, peeled and diced
1 medium turnip, peeled and diced
2 large leeks, white part only, sliced
2 stalks celery, sliced
5 1/4 cups SwansonB® Vegetable Broth (Regular or Certified Organic)
1 (19 ounce) can white kidney beans (cannellini), rinsed and drained
1 bay leaf
1/4 teaspoon crushed red pepper
Easy Basil Pesto (see note)

Directions

Heat the carrots, potatoes, turnip, leeks, celery and 1 3/4 cups broth in a 6-quart saucepot over medium-high heat to a boil.

Reduce the heat to low. Cover and cook for 15 minutes or until the vegetables are tender-crisp.

Reserve 1/2 cup of broth for the Easy Basil Pesto. Stir the remaining broth, beans, bay leaf and red pepper in the saucepot and heat to a boil. Reduce the heat to low. Cook for 15 minutes or until the vegetables are tender. Remove the bay leaf. Serve topped with the Easy Basil Pesto.

Slow Cooker Chicken Taco Soup

Ingredients

1 onion, chopped
1 (16 ounce) can chili beans
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn, drained
1 (8 ounce) can tomato sauce
1 (12 fluid ounce) can or bottle beer
2 (10 ounce) cans diced tomatoes with green chilies, undrained
1 (1.25 ounce) package taco seasoning
3 whole skinless, boneless chicken breasts
shredded Cheddar cheese (optional)
sour cream (optional)
crushed tortilla chips (optional)

Directions

Place the onion, chili beans, black beans, corn, tomato sauce, beer, and diced tomatoes in a slow cooker. Add taco seasoning, and stir to blend. Lay chicken breasts on top of the mixture, pressing down slightly until just covered by the other ingredients. Set slow cooker for low heat, cover, and cook for 5 hours.

Remove chicken breasts from the soup, and allow to cool long enough to be handled. Stir the shredded chicken back into the soup, and continue cooking for 2 hours. Serve topped with shredded Cheddar cheese, a dollop of sour cream, and crushed tortilla chips, if desired.

Taco Soup I

Ingredients

1/2 pound lean ground beef
1/4 cup chopped onion
1 1/2 cups water
1 (16 ounce) can chopped stewed tomatoes, with juice
1 (15 ounce) can kidney beans with liquid
1 (8 ounce) can tomato sauce
2 tablespoons taco seasoning mix
1 avocado - peeled, pitted and diced
1 cup shredded Cheddar cheese (optional)
1 (12 ounce) package corn tortilla chips (optional)
1 (8 ounce) container sour cream (optional)

Directions

In a large saucepan over medium heat, cook ground beef and onion until meat is evenly brown; drain excess fat. Mix in water, tomatoes, kidney beans, tomato sauce, and taco seasoning mix. Cover, and simmer for 15 minutes. Remove from heat, and stir in the avocado.

Ladle hot soup into serving bowls. Pass cheese, tortilla chips, and sour cream to top each serving.

Cream of Zucchini Soup

Ingredients

2 tablespoons olive oil
1 tablespoon vegan margarine
1 onion, chopped
2 pounds zucchini, sliced
1 teaspoon dried oregano
salt and pepper to taste
2 1/2 teaspoons vegetable
bouillon powder
2 1/2 cups water
6 ounces crumbled Gorgonzola
cheese
1 cup non-dairy creamer (such as
MimicCreme®)

Directions

Heat the olive oil and margarine together in a large pot; cook and stir the onion in the hot oil and margarine until soft, 5 to 7 minutes. Add the zucchini and season with the oregano, salt, and pepper; continue cooking and stirring until the zucchini is tender, about 10 minutes.

Pour the water into the pot, and stir in the bouillon powder. Bring the liquid to a boil, reduce heat to medium-low, and simmer another 10 minutes. Add the Gorgonzola cheese and allow it to melt into the soup.

Pour the soup into a blender, filling the pitcher no more than halfway full. Secure 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 in the cooking pot. Stir the creamer through the soup before serving hot.

Potato and Cheddar Soup

Ingredients

2 cups water
2 cups peeled and cubed red potatoes
3 tablespoons melted butter
1 small onion, chopped
3 tablespoons all-purpose flour
salt and pepper to taste
3 cups milk
1/2 teaspoon white sugar
1 cup shredded Cheddar cheese
1 cup diced ham

Directions

Using a medium sized stock pot bring water to a boil, add potatoes and cook until tender. Drain reserving 1 cup liquid.

Stir in butter, onion and flour. Season with salt and pepper. Gradually stir in potatoes, reserved liquid, milk, sugar, cheese, and ham. Simmer for 30 minutes, stirring frequently.

Ham and Bean Soup II

Ingredients

1 pound dry navy beans, soaked overnight
4 quarts water
1 pound leftover ham bone with meat attached
1 onion, finely diced
2 carrots, sliced
2 stalks celery, diced
1/4 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/2 teaspoon paprika

Directions

In a large stock pot, add water, ham bone and pre-soaked beans. Bring to a boil, reduce heat and simmer until beans are close to soft.

Remove bone and cut off remaining meat. Remove 1/3 of beans and mash with potato masher or food processor.

Return ham and beans back to stock pot and add onion, carrots, celery, garlic powder, pepper and paprika. If you are using dripping from a previously cooked ham add those now. Simmer until vegetables are tender and serve.

California Chicken Soup

Ingredients

1 (48 fluid ounce) can chicken broth
3 cups water
2 frozen skinless, boneless chicken breast halves - diced
1 small onion, diced
1 cup thinly sliced carrots
1 teaspoon lemon pepper
1 teaspoon dried oregano
1 dash garlic salt
2 cups fresh broccoli florets
1 (9 ounce) package frozen cheese tortellini
1/4 cup grated Parmesan cheese

Directions

Bring the broth and water to a boil in a large pot, and mix in chicken, onion, and carrots. Season with lemon pepper, oregano, and garlic salt. Reduce heat to low, and simmer 25 minutes, or until chicken juices run clear.

Stir the broccoli into the pot, and cook 10 minutes. Stir in the tortellini, and continue cooking 10 minutes, or until tortellini is al dente. Mix in the Parmesan cheese just before serving.

Chicken and Vegetables Soup

Ingredients

1 whole onion, peeled
6 chicken drumsticks
1/2 teaspoon salt
1/3 head cauliflower, chopped
1 pound Brussels sprouts,
trimmed and chopped
1/2 pound baby carrots, chopped
1 pound fresh asparagus spears,
trimmed and chopped
1 (32 ounce) package fat-free
chicken broth
1/2 teaspoon garlic powder
1 teaspoon salt-free seasoning
blend
1/4 cup uncooked long grain
white rice
1 bunch fresh dill weed

Directions

Place the onion and chicken in a pot with enough cold water to cover. Season with salt, and bring to a boil. Cook 30 minutes, or until the chicken meat is easily removed from the bone. Remove chicken from the pot, reserving water. Discard the onion. Pull all the meat from the bones, chop, and return to pot. Discard bones.

Place the cauliflower, Brussels sprouts, baby carrots, and asparagus in the pot. Pour in the chicken broth. Season with garlic powder and salt-free seasoning blend. Bring to a boil, reduce heat to low, and simmer 40 minutes.

Stir the rice into the pot. Continue cooking 20 minutes, or until rice is tender. Mix dill into the soup 5 minutes before serving.

Spicy Potato Soup II

Ingredients

1 pound ground beef
1 onion, chopped
4 cups water
1 1/2 teaspoons ground black pepper
4 cups cubed potatoes
3 (8 ounce) cans tomato sauce
2 teaspoons salt
1/2 teaspoon hot pepper sauce

Directions

Brown beef and onion, drain.

Add water, pepper, potatoes, tomato sauce, salt, and Tabasco sauce. Bring to boil. Reduce heat to medium and simmer one hour or until potatoes are tender and soup is thick.

Tuscan Style Bean Soup

Ingredients

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, chopped
3 cups low fat, low sodium chicken broth
1 cup canned whole tomatoes, chopped
1 1/2 cups kidney beans, cooked
2 teaspoons chopped fresh thyme
1/2 cup chopped spinach
1 cup seashell pasta
ground black pepper to taste

Directions

In a large pot over medium high heat, combine the oil, onion and garlic and saute for 5 minutes. Add the red bell pepper and saute for 3 more minutes. Add the broth, tomatoes and beans. Bring to a boil, reduce heat to low and simmer for 20 minutes. Add the thyme, spinach and pasta. Simmer for 5 more minutes and pepper to taste.

Wild Rice Soup V

Ingredients

1 cup uncooked wild rice
1 tablespoon butter
1 onion, chopped
1/4 cup all-purpose flour
1 quart chicken broth
2 large carrots, shredded
3 cups cubed cooked ham
1/2 cup milk
2 tablespoons chopped fresh parsley
1/4 cup sweet vermouth

Directions

In a medium saucepan, boil rice in water 30 minutes. Drain, rinse, and set aside.

Meanwhile, in a large soup pot, melt butter over medium heat. Cook onion in butter until translucent. Stir in flour all at once to form a roux. Stir in broth, a little at a time, and cook until slightly thickened. Stir in carrots, ham, milk, parsley and reserved rice. Reduce heat and simmer 15 minutes.

Stir in vermouth and simmer 30 minutes more. Serve.

Butterball Soup

Ingredients

8 slices day-old bread
3 tablespoons butter, softened
1 egg
1/4 teaspoon salt
1/8 teaspoon ground white
pepper
3 (14 ounce) cans chicken broth
1 tablespoon chopped fresh
parsley

Directions

Remove crusts from day old bread and crumble stale slices into a medium bowl. Mix in the butter, egg, salt and pepper until dough forms. Knead until the dough can be formed into balls. Form balls 3/4 inch in diameter, the recipe should make about 30 balls.

Heat the chicken broth to boiling in a large saucepan or stockpot. Drop balls into the broth and simmer for 10 minutes, or until balls rise to the top. Sprinkle with parsley and serve immediately.

Kentucky Tomato Soup

Ingredients

3 tablespoons butter
1 cup chopped onion
1/2 cup chopped carrots
2 stalks celery, chopped
2 cloves garlic, minced
1/4 cup chopped fresh flat-leaf parsley
2 1/2 cups chopped fresh tomatoes
1 (8 ounce) can tomato sauce
3/4 cup strong brewed coffee
1/4 cup water
1 teaspoon white sugar
1 teaspoon salt
ground black pepper to taste
1/3 cup heavy cream

Directions

Melt the butter in a stock pot over medium heat. Stir in the onion, carrots, celery, garlic, and parsley; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the tomatoes, tomato sauce, coffee, water, sugar, salt, and pepper. Bring the soup to a boil and simmer for 20 to 25 minutes.

Pour the hot 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. Stir in the cream and heat until warm. Do not boil.

Meatball Lemon Soup

Ingredients

1 pound lean ground beef
1 onion, shredded
1/2 cup uncooked white rice
2 tablespoons dried parsley
2 teaspoons dried dill weed
1 tablespoon olive oil
1 tablespoon ground cumin
2 tablespoons mayonnaise
1 carrot, shredded
salt and pepper to taste
1 cup all-purpose flour for coating
2 eggs
1/2 cup lemon juice

Directions

Fill a large soup pot three-quarters full with water and bring to a boil.

Meanwhile, in a large bowl, combine beef, onion, rice, parsley, dill, olive oil, cumin, mayonnaise, carrot, salt and pepper. Form into small meatballs and coat each meatball in flour. Ease the meatballs into the boiling water, cover and reduce heat to low. Simmer, stirring occasionally, until meatballs are no longer pink and soup has thickened slightly, 15 minutes.

In a small bowl, beat eggs with lemon juice. Stir a spoonful of hot soup into egg mixture and beat well. Then pour egg mixture into soup and stir. Serve hot.

Zucchini Tomato Soup II

Ingredients

1 pound zucchini, sliced
2 teaspoons salt
2 tablespoons vegetable oil
2 onions, chopped
2 cloves garlic, minced
4 cups chicken broth
1 large tomato, chopped
2 teaspoons lemon juice
1/2 teaspoon white sugar
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/2 teaspoon dried parsley
1/4 teaspoon ground nutmeg
1/4 teaspoon Worcestershire sauce
1/4 teaspoon hot pepper sauce
salt and pepper to taste

Directions

In a large colander, sprinkle salt over zucchini slices. Let stand 30 minutes to drain then pat dry.

In a stockpot, heat vegetable oil over medium high heat. Sautee zucchini onion and garlic in the hot oil for about 10 minutes or until onions are translucent. Stir in the chicken broth and tomato; simmer for 20 minutes. Remove the vegetables from the broth using a slotted spoon and puree them in a blender or food processor.

Return the pureed vegetables to the stockpot and stir in the lemon juice, sugar, oregano, basil, parsley and nutmeg. Season with Worcestershire sauce, hot pepper sauce and salt and pepper to taste. Simmer for an additional 5 minutes.

Chunky Chicken Noodle Soup

Ingredients

1/2 cup diced carrots
1/4 cup diced celery
1/4 cup chopped onion
1 teaspoon butter or margarine
6 cups chicken broth
1 1/2 cups diced cooked chicken
1 teaspoon salt
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/8 teaspoon pepper
1 1/4 cups uncooked medium egg
noodles
1 tablespoon minced fresh parsley

Directions

In a large saucepan or Dutch oven, saute carrot, celery and onion in butter until tender. Add broth, chicken and seasonings; bring to a boil. Reduce heat. Add noodles; cook for 10 minutes or until tender. Add parsley.

Heddy's Black and Red Bean Soup

Ingredients

1 tablespoon olive oil
1 large onion, chopped
2 stalks celery, chopped
2 carrots, chopped
6 cloves garlic, chopped
1 tablespoon ground cumin
2 tablespoons chili powder, or to taste (optional)
2 teaspoons maple syrup (optional)
1/4 teaspoon ground black pepper
4 cups vegetable broth
2 (15 ounce) cans black beans, drained and rinsed
2 (15.5 ounce) cans canned red beans, drained and rinsed
1 (15 ounce) can whole kernel corn, with liquid
1 (14.5 ounce) can crushed tomatoes, with liquid

Directions

Heat oil in a large pot over medium-high heat. Add the onion, celery, carrots and garlic; cook and stir for a few minutes to release the flavors. Season with maple syrup, cumin, chili powder, and black pepper. Pour in the vegetable broth, black beans, 1 can of red beans, and corn. Bring to a boil.

Meanwhile, combine the remaining can of red beans and crushed tomatoes in the container of a large food processor or blender. Process until smooth. Pour into the soup pot, and stir to blend. Reduce heat to medium, and simmer for 15 minutes.

Fall French Onion Soup

Ingredients

4 large onions, thinly sliced
2 Granny Smith apples - peeled, cored and chopped
1/2 cup butter, divided
2 tablespoons olive oil
4 cups chicken broth
1 1/2 cups apple cider
2 tablespoons brandy (optional)
1 tablespoon ground cinnamon
1 tablespoon white sugar
1/2 cup shredded Gouda cheese
6 French bread

Directions

Set a slow cooker on Low, and put in half of the butter to melt. Add the onions and apples; cover and cook on Low for 6 to 8 hours.

After the cooking time is up and apples and onions are soft, pour in the brandy, chicken broth and apple cider. Set the slow cooker to High and cook for 1 to 2 hours, until simmering.

Preheat the oven broiler. Mix together the cinnamon, sugar and remaining butter. Spread onto one side of each slice of bread. Place bread cinnamon side up on a baking sheet, and broil until toasted, about 3 minutes. Remove from the oven, flip the slices over so the cinnamon is on the bottom. Sprinkle Gouda cheese on the top and return to the broiler until the cheese is melted.

Ladle soup into serving bowls and top with slices of toast, cheese side up to serve.

Lower Fat Chicken Vegetable Soup

Ingredients

1 cup chicken broth
1 cup shredded cabbage
1 cup chopped carrot
4 potatoes, cubed
1/2 onion, chopped
1 (15 ounce) can green beans
1/4 cup chopped green bell pepper
1 cup tomato juice
3 cloves garlic, minced
1/2 teaspoon dried oregano
1 tablespoon dried basil
1/2 teaspoon Italian-style seasoning
1 cup cooked and cubed chicken
salt and pepper to taste

Directions

In a large pot over high heat, combine the chicken broth, cabbage, carrots, potatoes, onion, green beans, green bell pepper, tomato juice, garlic, oregano, basil and Italian-style seasoning.

Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables are tender.

Add the chicken and simmer for 15 more minutes. Season with salt and pepper to taste.

Chicken Wild Rice Soup

Ingredients

2 quarts chicken broth
1/2 pound fresh mushrooms,
chopped
1 cup finely chopped celery
1 cup shredded carrots
1/2 cup finely chopped onion
1 teaspoon chicken bouillon
granules
1 teaspoon dried parsley flakes
1/4 teaspoon garlic powder
1/4 teaspoon dried thyme
1/4 cup butter or margarine
1/4 cup all-purpose flour
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1/2 cup dry white wine or
additional chicken broth
3 cups cooked wild rice
2 cups cubed, cooked chicken

Directions

In a large saucepan, combine the first nine ingredients. Bring to a boil. Reduce heat; cover and simmer for 30 minutes.

In a soup kettle or Dutch oven, melt butter. stir in flour until smooth. Gradually whisk in broth mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Whisk in soup and wine or broth. Add rice and chicken; heat through.

Tomato Basil Soup I

Ingredients

- 1 tablespoon olive oil
- 2 teaspoons minced garlic
- 1/4 cup minced onion
- 1/4 cup tomato paste
- 1 quart chicken broth
- 1 cup diced tomatoes
- 2 teaspoons dried basil
- 1/2 teaspoon dried marjoram
- 1/4 teaspoon dried oregano
- 1/8 teaspoon dried thyme
- 1/4 cup dry white wine
- 1 bay leaf

Directions

In a large saucepan over medium heat, cook garlic and onion in oil until onion is translucent. Stir in tomato paste and cook until the color is rusty. Pour in chicken broth, and stir in tomatoes, basil, marjoram, oregano, thyme, bay leaf and wine. Bring to a boil, then reduce heat and simmer 30 minutes.

Beaker's Vegetable Barley Soup

Ingredients

2 quarts vegetable broth
1 cup uncooked barley
2 large carrots, chopped
2 stalks celery, chopped
1 (14.5 ounce) can diced tomatoes with juice
1 zucchini, chopped
1 (15 ounce) can garbanzo beans, drained
1 onion, chopped
3 bay leaves
1 teaspoon garlic powder
1 teaspoon white sugar
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon dried parsley
1 teaspoon curry powder
1 teaspoon paprika
1 teaspoon Worcestershire sauce

Directions

Pour the vegetable broth into a large pot. Add the barley, carrots, celery, tomatoes, zucchini, garbanzo beans, onion, and bay leaves. Season with garlic powder, sugar, salt, pepper, parsley, curry powder, paprika, and Worcestershire sauce. Bring to a boil, then cover and simmer over medium-low heat for 90 minutes. The soup will be very thick. You may adjust by adding more broth or less barley if desired. Remove bay leaves before serving.

Three-Bean Soup

Ingredients

1 medium onion, chopped
1 tablespoon vegetable oil
3 small potatoes, peeled and cubed
2 medium carrots, sliced
3 (14.5 ounce) cans chicken broth
3 cups water
2 tablespoons parsley flakes
2 teaspoons dried basil
1 teaspoon dried oregano
1 garlic clove, minced
1/2 teaspoon pepper
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can pinto beans, rinsed and drained
1 (15 ounce) can garbanzo beans, rinsed and drained
3 cups chopped fresh spinach

Directions

In a Dutch oven, saute onion in oil. Add the next nine ingredients. Simmer, uncovered, until vegetables are tender. Add beans and spinach; heat through.

Lemon and Potato Soup

Ingredients

8 potatoes, cubed
4 cloves garlic - peeled and sliced
6 stalks celery with leaves,
chopped
1/2 teaspoon ground turmeric
2 lemons, juiced
1 cube chicken bouillon
salt and pepper to taste

Directions

Place potatoes, garlic and celery into a large stockpot with water to cover. Cover and bring to a boil. Cook until potatoes are tender, about 25 minutes.

Season with turmeric, lemon juice, chicken bouillon cube and salt and pepper to taste. Simmer for another 10 minutes. Mash some of the potato chunks for a thicker consistency.

Mexican Zucchini Cheese Soup

Ingredients

1 tablespoon olive oil
1 cup chopped onion
2 cloves garlic, minced
1/2 teaspoon dried oregano
2 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can Mexican-style stewed tomatoes
2 medium zucchini, halved lengthwise and cut in 1/4 inch slices
2 medium yellow squash, halved lengthwise and cut in 1/4 inch slices
1 (8.75 ounce) can whole kernel corn, drained
1 (4.5 ounce) can diced green chile peppers
12 ounces processed cheese food, cubed
1/2 teaspoon freshly ground black pepper
1/4 cup chopped fresh cilantro

Directions

Heat the olive oil in a large pot, and saute the onion and garlic until tender. Season with oregano.

Mix in the chicken broth and tomatoes. Bring to a boil. Mix in the zucchini, yellow squash, corn, and chile peppers. Reduce heat to low, and simmer 10 minutes, or until the squash is tender.

Mix the cubed processed cheese into the soup. Continue to cook and stir until cheese is melted. Season with pepper. Mix in the cilantro just before serving.

Geneva's Ultimate Hungarian Mushroom Soup

Ingredients

2 tablespoons unsalted butter
2 cups chopped onions
1 1/2 pounds fresh mushrooms,
thickly sliced
4 1/2 teaspoons chopped fresh
dill
1 tablespoon Hungarian sweet
paprika
1 tablespoon soy sauce
2 cups low-sodium chicken broth
1 cup skim milk
3 tablespoons all-purpose flour
1/2 ripe tomato
1/2 Hungarian wax pepper
1 teaspoon salt
ground black pepper to taste
1/2 cup light sour cream

Directions

Melt the butter in a large pot over medium heat. Cook and stir the onions in the butter until fragrant, about 5 minutes. Add the mushrooms and continue cooking until the mushrooms are tender, about 5 minutes more. Stir the dill, paprika, soy sauce, and chicken broth into the mushroom mixture; reduce heat to low, cover, and simmer 15 minutes.

Whisk the milk and flour together in a small bowl. Stir the mixture into the soup. Add the tomato and Hungarian wax pepper. Return cover to the pot and simmer another 15 minutes, stirring occasionally. Season with salt and pepper. Mix the sour cream into the soup and continue cooking and stirring until the soup has thickened, 5 to 10 minutes more. Remove the Hungarian wax pepper and tomato and discard before serving the soup.

Garden Veggie Cheese Soup

Ingredients

1/2 cup butter
1/4 cup diced celery
1 teaspoon onion powder
7 cups chicken broth
4 cups chopped cauliflower
1/2 cup chopped carrots
1/2 cup fresh green beans, cut
into 1 inch pieces
1 pound processed cheese,
cubed
1/2 cup cooking sherry
2 cups milk
1 tablespoon garlic powder
1 teaspoon salt
2 pinches ground nutmeg
2/3 cup cornstarch
1 cup water

Directions

In a large pot over medium heat, melt butter. Stir in celery and onion powder and cook 5 minutes. Pour in chicken broth and stir in cauliflower, carrots and green beans. Simmer until tender, about 10 to 15 minutes.

Stir in cheese until melted. Stir in sherry, milk, garlic powder, salt, and nutmeg. Combine cornstarch and water in a bowl until cornstarch is dissolved. Stir into soup. Cook, stirring, until thickened and heated through.

Hot and Sour Tofu Soup (Suan La Dofu Tang)

Ingredients

4 cups vegetable broth
1 (12 ounce) package silken tofu, diced
2 green onions, chopped
1 eggs, beaten
1 portobello mushroom, halved and sliced
2 cups chopped cabbage
1 tablespoon Thai chile sauce
1 tablespoon rice vinegar
3 tablespoons soy sauce
1 teaspoon citric acid powder (optional)

Directions

Measure broth into a saucepan, and bring to a simmer over medium-low heat. Add tofu and green onions. Slowly drizzle in the beaten egg to make long strands of egg. Add mushrooms and cabbage, and simmer for 5 minutes. Remove from heat, and season with chili sauce, vinegar and soy sauce. Stir in citric acid if using.

Clam with Tomato and Rice Soup

Ingredients

1/2 cup uncooked white rice
1 cup water
1/4 cup minced red onion
4 cloves garlic, minced
1/4 cup butter
1 (6.5 ounce) can minced clams
1/2 cup corn
2 teaspoons lemon juice
4 (8 ounce) cans tomato sauce
1 teaspoon chopped fresh basil
salt and pepper to taste
1 cup water
1 cup heavy cream

Directions

In a small saucepan, bring 1 cup water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

In a large saucepan or stockpot, saute the onion and garlic in butter until tender. Add clams, corn, lemon juice and tomato sauce. Season with fresh basil and salt and pepper to taste. Stir in remaining cup of water and let the soup simmer for 20 minutes. Remove from heat and stir in the heavy cream and cooked rice until well blended. Serve immediately.

Loaded Potato Soup I

Ingredients

8 potatoes, peeled and cubed
1/2 cup butter
1/2 cup all-purpose flour
8 cups milk
1/4 cup chopped onion
1 (8 ounce) container sour cream
1/2 cup shredded Cheddar
cheese
salt and pepper to taste

Directions

Place cubed potatoes into a glass dish, and cook in the microwave oven for 7 to 10 minutes, or until soft.

While the potatoes are cooking, melt the butter in a large pot over medium-high heat. Whisk in flour until smooth, then gradually stir in the milk. Bring to a boil, then reduce heat to medium, and simmer for 5 to 10 minutes, or until slightly thickened.

Stir in the potatoes and onion, and cook for 5 more minutes. Stir in the sour cream and Cheddar cheese until melted and well blended. Season with salt and pepper.

Peanut Soup

Ingredients

4 tablespoons margarine
3 tablespoons minced onion
1 clove garlic, minced
1 tablespoon all-purpose flour
1 cup heavy whipping cream
1 cup peanut butter
1/2 cup ground peanuts
4 cups chicken broth
salt and pepper to taste

Directions

In a heavy soup pot melt the butter. Add the onion, garlic, flour and peanut butter. Stir until very smooth. Beat in the stock and season well with salt and pepper. Simmer over low heat until thick, about 20 minutes. Stir in the cream and heat through. Serve warm with ground peanuts.

Ham and Bean Soup

Ingredients

2 medium carrots, sliced
2 celery ribs, chopped
1/2 cup chopped onion
2 tablespoons butter
4 (15.5 ounce) cans great northern beans, rinsed and drained
4 cups chicken broth
2 cups cubed fully cooked ham
1 teaspoon chili powder
1/2 teaspoon minced garlic
1/4 teaspoon pepper
1 bay leaf

Directions

In a large saucepan, saute the carrots, celery and onion in butter until tender. Stir in the remaining ingredients; cook for 15 minutes or until heated through. Discard bay leaf before serving.

After the Holidays Ham Bone Soup

Ingredients

1 ham bone with some meat
1 small onion, finely chopped
1 (15 ounce) can whole peeled tomatoes with juice
1 (14 ounce) package frozen mixed vegetables, thawed
3 potatoes, peeled and diced
1 1/2 cups uncooked elbow macaroni
3/4 cup uncooked long grain rice
1 cup chopped cooked ham, or amount leftover
1 (10 ounce) can tomato sauce

Directions

Place the ham bone into a large pot and fill with enough water to cover. Bring to a boil and cook for 15 minutes. Add the onion and tomatoes, then stir in the frozen mixed vegetables and potatoes. Simmer for about 20 minutes, then add the macaroni, rice, and chopped ham. Cover and simmer over medium-low heat for 1 1/2 hours. Any ham on the bone should come off easily. Stir in the tomato sauce and let cool for about 15 minutes before serving.

Spinach, Potato, and Nutmeg Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 1/2 quarts water
1 cube chicken bouillon
2 cups fresh spinach
4 small potatoes, peeled and halved
ground nutmeg to taste
1/2 cup milk
salt and pepper to taste

Directions

Heat the oil in a skillet over medium heat. Cook and stir the onion until tender.

In a saucepan, bring the water to a boil. Reduce heat to low, and dissolve the bouillon cube in the water.

In a blender or food processor, blend the onion, spinach, potatoes, nutmeg, and about 2 cups of the bouillon until thick and smooth.

Blend the potato mixture into the saucepan with the remaining bouillon. Bring to a boil, reduce heat, and simmer 20 minutes. Stir in the milk, and continue cooking 10 minutes. Season with salt, pepper, and more nutmeg to taste. Thus the soup is complete.

Taco Soup IV

Ingredients

2 pounds ground beef
1 onion, chopped
1 (10.75 ounce) can tomato puree
1 (15 ounce) can tomato sauce
1 cup water
1 (15 ounce) can pinto beans,
drained and rinsed
1 (15 ounce) can whole kernel
corn, drained
1 (1.25 ounce) package taco
seasoning mix

Directions

In a medium stock pot brown beef and onion, drain grease if needed.

Add tomatoes, tomato sauce, water, beans, corn and taco seasoning. Bring to boil, reduce heat and simmer for 5 minutes.

Top with cheese, corn chips, sour cream and olives.

Hamburger Vegetable Soup

Ingredients

1 pound ground beef
4 cups chicken broth
4 cups water
2 (1 ounce) packages dry onion soup mix
1 (15 ounce) can tomato sauce
2 stalks celery, chopped
1 onion, chopped
1 (16 ounce) package frozen mixed vegetables
3/4 cup elbow macaroni

Directions

In a saute pan, brown ground beef, over medium heat.

In a large stock pot, combine broth, water, onion soup mix, tomato sauce, celery, onion, frozen vegetables and macaroni. Bring to a boil and then simmer until macaroni is done.

Add browned ground beef, mix and serve.

Chicken Noodle Soup

Ingredients

1 (2 to 3 pound) stewing chicken
2 1/2 quarts water
3 teaspoons salt
2 teaspoons chicken bouillon granules
1/2 medium onion, chopped
1/8 teaspoon pepper
1/4 teaspoon dried marjoram
1/4 teaspoon dried thyme
1 bay leaf
1 cup diced carrots
1 cup diced celery
1 1/2 cups uncooked fine noodles

Directions

In a large soup kettle, place chicken and all ingredients except noodles. Cover and bring to a boil; skim broth. Reduce heat; cover and simmer 1-1/2 hours or until chicken is tender. Remove chicken from broth; allow to cool. Debone chicken and cut into chunks. Skim fat from broth; bring to a boil. Add noodles; cook until noodles are done. Return chicken to kettle; adjust seasonings to taste. Remove bay leaf before serving.

Spicy Smoked Turkey Soup

Ingredients

1 large onion, cut into 1/2-inch-thick slices
1 green bell pepper, cut into 1/4-inch cubes
2 cups chicken stock
1 clove garlic, minced
2 1/2 cups chopped smoked turkey
1 cup chunky-style red or green salsa
3 cups vegetable juice (e.g. V-8)
1 drop hot pepper sauce, or to taste
1 tablespoon fresh lime juice
salt and pepper to taste

Directions

Place a heavy pot over high heat. Add the onion and bell pepper; cook 2 to 3 minutes without stirring until browned. Immediately pour in the chicken stock, and stir to release vegetables from the bottom of the pot. Reduce heat to low. Stir in the garlic, turkey, salsa, vegetable juice, hot pepper sauce, and lime juice. Simmer over medium heat until heated through, about 15 minutes. Season to taste with salt and pepper.

Chicken Soup Au Pistou

Ingredients

1 tablespoon olive oil
1/2 pound boneless skinless chicken breasts, cut into bite-size pieces
1 onion, finely diced
3 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can whole peeled tomatoes
1 (14 ounce) can great Northern beans, rinsed and drained
2 carrots, sliced
1 large potato, diced
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 cup frozen green beans
1/4 cup pesto

Directions

Place the olive oil in a large saucepan and heat over medium-high heat until hot. Add chicken; cook and stir about 5 minutes or until chicken is browned. Add onion; cook and stir 2 minutes.

Add chicken broth, undrained tomatoes, northern beans, carrots, potato, salt and pepper. Bring to a boil, stirring to break up tomatoes. Reduce heat to low; cover and simmer for 15 minutes, stirring occasionally. Add green beans and cook for 5 minutes or until vegetables are tender.

Ladle soup into bowls, top each with 1 teaspoon pesto and sprinkle with parmesan cheese.

Spaghetti Soup

Ingredients

2 tablespoons vegetable oil
1/2 pound skinless, boneless chicken breast halves, cut into cubes
1 medium onion, chopped
1 large carrot, chopped
1 stalk celery, finely chopped
2 cloves garlic, minced
4 cups SwansonB® Chicken Broth or SwansonB® Natural GoodnessB,Ÿ Chicken Broth
1 (10.75 ounce) can Campbell'sB® Condensed Tomato Soup
1 cup water
3 ounces uncooked spaghetti, broken into 1 inch pieces
2 tablespoons chopped fresh parsley (optional)

Directions

Heat 1 tablespoon oil in a saucepot over medium-high heat. Add the chicken and cook until it is browned, stirring often. Remove the chicken.

Stir in the remaining oil and heat over medium heat. Add the onion and cook for 1 minute. Add the carrots and cook for 1 minute. Add the celery and garlic and cook for 1 minute.

Stir in the broth, soup and water. Heat to a boil. Stir in the pasta. Cook for 10 minutes or until pasta is tender. Add the chicken and parsley, if desired, and heat through.

Creamy Chicken and Rice Soup

Ingredients

1 1/2 cups chopped celery
1 1/2 cups chopped onion
2 cups uncooked brown rice
1 teaspoon chicken bouillon powder
2 (14 ounce) cans chicken broth
1 1/2 cups water
1 cup margarine
3/4 cup all-purpose flour
3 cups chopped, cooked chicken meat
6 cups milk, divided
salt and pepper to taste

Directions

In a large pot over high heat, combine the celery, onions, rice, bouillon, broth and water and bring to a boil. Reduce heat to low, cover and simmer for 30 minutes, or until the rice has absorbed most of the liquid. Remove from heat and set aside.

In a medium saucepan over medium heat, melt the butter or margarine. Slowly add the flour, stirring often, to make a roux. Add 4 cups of milk, 1/2 cup at a time, while constantly stirring. Add this and the chicken to the rice mixture and return the rice mixture to the stovetop over low heat.

If the soup seems too thick, add some or all of the remaining 2 cups of milk. Season with salt and pepper to taste and allow to simmer for at least an hour, stirring every 15 minutes.

ABC Vegetable Soup

Ingredients

1/2 cup uncooked alphabet pasta
3 (14.5 ounce) cans beef broth
1 (16 ounce) package frozen
mixed vegetables
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 teaspoon pepper

Directions

Cook pasta according to package directions. In a large saucepan, combine the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 5 minutes or until vegetables are tender. Drain pasta; stir into soup.

Tortellini Soup I

Ingredients

1 pound Italian sausage
1 cup chopped onion
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup dry red wine (optional)
8 ounces fresh tortellini pasta
1 cup sliced carrots
2 cups stewed tomatoes
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
8 ounces tomato sauce
1 1/2 cups sliced zucchini
2 green bell peppers, seeded and cubed
3 tablespoons chopped fresh parsley

Directions

Remove casings from sausage. Brown sausage and cook until crumbly. Remove meat from pot. Reserve 1 tablespoon drippings.

Cook onion and garlic in the drippings until tender. Add broth, water, wine, carrots, tomatoes, basil, oregano, tomato sauce, and the cooked sausage. Bring to a boil; reduce heat and simmer uncovered 30 minutes.

Add zucchini, green peppers, parsley, and tortellini. Simmer another 25 minutes, covered, for fresh tortellini, or 45 minutes, covered, for frozen tortellini. Serve with fresh parmesan cheese sprinkled over the top.

Toscana Soup

Ingredients

12 links spicy pork sausage,
sliced
1 tablespoon vegetable oil
3/4 cup diced onion
1 1/4 teaspoons minced garlic
2 tablespoons chicken soup base
4 cups water
2 potatoes, halved and sliced
2 cups sliced kale
1/3 cup heavy cream

Directions

Preheat oven to 300 degrees F (150 degrees C).

Place sausage links on a baking sheet and bake 25 minutes, or until cooked through. Slice into 1/2 inch slices.

Heat oil in a large saucepan over medium heat. Saute onions until translucent; add garlic and cook 1 minute.

Stir in broth, water and potatoes; simmer 15 minutes.

Reduce heat to low and add sausage, kale and cream; simmer until heated through and serve.

Escarole Soup

Ingredients

1 tablespoon olive oil
2 pounds bulk Italian sausage
2 (32 ounce) cartons chicken
broth
2 (15 ounce) cans cannellini
beans, rinsed and drained
1 head escarole, chopped
1 (15 ounce) can tomato sauce

Directions

Heat the olive oil in a stockpot over medium heat. Cook the sausage in the oil until evenly browned, 5 to 10 minutes. Add the chicken broth, beans, escarole, and tomato sauce; simmer another 15 to 20 minutes.

Nacho Potato Soup

Ingredients

1 (5.5 ounce) package au gratin instant potato mix
1 (11 ounce) can whole kernel corn, drained
1 (10 ounce) can diced tomatoes and green chilies, undrained
2 cups water
2 cups milk
2 cups cubed process American cheese
1 dash hot pepper sauce
Minced fresh parsley

Directions

In a 3-qt. saucepan, combine contents of potato package, corn, tomatoes and water; mix well. Bring to a boil. Reduce heat; cover and simmer for 15-18 minutes or until potatoes are tender. Add milk, cheese and hot pepper sauce if desired; cook and stir until the cheese is melted. Garnish with parsley if desired.

Tomato Macaroni Soup

Ingredients

1 cup macaroni
3 cups milk
3 tablespoons margarine
salt and pepper to taste
1 (14.5 ounce) can diced tomatoes

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a large saucepan combine cooked macaroni, milk, margarine and salt and pepper. Then stir in tomatoes. Cook over medium heat until quite hot.

Grandma Coffee's Beef Barley Vegetable Soup

Ingredients

1 pound beef stew meat, cut into bite-size pieces
6 cups water, plus more if desired
1 bay leaf
2 (14.5 ounce) cans canned diced tomatoes with their juice
4 carrots, cut into 1/4 inch rounds
4 stalks celery, cut into bite-size pieces
1 rutabaga, peeled and cut into bite-size pieces
1 large sweet onion, chopped
1/2 cup uncooked pearl barley
1 (10 ounce) package frozen white corn
1 (10 ounce) package frozen cut green beans
1 (10 ounce) package frozen baby lima beans (optional)
seasoned salt (such as Morton® Nature's Seasons® Seasoning Blend) to taste

Directions

Place the beef, water, and bay leaf in a large soup pot over medium heat, and cook until the beef is very tender, about 1 hour. Stir in the tomatoes, carrots, celery, rutabaga, onion, and pearl barley, and simmer until the vegetables are tender, about 30 minutes. Add the frozen white corn, green beans, and lima beans, season to taste, and simmer an additional 15 to 20 minutes, until the frozen vegetables are tender. Add more water if the soup is too thick.

Green Chili Tomato Soup

Ingredients

1 (10.75 ounce) can condensed tomato soup, undiluted
3/4 cup milk
1 (4 ounce) can chopped green chilies
1/2 cup shredded Cheddar cheese

Directions

In a small saucepan, combine the soup, milk and chilies until blended. Cook and stir over medium heat until heated through. Sprinkle with cheese.

Tomato Apple Soup (Tomapple Soup)

Ingredients

2 tablespoons butter
2 tablespoons extra-virgin olive oil
1 onion, chopped
3 cloves garlic, minced
1/2 apple - peeled, cored, and chopped
1/2 cup chopped carrot
1/4 teaspoon dried basil, or to taste
1 pinch dried thyme
2 cups vegetable stock
1 (28 ounce) can diced tomatoes
3 ounces tomato paste, or to taste
salt and ground black pepper to taste

Directions

Melt the butter with the olive oil in a large skillet over medium-high heat. Cook the onion and garlic in the skillet until they begin to brown; add the apple, carrot, basil, and thyme; reduce heat to medium and continue cooking until the carrots are tender, about 10 minutes. Stir in the vegetable stock, tomatoes, and tomato paste; season with salt and pepper. Raise the heat to high and bring to a boil; cover and cook at least 20 minutes, stirring frequently to keep the soup from burning on the bottom.

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.

Chicken Vegetable Barley Soup

Ingredients

1 cup slivered almonds
2 tablespoons olive oil
1 medium onion, chopped
1 cup chopped celery
4 cups sliced fresh mushrooms
4 cloves garlic, minced
1 cup chopped carrots
5 cups diced red potatoes
3 cups chopped cooked chicken
2 1/2 quarts chicken broth
1 cup quick-cooking barley
2 tablespoons butter
1/2 cup chopped fresh parsley
salt and black pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Spread slivered almonds evenly over a baking sheet. Toast in preheated oven until golden brown and fragrant.

Heat the oil in a large stock pot over medium heat. Cook onions, celery, mushrooms, and garlic in oil until onions are tender.

Stir in carrots, potatoes, chicken, and broth. Bring to a boil, then stir in barley. Reduce heat, cover, and simmer 20 minutes.

Remove from heat, and stir in butter, parsley, and toasted almonds. Season with salt and pepper to taste.

Creamy Broccoli With Mustard Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds broccoli - stems peeled and cut into 1-inch chunks, remaining broccoli cut into medium florets
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 1/2 teaspoons dry mustard
1/2 teaspoon basil
1/4 teaspoon oregano
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: toasted pine nuts*

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add broccoli, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add mustard, basil, oregano, and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until broccoli is tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

SwansonB® Roasted Chicken with Caramelized

Ingredients

2 cups shredded roasted chicken
2 teaspoons vegetable oil
2 medium onions, halved and
thinly sliced
8 cups SwansonB® Chicken
Broth (Regular, Natural
Goodness®, or Certified Organic)
1/8 teaspoon ground black
pepper
2 medium carrots, sliced
2 stalks celery, sliced
3/4 cup uncooked trumpet-
shaped pasta (campanelle)

Directions

Heat oil in 10-inch skillet over medium-high heat. Add onions and cook until they begin to brown, stirring occasionally. Reduce heat to medium. Cook until onions are tender and caramelized, stirring occasionally. Remove skillet from heat.

Heat broth, black pepper, carrots and celery in 4-quart saucepan over medium-high heat to a boil. Stir pasta and chicken in saucepan. Reduce heat to medium. Cook 10 minutes or until pasta is tender. Stir in onions and serve immediately.

French Onion Soup IX

Ingredients

2 tablespoons butter
2 pounds yellow onions, halved
and sliced 1/2 inch thick
4 (14 ounce) cans beef broth
1 (10.5 ounce) can beef
consomme
1/4 cup grated Romano cheese
salt and pepper to taste
8 slices French bread, toasted
1/2 cup shredded Gruyere cheese

Directions

In a large pot over low heat, melt butter. Cook onions in butter until soft and golden brown, 15 to 30 minutes.

Pour in beef broth and consomme and simmer 10 minutes.

Preheat oven broiler.

Whisk Romano into soup and season with salt and pepper. Pour soup into 8 ovenproof bowls. Top with toasted slices of bread and grated Gruyere.

Place bowls under broiler until cheese melts.

Potato Soup IX

Ingredients

2 tablespoons butter
1 onion, chopped
2 cloves garlic, minced
5 potatoes, peeled and cubed
2 cups chicken stock
1/4 teaspoon dried thyme
1/2 teaspoon ground black pepper
2 cups milk
salt and pepper to taste
2 tablespoons chopped fresh parsley

Directions

Melt the butter in a large saucepan over medium heat. Saute onion and garlic until tender. Add the potatoes, chicken stock, thyme, and pepper. Bring to a boil, then reduce heat to low. Cover, and simmer for 20 minutes, or until potatoes are tender.

Transfer about half of the soup to a food processor or blender. Process until smooth, then return to the pot. Stir in milk, and continue cooking until heated through. Season with salt and pepper. Ladle into bowls, and garnish with chopped fresh parsley.

Bean Sprouts Soup

Ingredients

4 cups boiling water
1 cup bean sprouts
1 tablespoon rice flour
1 cup buttermilk
salt to taste
1 teaspoon white sugar
1 sprig fresh curry leaves
1 tablespoon vegetable oil
1 teaspoon black pepper, freshly ground
1 teaspoon ground cumin
1 teaspoon chopped fresh cilantro

Directions

Pour water into a saucepan and bring to a boil. Add bean sprouts and cook for several minutes. Strain (you can use the boiled bean sprouts for salad).

Mix rice flour and buttermilk into the bean sprout stock. Add sugar and curry leaf. Season with salt.

In a separate pan, heat vegetable oil. Add pepper and cumin and cook until fragrant, about 30 seconds. Pour mixture over the soup and bring to a boil.

Serve hot. Garnish with chopped cilantro.

Peachy Ginger Soup

Ingredients

3 1/2 pounds fresh peaches -
peeled, pitted and chopped
1 teaspoon ground ginger
1 1/3 cups heavy cream
2 tablespoons rum

Directions

Puree the peaches and ginger together in a food processor or blender. Stir in heavy cream and rum. Chill. Serve cold.

Carrot Chile and Cilantro Soup

Ingredients

1 tablespoon olive oil
1 teaspoon crushed garlic
1 tablespoon chopped fresh cilantro
1 teaspoon chile paste
1 onion, chopped
3 large carrots, peeled and sliced
1 large potato, peeled and chopped
5 cups vegetable broth

Directions

Heat oil in a large pot over medium heat. Heat garlic, cilantro and chili paste. Saute onion until tender. Stir in carrots and potato; cook 5 minutes and then pour in vegetable broth.

Simmer for 30 to 45 minutes, or until potatoes and carrots are soft. With a hand blender, blend until smooth.

Asparagus Potato Soup

Ingredients

2 cups diced peeled potatoes
1/2 pound fresh asparagus,
chopped
1/2 cup chopped onion
2 celery ribs, chopped
1 tablespoon chicken bouillon
granules
4 cups water
1/4 cup butter or margarine
1/2 cup all-purpose flour
1 cup whipping cream
1/2 cup milk
1/2 teaspoon salt
Dash pepper
12 bacon strips, cooked and
crumbled
3/4 cup shredded Cheddar
cheese

Directions

In a large saucepan or soup kettle, combine the potatoes, asparagus, onion, celery, bouillon and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until vegetables are tender. Stir in the butter.

In a bowl, combine flour, cream, milk, salt and pepper until smooth; add to the vegetable mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Garnish with bacon and cheese.

Pumpkin Soup the Easy Way

Ingredients

- 1 tablespoon butter
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 2 pounds cubed fully cooked ham
- 3 (29 ounce) cans pumpkin puree
- 1 (32 ounce) carton chicken broth
- 2/3 cup cream
- 1 teaspoon fresh thyme
- 1 teaspoon ground black pepper
- 1/2 teaspoon fresh rosemary

Directions

Melt the butter in a skillet over medium heat. Cook the onion and garlic in the butter until soft.

Combine the onion, garlic, ham, pumpkin puree, chicken broth, cream, thyme, pepper, and rosemary in a slow cooker set to Low; cook 8 to 10 hours.

Meat Bones Tomato Soup

Ingredients

1 1/2 pounds pork spareribs
3 tomatoes, diced
1 potato, peeled and diced
1 large carrot, diced
1 onion, diced
1 teaspoon salt
5 cups water

Directions

In a deep skillet over medium heat, cook spareribs in water to cover until meat begins to fall from the bone, 1 hour. Drain.

In a large pot over medium heat, combine tomatoes, potato, carrot, onion, salt and 5 cups water. Place the ribs in the pot, bring to a boil, then reduce heat and simmer 20 minutes, until vegetables are soft.

Pine Nut Rice Soup

Ingredients

1 cup pine nuts
2 cups cooked long-grain white rice
6 cups water
1 tablespoon pine nuts
1 cup dates, pitted and chopped
1/2 teaspoon white sugar
salt to taste

Directions

Using a blender or food processor, finely blend 1 cup pine nuts, rice and 2 cups of water.

Pour blended pine nut mixture into a thick bottomed saucepan and add 4 cups of water. Bring to a boil, stirring frequently. Once boiling, reduce heat to low and let cook for 10 minutes, or until heated through. While it is heating through be sure to keep stirring so it does not burn.

Prior to serving, garnish with pine nuts and diced dates, and season with sugar and salt.

Mulligatawny Soup III

Ingredients

1/4 cup butter
1/4 cup sliced onion
1/4 cup sliced carrots
1/4 cup chopped celery
1/4 cup chopped green bell pepper
1 apple - peeled, cored and sliced
1 cup chopped chicken breast meat
1/4 cup all-purpose flour
1 teaspoon curry powder
1/4 teaspoon chopped fresh mace
4 whole cloves
1 tablespoon chopped fresh parsley
1 cup stewed tomatoes
salt and pepper to taste
1 cup cooked white rice
5 cups beef stock

Directions

Melt butter in large saucepan. Add onion, carrot, celery, pepper, apple, and chicken. Cook until browned.

Stir in flour, curry powder, mace, cloves, parsley, and tomatoes. Cover, and simmer 1 1/2 hours.

Take chicken out, set aside, and strain vegetables from broth. Return chicken to pot.

Using a food mill, puree vegetables. Return to soup. Season to taste with salt and pepper.

Add rice and boiling white stock. Serve.

Beef and Sausage Soup

Ingredients

1 tablespoon cooking oil
1 pound beef stew meat, cut into 1/2-inch cubes
1 pound bulk Italian sausage, shaped into balls
1 (28 ounce) can tomatoes with juice, chopped
3 1/2 cups water
1 cup chopped onion
1 teaspoon salt
1/2 teaspoon Italian seasoning
1 tablespoon Worcestershire sauce
2 cups peeled, cubed potatoes
1 cup sliced celery

Directions

In a Dutch oven, heat oil over medium-high. Brown beef on all sides. Remove with a slotted spoon and set aside. Brown sausage on all sides. Drain fat. Return beef to Dutch oven and add remaining ingredients except potatoes and celery. Bring to a boil; reduce heat and simmer, covered, until beef is tender, about 1-1/2 hours. Add the potatoes and celery. Simmer, covered, until vegetables are tender, about 30 minutes.

German Leek and Potato Soup

Ingredients

1 cup chopped onion
1/2 cup butter
1 cup chopped leeks
8 potatoes, peeled and sliced
6 cups water
1/2 teaspoon fresh thyme
1 ham bone
1 cup heavy cream
salt and pepper to taste

Directions

In a large pot over medium heat, cook onions in butter until translucent. Stir in leeks, potatoes, water, thyme and the ham bone. Bring to a boil, then reduce heat, cover and simmer until potatoes are tender, 20 to 30 minutes.

Remove ham bone and puree soup with a blender or food processor. Return to pot, stir in cream, salt and pepper, heat through and serve.

Cream Of Asparagus Soup

Ingredients

3 medium leeks (white part only),
chopped
3 tablespoons butter or stick
margarine
4 cups chicken broth
1 1/2 pounds fresh asparagus,
trimmed and cut into 1 inch pieces
2 cups diced peeled potatoes
1/8 teaspoon white pepper
1/2 cup 2% milk
1 tablespoon minced fresh parsley

Directions

In a large saucepan, saute the leeks in butter. Add broth, asparagus, potatoes and pepper. Bring to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender.

In a blender, process soup in batches until smooth; return to the pan. Add milk; cook over low heat until heated through. Sprinkle with parsley.

Vegetable Beef Soup III

Ingredients

1 tablespoon lard
3 pounds cubed beef stew meat
6 cups water
1 (11.5 ounce) can tomato-vegetable juice cocktail
1/2 cup chopped onion
1 tablespoon Worcestershire sauce
1/4 teaspoon chili powder
1 tablespoon salt
2 cubes beef bouillon, crumbled
4 carrots, cut into 2 inch pieces
1 cup chopped celery
4 potatoes, peeled and cubed

Directions

In a large pot over medium heat, melt lard. Cook beef in fat until brown on all sides; drain. Pour in water and tomato-vegetable juice cocktail. Stir in onion, Worcestershire, chili powder, salt and bouillon. Bring to a boil, then reduce heat, cover and simmer 2 hours.

Stir in carrots, celery and potatoes and cook 20 to 40 minutes more, until vegetables have reached the desired tenderness.

Pork Noodle Soup

Ingredients

1/2 cup chopped celery
1/2 cup chopped onion
1/2 teaspoon minced garlic
1 tablespoon olive oil
7 cups water
1 1/2 pounds cut fresh asparagus
(1 inch pieces)
1/2 cup chopped cabbage
1 1/2 teaspoons minced fresh
parsley
3/4 teaspoon dried tarragon
1 dash cayenne pepper
2 (3 ounce) packages pork ramen
noodles
2 cups cubed cooked pork

Directions

In a large soup kettle, saute the celery, onion, and garlic in oil until tender. Stir in the water, asparagus, cabbage, parsley, tarragon and cayenne is desired; bring to a boil.

Coarsely crush the noodles. Add the noodles with the contents of the seasoning packets to the kettle. Bring to a boil. Reduce heat; simmer, uncovered, for 3-5 minutes or until the noodles and vegetables are tender. Add the pork, heat through.

Joe's Mom's Sausage and Tortellini Soup

Ingredients

1 pound bulk spicy Italian sausage
1 cup chopped onion
2 large cloves garlic, minced
1/2 cup dry red wine
5 cups beef broth
1 cup water
2 cups chopped tomato
1 cup grated carrots
1 (10 ounce) can tomato sauce
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 bay leaf
1 1/2 cups sliced zucchini
1 green bell pepper, chopped
3 tablespoons chopped fresh parsley
1 cup water
1 (9 ounce) package tortellini

Directions

Heat a large skillet over medium-high heat and stir in the sausage, onion, and garlic. Cook and stir until the sausage is crumbly and lightly browned. Drain and discard any excess grease. Stir in the red wine, beef broth, and 1 cup of water. Add tomato, carrots, tomato sauce, basil, oregano, and bay leaf. Bring to a boil, then reduce heat to medium-low, and simmer for 30 minutes.

Stir in the zucchini, bell pepper, and parsley. Continue simmering for 45 minutes more. Pour in the remaining 1 cup of water. Increase heat to medium-high, and bring to a boil. Stir in the tortellini. Cook until tender, 5 to 10 minutes. Discard bay leaf before serving.

Cheesy Broccoli Soup

Ingredients

2 cups water
1 teaspoon chicken bouillon granules
1 (16 ounce) package frozen chopped broccoli, thawed
1 medium onion, chopped
1/4 cup butter or margarine
3 tablespoons all-purpose flour
1 cup milk
1 pound process American cheese, cubed

Directions

In a large saucepan, bring water and bouillon to a boil. Add broccoli. Reduce heat; cover and simmer for 3-4 minutes or until crisp-tender. Drain, reserving 3/4 cup liquid. In another large saucepan, saute onion in butter until tender. Whisk in flour until blended. Add the milk and cheese. Cook over medium-low heat until cheese is melted, stirring frequently. Stir in broccoli and reserved cooking liquid.

Mushroom Barley Soup

Ingredients

1 cup barley
3 cups water
1 1/2 tablespoons olive oil
2 onions, chopped
1 carrot, thinly sliced
2 stalks celery, thinly sliced
2 (10 ounce) packages sliced mushrooms
5 cups beef broth
1/2 teaspoon salt
1/4 teaspoon ground black pepper

Directions

Bring the barley and water to a boil in a saucepan. Cover, reduce heat to low, and simmer 30 minutes, or until tender.

Meanwhile, heat olive oil in a large saucepan over medium heat, stir in the onions, carrots, and celery; cook and stir until the onion has softened and turned translucent, about 10 minutes. Stir in mushrooms, and cook 5 minutes more.

Pour in beef broth, and bring soup to a simmer over medium-high heat, then reduce heat to medium-low, and continue simmering 15 minutes. Stir in barley, and season with salt and pepper before serving.

Baked Potato Soup II

Ingredients

1/3 cup butter
1/3 cup all-purpose flour
4 cups skim milk
6 large baking potatoes, scrubbed
1 cup sour cream

Directions

Microwave potatoes until done.

While potatoes are cooking make a roux over low to medium heat. Mix butter, margarine, or light olive oil, and flour. DO NOT BURN THE ROUX. When roux is thickened a bit, gradually blend in milk. Continue cooking over low to medium heat while preparing potatoes.

Peel and cut up potatoes. You may want to mash some of the potatoes also. Add potatoes to the milk mixture. Blend in sour cream. Soup is ready to be served.

Chicken Noodle Soup I

Ingredients

1 1/2 pounds boneless, skinless
chicken meat
1/2 pound uncooked spaghetti
4 cloves garlic
1/4 cup chopped onion
salt to taste
12 cups water
3 tablespoons olive oil

Directions

In a large pot, bring the water to a boil. Add the salt and olive oil.

Chop up the chicken, and add it with the onion and garlic to the pot.

Break the spaghetti into small pieces, no longer than half the size of your pinkie; add to the pot. Stir. Let simmer over medium heat for 30 to 45 minutes.

Creamy Parsnip With Ginger Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled parsnips ,
cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 teaspoon ground ginger
1/4 teaspoon cardamom
1/4 teaspoon allspice
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade
or from a carton or can
1 1/2 cups half-and-half (or whole
milk)
Salt and freshly ground pepper, to
taste
Garnish: sauteed hazelnuts and
dried cranberries*

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add parsnips, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add ginger, cardamom, allspice and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until parsnips are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Japanese Soup with Tofu and Mushrooms

Ingredients

3 cups prepared dashi stock
1/4 cup sliced shiitake mushrooms
1 tablespoon miso paste
1 tablespoon soy sauce
1/8 cup cubed soft tofu
1 green onion, chopped

Directions

In a medium saucepan, bring stock to a boil; reduce heat to simmer, add mushrooms, and cook for 3 minutes. In a small bowl, mix miso paste and soy sauce together; stir into stock along with tofu. Simmer 5 minutes, and serve topped with green onion.

Taco Soup II

Ingredients

2 pounds lean ground beef
1 onion, chopped
1 (4 ounce) can diced green chiles
1 teaspoon salt
1 teaspoon ground black pepper
1 (15 ounce) can pinto beans,
drained
1 (15 ounce) can lima beans,
drained
1 (1.25 ounce) package taco
seasoning mix
1 1/2 cups water
1 (1 ounce) package ranch
dressing mix
1 (15 ounce) can white hominy,
drained
1 (14.5 ounce) can stewed
tomatoes
1 (15 ounce) can kidney beans,
drained and rinsed

Directions

In a large Dutch oven, brown the beef and chopped onion over medium heat. Drain off any fat.

Add chilies, salt and pepper, beans, water, seasoning mixes, hominy, and stewed tomatoes to the beef and onion. Bring to a boil. Reduce heat, and simmer for 30 minutes.

Top with shredded cheese, and serve with chips.

Mama's Italian Wedding Soup

Ingredients

1 pound extra-lean ground beef
2 eggs, beaten
1/4 cup dried bread crumbs
2 tablespoons grated Parmesan cheese
1 teaspoon dried basil
3 tablespoons minced onion
2 1/2 quarts chicken broth
2 cups spinach - packed, rinsed and thinly sliced
1 cup seashell pasta
3/4 cup diced carrots

Directions

In a medium bowl, combine the beef, egg, bread crumbs, cheese, basil and onion. Shape mixture into 3/4-inch balls and set aside.

In a large stockpot heat chicken broth to boiling; stir in the spinach, pasta, carrot and meatballs. Return to boil; reduce heat to medium. Cook, stirring frequently, at a slow boil for 10 minutes or until pasta is al dente, and meatballs are no longer pink inside. Serve hot with Parmesan cheese sprinkled on top.

Tortellini Soup III

Ingredients

2 cups water
1 (14.5 ounce) can chicken broth
1 (16 ounce) package prepared
cheese tortellini, thawed
2 teaspoons minced fresh chives
salt to taste

Directions

In a medium saucepan, bring the water and chicken broth to a boil. Mix in the cheese tortellini, chives and salt. Cook 10 minutes, until the tortellini floats to the top.

Cheesy Broccoli and Vegetable Soup

Ingredients

1 (16 ounce) package frozen California mixed vegetables (cauliflower, broccoli, and carrots)
1 (16 ounce) bag frozen broccoli
2 (14.5 ounce) cans chicken broth
1/4 cup butter
1/2 cup all-purpose flour
2 cups milk
1 (1 pound) loaf processed cheese food (such as Velveeta®), cubed

Directions

Place the mixed vegetables and frozen broccoli into a large pot. Pour in the chicken stock and bring to a boil. Reduce heat to medium-low and simmer until the vegetables are tender, about 20 minutes. Meanwhile, melt the butter in a saucepan over medium heat; stir in the flour until smooth and cook for a few minutes until the color lightens slightly. Whisk in the milk and simmer until thickened, about 10 minutes. Stir in the cheese until melted; stir the cheese mixture into the simmering vegetables. Cook and stir until the vegetables are tender, about 5 minutes more.

Chinese Corn Soup

Ingredients

5 cups chicken broth
1 (14.75 ounce) can cream-style corn
1/4 cup butter
1 stalk celery, cut into bite-size pieces
1 onion, cut into bite-size pieces
1 1/2 tablespoons all-purpose flour
1 teaspoon ground nutmeg, or to taste
1 egg, or more as desired
fresh ground pepper (optional)

Directions

Heat the chicken broth in a saucepan over medium heat, and stir in the can of corn. Let the mixture heat to a boil, stirring occasionally, and reduce heat to a simmer.

In a skillet over medium-low heat, melt the butter and cook and stir the celery and onion until tender, about 5 minutes. Stir in the flour, and cook and stir for about 2 minutes to remove the raw taste from the flour. Add the vegetable mixture to the saucepan, whisking in the flour to avoid lumps, and stir in the nutmeg. Let the soup return to a simmer.

Whisk the egg in a bowl until thoroughly beaten. Stir the soup slowly in a clockwise circular motion, and slowly pour the egg into the moving soup. Stir the egg lightly through the soup with a fork to produce egg strands, and sprinkle with black pepper to serve.

Creamy She-Crab Soup

Ingredients

1 tablespoon butter
1 teaspoon all-purpose flour
1 quart milk
1/2 tablespoon grated onion
1/8 teaspoon ground mace
1/8 teaspoon ground black pepper
1/2 teaspoon Worcestershire sauce
1 teaspoon salt
3 tablespoons crab roe
2 cups fresh crabmeat
6 tablespoons dry sherry
1/2 cup heavy whipping cream, whipped
1 tablespoon chopped fresh parsley

Directions

Fill the bottom of a double boiler halfway with water. Bring to a low boil. Melt butter in top of double boiler, add flour and stir until smooth.

Gradually add milk, stirring constantly until smooth. Add onion, mace, black pepper, Worcestershire sauce, salt, and crab meat with roe. Cook over simmering water for 20 minutes.

To serve, place 1 tablespoon of warmed sherry in each of 4 or 6 soup bowls (depends on how much soup you want). Ladle soup into bowls, top with a dollop of whipped cream, and sprinkle with fresh snipped parsley.

Wonton Noodle Soup

Ingredients

1/2 pound shrimp, shelled and deveined
1 tablespoon minced celery
1 tablespoon minced green onion
1 egg white
1/2 teaspoon sesame oil
1/2 teaspoon salt
2 teaspoons cornstarch, divided
24 round wonton wrappers
2 tablespoons water
1 pound dry Chinese noodles
1 quart chicken stock
4 tablespoons minced green onion

Directions

Place shrimp in a food processor and pulse a few times to coarsely chop. Combine celery, 1 tablespoon green onion, egg white, sesame oil, salt and 1 teaspoon cornstarch with shrimp and pulse a few more times to make a chunky paste. Transfer mixture to a bowl and stir briskly until it becomes elastic.

Lay the wonton wrappers on a flat surface and place a scant teaspoon of shrimp mixture in the center of each wrapper. Combine remaining 1 teaspoon cornstarch with 2 tablespoons water to form a paste. One at a time, brush some cornstarch paste around the edge of a wonton wrapper and fold the wrapper in half to make a semicircle, pressing edges together to seal. Then, holding the wonton with the curved edge facing away from you, bring the tips of the straight edge together and seal with more cornstarch paste. Repeat with remaining wontons.

Bring a large pot of water to a boil and cook the noodles in boiling water until al dente, 8 to 10 minutes. Drain and divide between 4 serving bowls.

Meanwhile, bring the chicken broth to a simmer over medium-low heat.

Bring another large pot of water to a boil and drop the wontons into the boiling water. When the wontons rise to the surface, continue to cook them one minute longer. Remove with a slotted spoon as they finish cooking and divide them among the 4 bowls.

Pour hot chicken broth over wontons and noodles in bowls and garnish with the remaining chopped green onions to serve.

Chestnut Soup

Ingredients

8 cups chicken stock
1 1/2 pounds chestnuts, peeled
1 cup chopped onion
3 sprigs fresh parsley
2 whole cloves
1 bay leaf
1/2 cup heavy cream
3/4 teaspoon white sugar
salt to taste
ground black pepper to taste

Directions

To Cook Chestnuts: With a sharp knife, slice an 'X' across each chestnut. Place chestnuts in a single layer on a jelly roll pan. Pour 1/4 cup water into the pan. Bake in a preheated 450 degrees F (230 degrees C) oven for 10 minutes. When cool enough to handle, shell and peel.

In a large saucepan combine the chicken stock, shelled chestnuts and chopped onions. Place the parsley sprigs, cloves and bay leaf in a spice bag and add to the chicken stock mixture. Simmer over medium-low heat for 45 minutes.

Discard the spice bag and puree the chestnut mixture in a food processor or blender. Add the heavy cream, sugar and salt and pepper to taste. Return mixture to saucepan and gently heat through. To serve to with a dollop of unsweetened whipped cream, a bit of chopped parsley and some cooked chopped chestnuts just before serving. High quality vegetable broth can be substituted for the chicken broth.

Thai Chicken Cabbage Soup

Ingredients

3 skinless, boneless chicken breast halves
8 cups chicken broth
2 leeks, sliced
6 carrots, cut into 1 inch pieces
1 medium head cabbage, shredded
1 (8 ounce) package uncooked egg noodles
1 teaspoon Thai chile sauce

Directions

Place chicken breasts and broth in to a stockpot or Dutch oven. Bring to a boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the broth and set aside to cool.

Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender. Shred the cooled chicken in to bite sized pieces and return it to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavor to taste with Thai chili sauce.

Fennel Soup

Ingredients

1/4 cup butter
5 fennel bulbs, trimmed and
quartered
1 (32 fluid ounce) container
vegetable broth
salt and pepper to taste

Directions

Melt the butter in a large skillet over medium heat. Add the quartered fennel bulbs; cook and stir until golden brown, about 10 minutes. Pour in the broth, and simmer until fennel is tender, about 15 more minutes. Ladle into soup bowls, and season with salt and pepper.

Italian Sausage Tortellini Soup

Ingredients

1 (3.5 ounce) link sweet Italian sausage, casings removed
1 cup chopped onions
2 cloves garlic, minced
5 cups beef stock
1/3 cup water
1/2 cup red wine
4 tomatoes - peeled, seeded and chopped
1 cup chopped carrots
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1 cup tomato sauce
1 zucchini, chopped
8 ounces cheese tortellini
1 green bell pepper, chopped
1 tablespoon chopped fresh parsley
2 tablespoons grated Parmesan cheese for topping

Directions

Place the sausage in a large pot over medium high heat and saute for 10 minutes, or until well browned. Drain the fat except for about 1 tablespoon, add the onions and garlic and saute for 5 more minutes.

Next add the beef stock, water, wine, tomatoes, carrots, basil, oregano and tomato sauce. Bring to a boil, reduce heat to low and simmer for 30 minutes, skimming any fat that may surface.

Add the zucchini, tortellini, green bell pepper and parsley to taste. Simmer for 10 minutes, or until tortellini is fully cooked. Pour into individual bowls and garnish with the cheese.

Rich Italian Sausage and Potato Soup

Ingredients

1 pound Italian sausage
3/4 cup chopped onion
1 slice pancetta bacon, diced
1 1/4 teaspoons garlic, minced
1 cube chicken bouillon
4 cups water
2 potatoes, cubed
2 cups kale, rinsed and julienned
1/3 cup heavy cream

Directions

Preheat oven to 300 degrees F (150 degrees C).

Place sausage links on a sheet pan and bake for 15 to 20 minutes, or until done. Cut each link in half lengthwise, and then into 1/2 inch slices. Set aside for later.

In a 4 quart saucepan over medium heat, saute the onions and the pancetta for 10 minutes, or until onions are almost clear. Add the garlic and saute for one more minute. Add the chicken base OR bouillon, water and potatoes and bring to a simmer for 15 minutes. Add the kale, cream and reserved sausage, simmer for 5 more minutes and serve.

Chicken Corn Soup II

Ingredients

3 (3 pound) whole chicken
4 cups diced celery
2 cups chopped onion
1 teaspoon salt
3 cups all-purpose flour
3 cups frozen corn
salt to taste
ground white pepper, to taste
1 tablespoon dried parsley

Directions

Place chicken, celery and onion into a large stock pot and cover with water. Bring to a boil, then simmer for 2 hours or until chicken has fallen from the bone.

Remove chicken from the pot and set aside to cool. Remove 2 cups of the chicken broth and set aside to cool also. When chicken is cool enough to handle, remove and discard skin and bones. Chop chicken meat and return to the stock pot.

In a food processor, combine the flour with 1 teaspoon of salt. Put the lid onto the processor and slowly pour chicken broth through the opening in the lid while the machine is processing, until the dough forms a ball. You may not need to use all of the reserved broth. Remove dough from the food processor and set aside to rest for 20 minutes. Return any unused broth to the stock pot.

On a lightly floured surface, roll out the dough to 1/4 inch thickness. Cut into thin strips and then cut the strips into pieces to form short thin noodles. Bring the broth back up to a boil and add noodles and the corn. Cook for another 10 minutes or until noodles are firm. Add salt and pepper to taste. Serve hot garnished with parsley flakes.

Three Bean Soup

Ingredients

1 tablespoon olive oil
2 onions, chopped
1 clove garlic, minced
1 (28 ounce) can diced tomatoes with juice
1 (19 ounce) can kidney beans, undrained
1 (19 ounce) can garbanzo beans, undrained
1 (19 ounce) can lentils
3 tablespoons tomato paste
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1 teaspoon salt
4 ounces mozzarella cheese, shredded

Directions

Heat a large pot over medium-high heat. Pour in oil and saute onion and garlic until golden-brown. Stir in tomatoes, kidney beans, garbanzo beans, lentils, tomato paste, oregano, pepper, and salt. Turn heat to low and simmer 20 minutes. Sprinkle in cheese and stir until melted. Serve immediately, or cool and freeze.

Cabbage and Smoked Sausage Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 pound smoked sausage, sliced
3 cups water
1 head cabbage, cored and coarsely chopped
3 carrots, sliced
3 stalks celery, sliced
1/3 cup uncooked long grain white rice
1 (15 ounce) can red beans, with liquid
1 (8 ounce) can tomato sauce
1 (28 ounce) can crushed tomatoes
2 cubes chicken bouillon
salt to taste
1 bay leaf
1/2 teaspoon crushed dried thyme

Directions

Heat the vegetable oil in a large pot over medium heat, and cook the onion until lightly browned. Place sausage in the pot, and pour in water. Mix in cabbage, carrots, celery, rice, beans, tomato sauce, and crushed tomatoes. Dissolve bouillon in the mixture. Season with salt, bay leaf, and thyme. Bring to a boil. Reduce heat to low, and cook at least 1 hour, until vegetables are tender and rice is cooked.

Creamy Split Pea Soup

Ingredients

1/2 pound sliced bacon, diced
1 large onion, chopped
2 celery ribs, sliced
1 pound dried green split peas
2 quarts water
2 medium potatoes, peeled and diced
2 cups diced fully cooked ham
2 teaspoons salt
1 bay leaf
1/4 teaspoon pepper
1 cup heavy whipping cream

Directions

In a Dutch oven or soup kettle, cook bacon over medium heat until crisp. Using a slotted spoon, remove bacon to paper towels; drain, reserving drippings. Add onion and celery to drippings. Saute until vegetables are tender; drain. Add the peas, water, potatoes, ham, salt, bay leaf and pepper. Bring to a boil. Reduce heat; cover and simmer for 45 minutes or until peas are very tender, stirring occasionally. Discard bay leaf.

Cool slightly. Process in small batches in a blender until smooth. Return to Dutch oven; stir in cream. Heat through (do not boil). Garnish with reserved bacon.

Spicy Sausage Soup with Cilantro

Ingredients

2 pounds hot Italian sausage links, casings removed, and sliced
4 cloves garlic, minced
2 (14 ounce) cans beef broth
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (15.5 ounce) can white hominy
1 cup sliced carrots
1 (14.5 ounce) can great Northern beans, undrained
2 small zucchini, cubed
2 cups chopped fresh cilantro
1 teaspoon ground black pepper
1 teaspoon salt

Directions

In a large skillet over medium heat, combine Italian sausage and garlic. Cook, stirring frequently until sausage is evenly browned. Drain cooked sausage in a strainer to remove grease.

In a large Dutch oven or stock pot, combine the beef broth, hominy, stewed tomatoes, carrots, beans, and zucchini. Bring to a boil over medium-high heat, and boil for 2 minutes. Reduce heat to low, and add sausage and cilantro; simmer for 15 minutes, or until carrots and zucchini are tender. Season with salt and pepper.

Hearty Meatball Soup I

Ingredients

1 pound ground turkey
1 egg
1/4 cup chopped onion
1/2 teaspoon garlic salt
1/4 teaspoon ground black pepper
1 tablespoon vegetable oil
1 cube beef bouillon cube
1 1/2 cups water
1 (10.75 ounce) can condensed cream of mushroom soup
4 carrots, coarsely chopped
2 stalks celery, chopped
1 onion, chopped
1 (11 ounce) can whole kernel corn, drained

Directions

Mix together the ground turkey, egg, onion, garlic salt, and pepper. Form meatballs using a tablespoon measure.

Heat the oil in a skillet over medium heat. Brown meatballs in oil. Transfer meatballs to a paper towel to drain.

In a soup pot, dissolve the bouillon cube in the boiling water. Stir in the undiluted mushroom soup. Add the carrots, celery, onion, and corn. Add the meatballs to the soup, and bring to a boil. Reduce heat, and simmer 25 to 30 minutes.

Cauliflower Cheese Soup II

Ingredients

1 head cauliflower, broken into small florets
1 1/2 pounds potatoes, peeled and diced
2 (4.5 ounce) cans sliced mushrooms, drained
1/2 cup minced onion
1 1/2 pounds diced cooked ham
2 pounds processed cheese, cubed

Directions

In a large pot, combine cauliflower and potatoes with just enough water to cover. Bring to a boil, then reduce heat and simmer until tender but not mushy, 10 to 15 minutes.

Drain off about 1/4 of the water. Stir in mushrooms, onion, ham and cheese. Cook, stirring, until cheese is melted and mixture is heated through, about 10 minutes.

Spicy Slow Cooker Black Bean Soup

Ingredients

1 pound dry black beans, soaked overnight
4 teaspoons diced jalapeno peppers
6 cups chicken broth
1/2 teaspoon garlic powder
1 tablespoon chili powder
1 teaspoon ground cumin
1 teaspoon cayenne pepper
3/4 teaspoon ground black pepper
1/2 teaspoon hot pepper sauce

Directions

Drain black beans, and rinse.

Combine beans, jalapenos, and chicken broth in a slow cooker. Season with garlic powder, chili powder, cumin, cayenne, pepper, and hot pepper sauce.

Cook on High for 4 hours. Reduce heat to Low, and continue cooking for 2 hours, or until you are ready to eat.

Split Pea and Ham Soup II

Ingredients

1 pound leftover ham bone with meat attached
1 cup chopped onions
2 cloves garlic, minced
2 teaspoons freshly ground black pepper
1 pound dried split peas
1 cup chopped carrots

Directions

Place the ham bone in a large pot over high heat. Add water to cover, bring to a boil, reduce heat to low and let simmer overnight. Allow to cool and clean the stock, discarding the bone, excess fat, and any cartilage. Return any good ham meat to the pot and bring back to a boil.

Add the onion, garlic and ground black pepper and allow to simmer for 1 hour. Then pour in the split peas and the carrots and allow to simmer for at least 1 more hour to allow the peas to break down. Stir together well and season to taste.

Savory Vegetable Beef Soup

Ingredients

1 3/4 cups Swanson® Beef Broth
(Regular, Lower Sodium or
Certified Organic)
2 medium potatoes, cut into
cubes
1 cup cubed cooked beef
3 cups V8® 100% Vegetable
Juice
1 (8 ounce) can whole peeled
tomatoes, cut up
1 (16 ounce) bag frozen mixed
vegetables
1/4 teaspoon dried thyme leaves,
crushed
1/8 teaspoon ground black
pepper

Directions

Place broth and potatoes in saucepan. Heat to a boil. Cover and cook over low heat 5 minutes or until potatoes are tender.

Add beef, vegetable juice, tomatoes, vegetables, thyme and black pepper. Cover and cook 15 minutes or until vegetables are tender.

Creamy Onion Soup

Ingredients

3 pounds onions, sliced
3 (10.5 ounce) cans condensed beef broth
2 (10.5 ounce) cans condensed chicken broth
1 (10.75 ounce) can condensed cream of mushroom soup
2 tablespoons margarine
2 tablespoons all-purpose flour
salt to taste
ground black pepper to taste

Directions

Melt the butter or margarine in a large pot or Dutch oven. Add the onions, and cook over medium heat until the onions are translucent and tender.

Stir in the flour. Blend in the broths and soup. Heat to boiling , then reduce to simmer. Season to taste with salt and pepper.

Curried Cream of Any Veggie Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 clove garlic, minced
1 tablespoon curry powder
4 cups chicken broth
4 cups chopped mixed vegetables
2 tablespoons all-purpose flour
2 cups nonfat milk
salt and pepper to taste

Directions

Heat oil in a large saucepan over medium heat. Saute onion and garlic until tender. Stir in curry, and cook for 2 minutes, stirring constantly. Add broth and vegetables, and bring to a boil. Simmer 20 minutes, or until tender.

Dissolve flour in milk, then stir into the soup. Simmer until thickened. Season with salt and pepper.

Rich and Creamy Roasted Eggplant Soup

Ingredients

3 tomatoes, halved
1 eggplant, halved lengthwise
1 small onion, halved
6 cloves garlic, peeled
2 tablespoons vegetable oil
1 tablespoon chopped fresh thyme
4 cups chicken broth
1 cup heavy cream
3 1/2 ounces crumbled goat cheese
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Place tomatoes, eggplant, onion and garlic on a baking sheet and brush with oil.

Roast in preheated oven until very tender and brown in spots, 45 minutes.

Scoop out eggplant pulp and discard skin. Place eggplant pulp, tomatoes, onion and garlic in a large heavy saucepan with thyme and chicken broth. Bring to a boil over medium heat, then reduce heat and simmer until onion is very tender, 45 minutes.

Puree in batches in a food processor or blender, or using an immersion blender. Return to low heat and stir in cream. Bring to a simmer, thinning with more broth, if necessary. Season with salt and pepper. Ladle into bowls and sprinkle with goat cheese.

Syrian-Style Lentil and Spinach Soup

Ingredients

1 tablespoon olive oil
1 onion, chopped
2/3 cup dry green lentils
1 3/4 cups water
1 tablespoon all-purpose flour
2/3 cup chopped fresh spinach
3 tablespoons lemon juice
1/2 teaspoon salt

Directions

Heat oil in a pot over medium heat. Stir in onion and cook until soft about 7 minutes, stirring occasionally. Add the lentils and water and bring to a boil, then reduce heat to low and simmer, uncovered, until lentils are tender, 20 to 25 minutes. Cooking times will vary depending on the freshness of the lentils.

Ladle a half cup of the soup liquid into a bowl and whisk in the flour to form a paste. Mix the paste into the soup. Add the spinach, lemon juice, and salt. If you prefer a thinner soup, add a bit more water. Cook until spinach is wilted, about 5 minutes. Adjust salt and lemon to suit your taste.

South Carolina She-Crab Soup

Ingredients

5 tablespoons butter
5 tablespoons all-purpose flour
1 small white onion, grated
1 stalk celery, grated
2 cloves garlic, minced
salt and pepper to taste
2 quarts half-and-half cream
1 pint heavy cream
1 cup chicken broth
1 teaspoon hot pepper sauce
2 teaspoons Worcestershire sauce
2 tablespoons chopped fresh dill
1 pound lump crabmeat
2 tablespoons chopped fresh chives
1/2 cup sherry wine

Directions

Melt butter in a large stockpot over medium heat. Stir in flour to make a smooth paste, and cook for about 3 minutes, stirring constantly. Mix in the onion, celery, and garlic; season with salt and pepper. Continue to cook and stir for about 4 minutes.

Gradually whisk in the half and half cream so that no lumps form. Stir in chicken broth and heavy cream. Bring to a simmer, and pour in half of the sherry. Season with dill, Worcestershire sauce and hot sauce. Cover, and simmer for about 30 minutes, until soup has reduced by 1/3. Add crabmeat, and simmer for another 10 minutes.

Ladle soup into bowls, and top off with a splash of the remaining sherry and a sprinkle of fresh chives.

Cream of Fresh Asparagus Soup I

Ingredients

1 1/2 pounds fresh asparagus
1 1/2 cups chopped onion
6 tablespoons butter
1 pinch salt
6 tablespoons all-purpose flour
2 cups water
4 cups hot milk
1 teaspoon dried dill weed
1 teaspoon salt
1/2 teaspoon ground white pepper
2 tablespoons tamari

Directions

Break off and discard tough asparagus bottoms. Break off tips; set aside. Coarsely chop stalks.

Cook in skillet over medium heat with onion in butter, salting lightly, for 8 to 10 minutes.

When onions are clear, sprinkle with flour. Continue to stir over lowest possible heat 5 to 8 minutes.

Slowly add water or stock, stirring constantly. Cook 8 to 10 minutes, stirring frequently, until thickened. Cool slightly.

In blender, puree sauce bit-by-bit with milk until thoroughly smooth.

Return puree to 3-quart pan, preferably a double boiler. Add dill, 1 teaspoon salt, pepper, and tamari. Heat gently but don't boil.

As soup heats, cook asparagus tips in boiling water until tender, but still very green, about 2 minutes; drain. Add whole pieces to soup.

Edamame Soup

Ingredients

3/4 pound shelled edamame
1 1/2 tablespoons vegetable oil
1/2 small onion, chopped
2 1/2 cups chicken stock
1 2/3 cups milk
1 1/2 tablespoons butter
salt and pepper to taste

Directions

Bring a large pot of lightly salted water to a boil. Add edamame, boil for 5 minutes, then drain and rinse with cold water. Once edamame have cooled, remove the skins by squeezing each bean until the center pops out; discard the shells and set the beans aside.

Heat oil in a saucepan over medium heat. Stir in onions and cook until they soften and turn translucent, about 5 minutes. Pour in chicken stock, bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer for 10 minutes. Add shelled edamame and continue cooking until the edamame and onions are both soft.

Pour into a blender and carefully puree until smooth; or use a stick blender, and puree the beans in the saucepan. Return the puree to the saucepan and stir in milk and butter. Heat the soup through, about 5 minutes. Season to taste with salt and pepper.

Ken's Minestrone Soup

Ingredients

- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 onion, thinly sliced
- 2 large carrots, diced
- 1 (29 ounce) can Italian-style stewed tomatoes
- 1 (15 ounce) can cannellini beans
- 1 (15 ounce) can kidney beans
- 1 (15 ounce) can green beans, drained
- 1 small zucchini, sliced
- 1/4 teaspoon dried parsley
- 1 pinch dried basil
- 1 pinch dried oregano
- 1 pinch Italian seasoning
- 2 bay leaves
- 2 tablespoons vegetarian chicken flavor seasoning
- 1 pinch cayenne pepper

Directions

In a large 4 to 5 quart saucepan, heat olive oil over medium heat. Mix in garlic, onion and carrots. Saute the vegetables until just tender; approximately 5 minutes.

Add tomatoes with juice, cannellini beans, and kidney beans to the saucepan. Fill each can with water, and add the water to the saucepan. Mix in green beans and zucchini. Sprinkle parsley, basil, oregano, Italian seasoning, bay leaves, chicken-style seasoning, and cayenne pepper into the soup; stir well. Bring the soup to a boil, then reduce heat to simmer. Cover, and let simmer 30 minutes.

Tom Ka Gai (Coconut Chicken Soup)

Ingredients

3/4 pound boneless, skinless chicken meat
3 tablespoons vegetable oil
2 (14 ounce) cans coconut milk
2 cups water
2 tablespoons minced fresh ginger root
4 tablespoons fish sauce
1/4 cup fresh lime juice
1/4 teaspoon cayenne pepper
1/2 teaspoon ground turmeric
2 tablespoons thinly sliced green onion
1 tablespoon chopped fresh cilantro

Directions

Cut chicken into thin strips and saute in oil for to 2 to 3 minutes until the chicken turns white.

In a pot, bring coconut milk and water to a boil. Reduce heat. Add ginger, fish sauce, lime juice, cayenne powder and turmeric. Simmer until the chicken is done, 10 to 15 minutes.

Sprinkle with scallions and fresh cilantro and serve steaming hot.

Fabulous Roasted Cauliflower Soup

Ingredients

2 heads cauliflower, separated into florets
3 cloves garlic, chopped
2 shallots, chopped
1 tablespoon olive oil
3 cups chicken broth
1 cup water
1 bay leaf
1 teaspoon dried thyme
2 cups heavy cream
salt and pepper to taste

Directions

Preheat the oven to 425 degrees F (220 degrees C). In a large bowl, toss cauliflower pieces with olive oil, garlic and shallots. Spread out in a roasting pan or baking sheet with sides.

Roast in the preheated oven until toasted and tender, about 30 minutes.

When the cauliflower is done, transfer to a soup pot and pour in the chicken broth and water. Season with thyme and the bay leaf and bring to a boil. Cook over medium heat for 30 minutes. Remove and discard the bay leaf.

Puree the soup in the pot using an immersion blender, or transfer to a blender and puree in batches, then return to the pot. Stir in the cream and season with salt and pepper. Heat through before serving but do not boil.

Roasted Garlic Potato Soup

Ingredients

6 potatoes, peeled and cut into 1 inch pieces
2 tablespoons olive oil, divided
1/2 teaspoon ground black pepper
1 onion, chopped
6 cloves garlic, peeled
3 cups chicken broth
1 cup water
1 cup whole milk
salt to taste

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place potatoes in a shallow roasting pan and drizzle with 1 tablespoon olive oil. Sprinkle with pepper; stir to coat. Bake for 25 minutes, or until potatoes are browned. Reserve 1 cup of roasted potatoes.

In a 3 quart saucepan heat remaining oil; saute onions for 5 minutes. Add potatoes and garlic and stir in broth and water. Bring to a boil, reduce heat and simmer, uncovered, for 20 minutes.

Spoon half of broth mixture into a blender; blend until nearly smooth. Repeat with remaining mixture; return all to pot. Stir in milk and season with salt to taste. Ladle into bowls and top with reserved roasted potatoes.

Grandma's Heart-Stoppin' Green Bean Soup

Ingredients

1 pound bacon, cut into 1 inch pieces
2 (15 ounce) cans green beans
3 tablespoons all-purpose flour, or as needed
2 teaspoons red wine vinegar, or to taste

Directions

In a large skillet, cook the bacon over medium heat until almost crisp. Remove bacon pieces, and set aside. Whisk flour into the bacon grease in the pan until it is thick and pasty. More or less flour may be required.

Empty the cans of beans into a large saucepan with their liquid, and add enough water to cover. Bring to a boil, and stir in the bacon and the bacon grease mixture. Reduce heat to low, and simmer for about an hour - the longer, the better. Season with vinegar to taste.

Curried Apple and Leek Soup

Ingredients

1 tablespoon margarine
2 teaspoons curry powder
3 leeks, chopped
3/4 cup diced potatoes
2 Granny Smith apples -- peeled,
cored and chopped
3 cups vegetable broth
salt and pepper to taste
1/4 cup plain yogurt

Directions

In a medium saucepan over medium heat, melt butter. Stir in curry powder and cook 1 minute. Stir in leeks, potato and apples and cook 5 minutes. Pour in broth and bring to a boil. Cover, reduce heat and simmer 20 minutes.

Puree in a blender or food processor, or using an immersion blender. Season with salt and pepper and serve with a swirl of yogurt.

Korean Bean Curd (Miso) Soup

Ingredients

3 1/2 cups water
3 tablespoons denjang (Korean bean curd paste)
1 tablespoon garlic paste
1/2 tablespoon dashi granules
1/2 tablespoon gochujang (Korean hot pepper paste)
1 zucchini, cubed
1 potato, peeled and cubed
1/4 pound fresh mushrooms, quartered
1 onion, chopped
1 (12 ounce) package soft tofu, sliced

Directions

In a large saucepan over medium heat, combine water, denjang, garlic paste, dashi and gochujang. Bring to a boil and let boil 2 minutes. Stir in zucchini, potato, mushrooms and onions and let boil 5 to 7 minutes more. Stir in tofu and cook until tofu has expanded and vegetables are tender.

Cambodian Chicken Soup

Ingredients

1 tablespoon vegetable oil
1 teaspoon chopped fresh ginger root
1 clove garlic, minced
2 teaspoons minced fresh serrano or other small hot green chile, including seeds
2 chicken breasts, cut into chunks
2 teaspoons red curry paste
1 tablespoon curry powder
1 tablespoon vinegar
1 tablespoon fish sauce
2 teaspoons white sugar
2 cups chicken broth
2 (13.5 ounce) cans coconut milk
1 (20 ounce) can pineapple tidbits, drained
4 cups cooked rice

Directions

Heat the cooking oil in a large pot over medium-high heat. Cook and stir the ginger, garlic, serrano pepper, and chicken in the hot oil about 5 minutes. Add the curry paste, curry powder, vinegar, fish sauce, sugar, chicken broth, coconut milk, pineapple, and rice; stir. Allow the soup to simmer until it thickens, about 15 minutes more.

Spaetzle and Chicken Soup

Ingredients

1 (2 to 3 pound) whole chicken
2 (14.5 ounce) cans chicken broth
2 medium yellow onions,
quartered
1 bunch celery with leaves, cut
into pieces
1 (16 ounce) package baby
carrots
salt and ground black pepper to
taste
1/2 teaspoon garlic salt, or to
taste

5 eggs
1/2 cup water
1 teaspoon salt
3 cups all-purpose flour
1/2 teaspoon parsley flakes

Directions

Place chicken in a stock pot, and add enough water to cover. Pour in the chicken broth, and add celery and onions. Season with salt, pepper and garlic salt. Bring to a boil, and cook for about 1 hour to get a good broth.

When the chicken is cooked through and tender, remove it to a platter and let sit until it is cool enough to handle. Strain broth, and discard celery and onions. Return the broth to the stock pot. Remove chicken meat from the bones, chop or tear into pieces, then return it to the pot also. Bring the broth to a boil, and add carrots.

In a medium bowl, stir together the eggs, water and salt. Gradually add flour until the dough is firm enough to form a ball. You may need more or less flour. Pat the dough out on a flat plate. Using a butter knife, cut slices of dough off the edge of the plate so they are about 2 to 3 inches long. Allow them to fall directly into the boiling broth.

Once the carrots are tender, the soup is ready. Sprinkle with parsley flakes and serve.

Classic She Crab Soup

Ingredients

3 tablespoons margarine
1 green onion, minced
1 stalk celery, chopped
2 tablespoons all-purpose flour
2 cups fish stock
2 cups milk
2 cups heavy whipping cream
1 1/2 pounds crabmeat, flaked
1/4 cup sherry
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
2 cups hard-cooked eggs (optional)
1/2 teaspoon paprika
6 slices lemon (optional)

Directions

Place eggs in a 2 quart saucepan and cover with water. Bring water to a boil. Remove from heat, cover and let stand for 10-12 minutes. Remove eggs from hot water and cool.

Press the yolks of hard-boiled eggs through a sieve and set aside.

In a large pot, melt the butter over medium low heat. Add the green onions and celery; cook, stirring occasionally, until the vegetables are soft, about 4 minutes.

Add the flour and cook and stir for 2 minutes. Stir in the stock, milk and cream. Bring to a simmer.

Add cooked egg yolks, crabmeat, sherry, salt and pepper and heat through. Ladle into bowls and garnish each serving with a pinch of paprika and a lemon slice.

Barley Turkey Soup

Ingredients

2 quarts chicken broth
1 1/2 cups diced celery
1 cup medium pearl barley
1 medium onion, diced
3/4 cup diced carrots
1/4 teaspoon salt
1/2 teaspoon dried thyme
1 bay leaf
1/8 teaspoon ground allspice
1/8 teaspoon pepper
dash cayenne pepper
2 cups cubed cooked turkey
1/4 cup minced fresh parsley

Directions

In a Dutch oven or soup kettle, combine the first 11 ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 30-40 minutes or until vegetables and barley are tender. Stir in turkey and parsley if desired; heat through. Discard bay leaf before serving.

Slow-Cooker Beef and Vegetable Soup

Ingredients

1 pound beef for stew, cut into 1-inch cubes
Ground black pepper
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
3 large onions, chopped
12 small red potatoes, cut into quarters
2 medium carrots, sliced
4 cloves garlic, minced
1 tablespoon chopped fresh thyme leaves
2 tablespoons tomato paste
1 1/2 teaspoons instant coffee crystals
4 cups SwansonB® Beef Broth
Sour cream (optional)
Chopped green onion (optional)

Directions

Season the beef with black pepper and coat with flour. Heat the oil in a skillet. Add the beef and cook until browned.

Place the onions, potatoes, carrots, garlic and thyme in a 3 1/2-quart slow cooker. Top with the beef. Mix the tomato paste, coffee and 1 cup broth. Pour the coffee mixture and the remaining broth into the slow cooker. Cover and cook on LOW 8 to 10 hours.* or until done. Serve with the sour cream and chopped green onions, if desired.

Ash-e-jow (Iranian/Persian Barley Soup)

Ingredients

2 quarts chicken stock
2 tablespoons vegetable oil
1 medium onion, diced
1 cup uncooked pearl barley
1 teaspoon turmeric
1 lime, juiced
1/4 cup tomato paste
salt, to taste
ground black pepper, to taste
1 cup diced carrots
1/2 cup sour cream
1/2 cup chopped fresh parsley
8 lime wedges

Directions

Heat the chicken stock in a pot to a gentle simmer.

Heat the vegetable oil in a large pot over medium heat and saute the onion until translucent. Add the pearl barley to the pot and stir for one minute. Stir in the hot chicken stock, turmeric, lime juice, tomato paste, salt, and pepper. Bring the mixture to a boil, reduce heat to low, and simmer for 1 hour.

Mix in the carrots and continue simmering 30 minutes or until the soup has thickened and the carrots and barley are tender. If the soup is too thick, add hot water, one tablespoon at a time.

Place the sour cream in a small bowl. Slowly pour 1/2 cup of hot soup mixture into sour cream, whisking constantly. Gradually add the sour cream mixture into the soup pot, whisking constantly. Stir in the fresh parsley. Serve with fresh lime wedges.

Pumpkin Soup

Ingredients

1 2/3 pounds sugar pumpkin --
peeled, seeded and cubed
2 carrots, coarsely chopped
2 onions, cut into wedges
2 1/2 tablespoons vegetable oil
1 large potato, sliced
1 quart water
3 cubes chicken bouillon,
crumbled
1 cup heavy cream
1 1/4 tablespoons ground nutmeg
1 teaspoon ground black pepper
salt to taste

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place pumpkin, carrots and onions in a baking dish or roasting pan. Drizzle with vegetable oil.

Bake in preheated oven 40 minutes, until soft but not blackened.

In a large pot over medium heat, bring water and bouillon to a boil. Cook potato in simmering water until soft, about 20 minutes.

Combine potato and water with roasted vegetables and puree in a blender or food processor or using an immersion blender until smooth. Return to pot over low heat, and stir in cream, nutmeg, pepper and salt. Heat gently; serve.

Cock a Leekie Soup

Ingredients

4 pounds boneless, skinless chicken thighs, cut into bite-size pieces
10 cups water
1 onion, chopped
1/3 cup barley
1 (10.5 ounce) can condensed chicken broth
7 leeks, sliced
2 stalks celery, thickly sliced
1 sprig fresh thyme, chopped
1 tablespoon chopped fresh parsley
1 teaspoon salt
1/2 teaspoon ground black pepper

Directions

In a large pot over high heat, combine the chicken, water, onion and barley. Bring to a boil, reduce heat to low and simmer for 1 hour. Remove chicken, discard the bones and skin, chop meat into bite size pieces and return to the pot.

Add the chicken broth, leeks, celery, thyme, parsley, salt and ground black pepper. Simmer for 30 more minutes, or until all vegetables are tender.

Southern Mushroom Soup

Ingredients

2 cups chopped fresh mushrooms
1 small onion, chopped
2 cups chicken broth
3 tablespoons butter, melted
3 tablespoons all-purpose flour
1 1/2 cups milk
1/2 cup heavy cream
1 pinch salt and pepper to taste
4 slices white bread, toasted
1 tablespoon softened butter
1 cup shredded sharp Cheddar cheese

Directions

In a large saucepan, combine the mushrooms, onion and chicken broth. Bring to a boil, then simmer covered for 15 minutes over low heat.

Stir together the melted butter and flour to make a paste. Stir the paste into the pan with the vegetables. Increase the heat to medium, and gradually stir in the milk. Continue stirring constantly.

When the mixture thickens and begins to boil, stir in the cream. Cook over low heat without boiling for about 10 minutes, or until the mushrooms are tender. Season with salt and pepper.

Ladle the soup into bowls, and trim pieces of toast to fit the bowls. Butter the toast, and place on top of the soup. Sprinkle the cheese over the bread and serve.

Chicken Wings in Tomato Soup

Ingredients

1 quart oil for frying
3 pounds chicken drumettes
2 (26 ounce) cans condensed tomato soup
6 cups water
2 green bell peppers, diced
1 large Vidalia onion, diced

Directions

In a large, heavy skillet, heat oil to 375 degrees F (190 degrees C). Fry the drumettes until lightly browned and no longer pink on the inside. Remove from heat and drain excess oil.

In a large saucepan, bring the tomato soup and water to a boil. Reduce heat and simmer. Mix in the drumettes, green bell peppers and Vidalia onion. Simmer approximately 15 minutes.

Souper Skillet Pasta

Ingredients

1 pound lean ground beef
1 (1 ounce) package dry onion soup mix
1 teaspoon dried oregano
1 (28 ounce) can whole peeled tomatoes, undrained and chopped
2 cups water
2 cups macaroni
1/3 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese

Directions

In a skillet over medium heat, brown the ground beef until no pink shows; drain.

Stir in onion soup mix, oregano, tomatoes and water. Bring to boil; stir in macaroni. Simmer covered, stirring occasionally for 20 minutes or until macaroni is tender. Sprinkle in Parmesan cheese and top with Mozzarella cheese.

Beefy Vegetable Soup

Ingredients

10 cups beef broth
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
1 1/2 cups diced carrots
1 1/2 cups diced potatoes
1 cup chopped celery
1/2 cup chopped onion
1 cup frozen corn kernels
1 cup chopped fresh green beans
1/4 tablespoon ground black pepper
1/2 teaspoon salt
1 1/2 cups seashell pasta
1 cup shredded Cheddar cheese

Directions

In a large saucepan, combine the broth, tomato sauce, chopped tomatoes with juice, carrots, potatoes, celery, onion, corn, green beans, pepper and salt. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 15 minutes.

Stir in pasta and cook for an additional 15 to 25 minutes or until pasta is tender. Adjust seasoning and serve hot with a sprinkle of Cheddar cheese on top.

Spring Vegetable Soup

Ingredients

1 tablespoon vegetable oil
1/2 cup chopped onion
1 clove garlic, minced
1 medium potato, peeled and chopped
1/2 cup chopped broccoli
1/2 cup frozen corn
1/2 cup torn spinach
1/2 cup chopped fresh mushrooms
1/2 cup chopped carrots
1/4 cup chopped cabbage
2 (32 fluid ounce) containers chicken broth
6 ounces egg noodles
1 cup canned white beans

Directions

Heat the oil in a large pot over medium heat, and cook the onion and garlic until tender. Mix in potato, broccoli, corn, spinach, mushrooms, carrots, and cabbage. Pour in chicken broth and bring to a boil. Reduce heat to low. Simmer 20 minutes, until potato is tender.

Stir egg noodles and white beans into the pot, and continue cooking 7 minutes, or until noodles are tender and beans are heated through.

Cheese, Broccoli, and Chicken Soup

Ingredients

2 tablespoons vegetable oil
1 small onion, chopped
1 pound skinless, boneless
chicken breast halves - chopped
2 (32 fluid ounce) containers
chicken broth
1 large head fresh broccoli, cut
into bite size pieces
8 ounces processed cheese food,
shredded
1 cup shredded Cheddar cheese
salt and pepper to taste
4 cups uncooked instant rice

Directions

Heat the oil in a skillet over medium heat. Cook the onion and chicken in the skillet 5 minutes, or until chicken juices run clear; drain.

Bring the chicken broth to a boil in a large pot, and stir in the broccoli, processed cheese food, and Cheddar cheese. Mix in the chicken and onion. Season with salt and pepper. Stir in rice, and continue cooking 5 minutes, stirring frequently, until cheeses are melted, and broccoli and rice are tender.

Poor Irish Soup

Ingredients

4 cups chicken stock
1 ham hock
3 cups shredded cabbage
2 cups thinly sliced potatoes
1 teaspoon cream or milk
(optional)
salt and pepper to taste

Directions

Combine the stock, ham hock, and cabbage in a large stockpot; bring to a boil. Reduce heat to low; cover and cook until the potatoes are soft, about 30 minutes. Carefully separate the meat from the bone of the ham hock and dispose of the bone, adding the meat back to the soup. Stir in the cream; season with salt and pepper.

Spicy Asian Beef and Snow Pea Soup

Ingredients

Vegetable cooking spray
1 pound boneless beef sirloin
steak, 3/4-inch thick, cut into thin
strips
1 cup whole baby carrots, cut into
thin strips
4 ounces fresh snow peas, cut
into thin strips
1 medium onion, cut in half and
sliced
3 cloves garlic, minced
1 tablespoon minced fresh ginger
root
4 cups SwansonB® Beef Broth
OR SwansonB® 50% Less
Sodium Beef Broth
1 tablespoon soy sauce
1/4 teaspoon crushed red pepper
2 cups hot cooked jasmine rice
OR Chinese-style noodles

Directions

Spray a 12-inch skillet with cooking spray. Heat over medium-high heat for 1 minute. Add the beef and stir-fry until it's well browned, stirring often. Remove the beef from the skillet with a slotted spoon.

Add the carrots, peas, onion, garlic and ginger to the skillet. Stir-fry until the vegetables are tender-crisp.

Stir the broth, soy sauce, red pepper into the skillet. Heat to a boil. Return the beef to the skillet and reduce the heat to low. Cook for 5 minutes.

Spoon 1/3 cup of the rice in each of 6 serving bowls. Divide the soup mixture among the bowls.

Golden Potato Soup

Ingredients

3 cups peeled and cubed potatoes
1/2 cup chopped celery
1/2 cup chopped onion
1 cube chicken bouillon
1 cup water
1 teaspoon dried parsley
1/2 teaspoon salt
1 pinch ground black pepper
2 teaspoons all-purpose flour
1 1/2 cups milk
1 1/2 cups shredded American cheese
1 cup chopped ham

Directions

In a large stock pot add potatoes, celery, onion, chicken bouillon, water and parsley flakes. Season with salt and pepper and simmer until vegetables become tender.

In a separate bowl mix flour and milk. Once it is well blended, add to soup mixture and cook until soup becomes thick.

Stir in cheese, cooked ham or hamburger and simmer until cheese is melted.

Barley, Lentil and Mushroom Soup

Ingredients

- 1/4 cup olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 carrots, chopped
- 3/4 cup pearl barley
- 3/4 cup dry brown lentils
- 1/3 cup dried porcini mushrooms, rinsed
- 2 quarts low-sodium beef broth
- 1/4 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/4 teaspoon freshly ground black pepper
- 1 bay leaf
- 4 cups sliced button mushrooms
- 1 tablespoon dry sherry (optional)

Directions

Heat the olive oil in a large pot over medium heat. Add the onion; cook and stir until onions are limp, but not brown, about 5 minutes. Mix in the celery and carrot; cook for another 5 minutes. Stir in the barley and lentils so they are coated with oil, continue to cook and stir until lightly toasted.

Pour in the beef broth and season with thyme, parsley, pepper and the bay leaf. Bring to a boil. Add the porcini mushrooms, cover and simmer for 25 minutes over low heat. Add the button mushroom, cover and continue cooking for another 30 minutes, stirring occasionally. Mix in sherry during the last 5 minutes. Taste and adjust seasoning if needed before serving.

Calico Wild Rice Soup

Ingredients

2 cups wild rice
6 cups water
4 cups chicken broth
1 cup frozen corn kernels
1/2 cup chopped green onions
2 tablespoons red bell pepper, chopped
2 tablespoons chopped green bell pepper
1 tablespoon chopped fresh parsley
1 teaspoon dried tarragon
2 tablespoons cornstarch
2 tablespoons water

Directions

In a medium sauce pan cook rice in 6 cups water until cooked through and tender.

In a large saucepan or stock pot combine broth, cooked rice, corn, green onions, red and green bell pepper, parsley and tarragon. Mix well and cook over medium heat until mixture boils. Reduce heat and simmer 5 minutes or until corn is tender.

In a small bowl, mix cornstarch and water. Add to soup mixture and cook for 5 minutes. Stir occasionally and serve once soup has thickened.

Tomato Soup Cake III

Ingredients

1 cup white sugar
1/2 cup shortening
1/2 teaspoon salt
2 eggs
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 teaspoon baking powder
1/2 teaspoon ground cloves
1/2 cup raisins
1/2 cup chopped walnuts
2 cups sifted all-purpose flour
1 (10.75 ounce) can condensed tomato soup
1 teaspoon baking soda
1 (8 ounce) package cream cheese
2 cups confectioners' sugar

Directions

Preheat oven to 375 degrees F (190 degrees C). Grease and flour a 9 x 13 inch pan.

In a large bowl, cream sugar and shortening. Add beaten eggs, and mix well. Stir in salt, cinnamon, nutmeg, and cloves. Mix in flour and baking powder, and then raisins and nuts. Mix tomato soup and baking soda together; beat into first mixture.

Bake for 30 to 35 minutes. Cool.

Beat cream cheese and confectioners sugar together until smooth. Frost the cake.

Hearty Lentil Soup I

Ingredients

- 2 cups brown lentils
- 1 onion
- 2 carrots
- 3 leaves cabbage
- 4 tablespoons vegetable oil
- 1 (1 ounce) package dry onion soup mix
- 1 teaspoon ground cumin
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- salt to taste
- 1 lemon

Directions

Place lentils, onion, carrots and cabbage leaves in a pressure cooker and cover with 1 1/2 inches of water and 4 tablespoons oil. Cook about 10 to 15 minutes and then cool until pressure reduces, then open.

In a food processor or blender, puree soup until smooth. Add cumin, black pepper, cinnamon, all spice, cloves and nutmeg. Transfer to a stock pot and return to heat. When soup is just beginning to boil, stir in onion soup mix. Simmer until thickened and then just before serving season to taste with lemon juice and salt.

Vegetarian Split Pea Soup

Ingredients

3/4 cup uncooked orzo pasta
1 cup chopped onion
1 cup chopped celery
2 cloves garlic, minced
1 1/2 cups chopped carrots
1 tablespoon olive oil
1 quart vegetable broth
1 cup dried split peas
1 teaspoon dried thyme
1/2 teaspoon dried chipotle chile pepper
salt and pepper to taste

Directions

Bring a medium-size pot of salted water to a boil, add orzo and cook until al dente. Drain well.

In a large skillet, saute onion, celery, garlic, and carrots in olive oil for 5 minutes.

Place vegetables, vegetable broth, peas, thyme, chile pepper, salt and pepper in a pressure cooker. Cover. When pressure cooker reaches full pressure, cook for 10 to 12 minutes. Remove the pressure cooker from the heat. Add cooked orzo and serve.

Note: If you would like creamier soup, puree soup in a food processor or blender. Add additional broth to bring the soup to the consistency you desire.

Potato Soup II

Ingredients

2 (16 ounce) packages frozen hash brown potatoes, thawed
1 cup chopped onion
1 cup grated carrots
1 cup chopped celery
5 slices bacon, diced
4 (14.5 ounce) cans chicken broth
3 cups water
1 (10.75 ounce) can condensed cream of celery soup
1 (10.75 ounce) can condensed cream of chicken soup
3 cups milk
salt and pepper to taste

Directions

Place hash browns, onions, carrots, celery, water, and chicken broth in large stock pot. Simmer for 30 minutes.

Stir in undiluted cream soups, milk, and bacon. Season with salt and pepper. Let simmer for another 30 minutes.

Family-Favorite Soup

Ingredients

5 1/2 cups water, divided
1 large onion, chopped
1 cup sliced carrots
1 cup cubed potatoes
1/2 cup sliced celery
1/2 teaspoon salt
1/2 teaspoon pepper
1 (16 ounce) can kidney beans,
rinsed and drained
1 (10.75 ounce) can condensed
tomato soup, undiluted
1/2 pound ground beef, cooked
and drained
2 tablespoons barbecue sauce
1 teaspoon beef bouillon granules

Directions

In a large saucepan, combine 2 cups water, onion, carrots, potatoes, celery, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Add the remaining ingredients; cover and simmer 30 minutes longer or until vegetables are tender.

Portuguese Bean Soup I

Ingredients

1/2 pound chorizo sausage, chopped
1/4 cup olive oil
2 carrots, chopped
1 cup chopped onion
5 stalks celery, chopped
5 tomatoes, chopped
3 small potatoes, peeled and chopped
3 quarts chicken broth
1 1/2 tablespoons cayenne pepper
1 (15 ounce) can kidney beans, drained
1/2 cup tomato paste
salt and pepper to taste

Directions

Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.

In a stockpot over medium-high heat, heat oil and saute carrots, onion and celery. Add tomatoes, potatoes, kidney beans and chicken broth. Bring to a boil and stir in cayenne pepper and tomato paste. Reduce heat and simmer for 20 minutes. Add sausage and season with salt and pepper to taste. Serve hot.

Tomato Cold Soup with Parmesan Cheese Ice

Ingredients

18 plum tomatoes, chopped
6 leaves fresh basil, julienned
2 cups extra-virgin olive oil, or as needed
1/2 cup freshly grated Parmesan cheese
1/4 cup cream
salt to taste
freshly ground black pepper to taste

Directions

Place the tomatoes and basil into a large pot or bowl. Use a stick blender, food processor, or blender to puree the tomatoes and basil together. Gradually blend in the oil to form a good emulsion. If pureeing the mixture in smaller batches, add a bit of oil to each one. Season with salt and ground black pepper, but remember, the Parmesan ice cream will be salty. Place the tomato preparation in the refrigerator while the ice cream is prepared.

Heat the cream in a small saucepan over medium heat. Stir in the Parmesan cheese, and continue to cook and stir until the cheese is melted, and the mixture is uniform. Season with a dash of freshly ground black pepper, and remove to a small bowl to cool. This will temper the mixture, so it will freeze more smoothly and evenly. When the cheese mixture has cooled a bit, place it in the freezer.

Take the tomato mixture from the refrigerator, and pass it through a chinois, food mill or strainer with medium holes to remove bits of peel and seeds. The result should be a creamy liquid, not a tomato juice.

Serve the cold soup in small bowls or large cups. Make little balls with the frozen cheese using a dessert spoon. Place a little ball of the Parmesan ice cream into each bowl just before serving.

Chicken, Fennel and Mushroom Soup

Ingredients

2 skinless, boneless chicken breast halves
1 tablespoon olive oil
1 teaspoon butter
1 teaspoon lemon pepper
1 bulb fennel, trimmed and thinly sliced
1/4 cup cream sherry
1 1/2 cups sliced crimini mushrooms
1/4 cup diced red bell pepper
3 tablespoons finely minced fresh parsley
1 cup buttermilk
1/2 cup half-and-half cream
1 1/2 cups water
2 teaspoons chicken soup base

Directions

Heat oil and butter in a saucepan over medium-high heat. Brown chicken on both sides then reduce heat to medium. Add lemon pepper, fennel and cream sherry. Simmer until chicken is cooked through but not dry. When chicken is cooked, remove it from the pan and set aside to cool.

While chicken is cooling, add mushrooms, red pepper, parsley, buttermilk, half and half, water and chicken soup base; stir. Tear chicken into bite sized pieces and return them to the soup. Heat until warmed through but do not boil, mushrooms and peppers should still be firm.

Chicken Pot Pie Soup with Toasted Almonds

Ingredients

1 (10 ounce) package frozen puff pastry shells
2 tablespoons butter
1 1/2 pounds skinless, boneless chicken breast meat - cubed
2 (10.5 ounce) cans chicken broth
2 teaspoons chicken soup base
1/4 teaspoon dried thyme leaves
1/4 cup chopped fresh parsley
2 tablespoons butter, softened
3 tablespoons all-purpose flour
1 (4 ounce) can mushroom pieces, drained
1 (10 ounce) package frozen mixed peas and carrots
1/2 cup heavy cream
1/4 cup toasted sliced almonds

Directions

Preheat oven to 400 degrees F (200 degrees C). Place frozen puff pastry shells, top-side-up on an ungreased baking sheet 2 inches apart.

Bake shells in preheated oven until puffed and golden-brown, 20 to 25 minutes. Remove to cool on a wire rack.

Meanwhile, melt 2 tablespoons of butter in a large pot over medium heat. Stir in the cubed chicken, and cook, until firmed and no longer pink in the center, about 10 minutes. Remove chicken meat and set aside.

Pour in the chicken broth and bring to a boil over high heat. Reduce heat to medium, and whisk in the chicken soup base, thyme, and parsley. Mix together the softened butter and flour in a small bowl to form a paste. Whisk this paste into the simmering soup, and cook 10 minutes or until thickened.

Stir in the cooked chicken, mushroom pieces, peas and carrots, cream, and toasted almonds. Return soup to a simmer, and cook a few minutes until hot. Ladle soup into serving bowls, and top with puff pastry to serve.

Harvest Pumpkin Soup

Ingredients

2 small sugar pumpkin
3 cups chicken stock
3/4 cup heavy whipping cream
1/4 teaspoon ground nutmeg
1/2 teaspoon ground sage
1 1/2 teaspoons salt
4 tablespoons sour cream

Directions

Preheat oven to 400 degrees F (205 degrees C). Cut pumpkins in half and scoop out seeds. Spray a cookie sheet with non-stick cooking spray. Place pumpkins, flesh side down on the cookie sheet and roast until soft to the touch, about 45 minutes. Remove pumpkins from oven and let cool. Once pumpkins are cool scrape flesh from skins into a food processor. Discard skins.

Add chicken stock to the pumpkin and puree. Pour soup into a large saucepan and bring to a simmer over medium heat. Stir in cream, nutmeg, sage and salt. Mix well and remove from heat. Serve garnished with a dollop of sour cream

Low Carb Cauliflower Leek Soup

Ingredients

2 tablespoons olive oil
3 tablespoons butter
3 leeks, cut into 1 inch pieces
1 large head cauliflower, chopped
3 cloves garlic, finely chopped
8 cups vegetable broth
salt and freshly ground black pepper to taste
1 cup heavy cream (optional)

Directions

Heat the olive oil and butter in a large pot over medium heat, and saute the leeks, cauliflower, and garlic for about 10 minutes. Stir in the vegetable broth, and bring the mixture to a boil. Reduce heat, cover, and simmer 45 minutes.

Remove the soup from heat. Blend the soup with an immersion blender or hand mixer. Season with salt and pepper. Mix in the heavy cream, and continue blending until smooth.

Football Sunday Beer Cheese Soup

Ingredients

2 tablespoons butter
2 tablespoons minced onion
1 teaspoon minced garlic
1 1/2 tablespoons Worcestershire sauce
1 (12 fluid ounce) can or bottle light beer
1 3/4 cups chicken broth
1 teaspoon ground mustard
2 cups half-and-half cream
3 cups shredded Cheddar cheese
1/4 cup flour
1/4 cup cornstarch
1/4 cup water
salt and pepper to taste

Directions

Melt the butter in a saucepan over medium heat; cook the onion and garlic in the butter until the onion is tender, about 5 minutes. Pour in the Worcestershire sauce and beer; bring to a boil for 3 to 5 minutes. Stir the chicken broth and mustard. Reduce heat to medium-low and pour in the half-and-half while stirring.

Toss together the shredded Cheddar cheese and flour in a bowl; add to the liquid mixture in small batches until melted.

Whisk together the cornstarch and warm water in a small bowl; stir into the cheese mixture; season with salt and pepper. Heat and stir until thick; serve hot.

Chicken Enchilada Soup III

Ingredients

1 pound skinless, boneless chicken breast halves
1 tablespoon vegetable oil
1/2 cup diced onion
1 clove garlic, minced
1 quart chicken broth
1 cup masa harina
3 cups water, divided
1 cup enchilada sauce
2 cups shredded Cheddar cheese
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon ground cumin

Directions

In a large pot over medium heat, cook chicken breasts in oil until well browned on all sides. Remove and set aside.

Cook onion and garlic in remaining oil until onions are translucent. Pour in chicken broth.

In a bowl, whisk together masa harina and 2 cups water until well blended. Pour into pot with remaining 1 cup water, enchilada sauce, Cheddar, salt, chili powder and cumin. Bring to a boil.

Shred cooked chicken and add it to the pot. Reduce heat and simmer 30 to 40 minutes, until thickened.

Cheese Vegetable Soup I

Ingredients

1 pound ground beef
1 (10 ounce) package frozen corn
kernels
1 cup cubed potatoes
1 cup thinly sliced celery
1 cup sliced carrots
1/2 cup chopped onion
2 cups water
2 cubes beef bouillon cube
3/4 teaspoon hot pepper sauce
1 (16 ounce) jar processed cheese
sauce

Directions

Brown the ground beef and drain.

Put all ingredients except the cheese sauce in a crock pot. Cover and cook on low for 8 to 10 hours.

Add cheese sauce and gently stir until well blended.

Spicy Kielbasa Soup

Ingredients

1/2 pound reduced-fat smoked turkey kielbasa, sliced
1 medium onion, chopped
1 medium green pepper, chopped
1 celery ribs with leaves, thinly sliced
4 garlic cloves, minced
2 (14.5 ounce) cans reduced sodium chicken broth
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (14.5 ounce) can stewed tomatoes, cut up
1 small zucchini, sliced
1 medium carrot, shredded
1 tablespoon dried parsley flakes
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon pepper

Directions

In a nonstick skillet, cook kielbasa over medium heat until lightly browned. Add the onion, green pepper, celery and garlic. Cook and stir for 5 minutes or until vegetable are tender. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8-9 hours.

Cuban Green Soup

Ingredients

2 ounces salt pork, diced
1 large onion, chopped
5 (15 ounce) cans navy beans,
with juice
2 (10 ounce) packages frozen
turnip greens with turnip pieces

Directions

Place a stock pot or Dutch oven over medium heat. Fry the salt pork for a few minutes to release some liquid. Add onion, and saute until translucent. Stir in the navy beans and turnip greens. Bring to a boil, reduce heat to medium-low, and simmer for about 30 minutes. Serve with home made pepper vinegar and a side of cornbread for restaurant-style dining.

Ribley Soup

Ingredients

1 cup all-purpose flour
1 egg, beaten
4 cups beef broth

Directions

In a small bowl, stir together the flour and egg until crumbly. Bring the beef broth to a boil in a saucepan. Stir the flour mixture into the beef broth while boiling rapidly. Stir constantly until well blended.

Old-Fashioned Onion Soup

Ingredients

3 pounds onions, sliced
1/2 cup butter, melted
7 slices French or Italian-style
bread
4 1/2 cups chicken broth

Directions

Place sliced onions and butter into slow cooker, and mix until onions are thoroughly coated. Stir in bread and chicken broth.

Cover, and cook on LOW for 10 to 18 hours or on HIGH 4 to 5 hours, stirring occasionally. Stir well during last hour.

Potato Ginger Soup

Ingredients

3 large potatoes, sliced
4 cups chicken broth
1 pound fresh mushrooms,
chopped
3 tablespoons grated fresh ginger
root
pepper to taste
1/4 cup chopped green onion

Directions

In a large pot, combine the potatoes, chicken broth, mushrooms and ginger. Bring to a boil, and cook for about 20 minutes. Season with pepper. Puree in batches using a blender, or in the pan using an immersion blender. Serve hot, garnished with green onions.

Spinach and Yogurt Soup

Ingredients

1 1/2 tablespoons butter or margarine
1 medium onion, finely chopped
2 teaspoons all-purpose flour
1/3 teaspoon salt
1/4 teaspoon dried tarragon
1 pinch ground nutmeg
1 pinch cayenne pepper
1 (16 ounce) package frozen chopped spinach, thawed
2 cups chicken broth
3/4 cup plain yogurt
2 slices lemon, cut in half for garnish

Directions

Melt butter in a large saucepan over medium heat. Add the onion, and cook until tender, stirring occasionally. Stir in the flour, salt, tarragon, nutmeg and cayenne, and heat until fragrant. Stir in spinach (undrained) and chicken broth. Bring to a boil, then reduce heat to low, and simmer for about 15 minutes.

Remove the soup from the heat, and puree in a food processor or blender in batches. Return to the saucepan, and whisk in yogurt. Heat through, but do not boil. Taste and adjust seasonings if necessary. Ladle into bowls, and float a lemon slice on top of each serving.

Absolutely Ultimate Potato Soup

Ingredients

1 pound bacon, chopped
2 stalks celery, diced
1 onion, chopped
3 cloves garlic, minced
8 potatoes, peeled and cubed
4 cups chicken stock, or enough
to cover potatoes
3 tablespoons butter
1/4 cup all-purpose flour
1 cup heavy cream
1 teaspoon dried tarragon
3 teaspoons chopped fresh
cilantro
salt and pepper to taste

Directions

In a Dutch oven, cook the bacon over medium heat until done. Remove bacon from pan, and set aside. Drain off all but 1/4 cup of the bacon grease.

In the bacon grease remaining in the pan, saute the celery and onion until onion begins to turn clear. Add the garlic, and continue cooking for 1 to 2 minutes. Add the cubed potatoes, and toss to coat. Saute for 3 to 4 minutes. Return the bacon to the pan, and add enough chicken stock to just cover the potatoes. Cover, and simmer until potatoes are tender.

In a separate pan, melt the butter over medium heat. Whisk in the flour. Cook stirring constantly, for 1 to 2 minutes. Whisk in the heavy cream, tarragon and cilantro. Bring the cream mixture to a boil, and cook, stirring constantly, until thickened. Stir the cream mixture into the potato mixture. Puree about 1/2 the soup, and return to the pan. Adjust seasonings to taste.

My Favorite Soup

Ingredients

1 (8 ounce) package cream cheese
1/2 cup butter
1 cup chopped green onions
2 (10.75 ounce) cans condensed cream of potato soup
1 (15.25 ounce) can whole kernel corn
1 pound cooked shrimp

Directions

In a soup pot, slowly melt cream cheese and butter over low heat. Add green onions and simmer 10 to 15 minutes. Stir in potato soup and corn. Simmer 10 to 15 minutes.

Stir in milk to desired consistency. Begin with 1/2 cup of milk and add more if needed. Soup will be thick. Add shrimp and heat thoroughly.

Tomato Soup III

Ingredients

1 (28 ounce) can tomato sauce
5 cups water
3 cubes vegetable bouillon
1 bay leaf
1 small onion, chopped
2 cloves garlic, minced
1 teaspoon Italian seasoning
1 1/2 teaspoons dried parsley
1 1/2 teaspoons sugar
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon hot red pepper sauce
2 stalks celery, sliced
2 carrots, peeled and sliced
1 small zucchini, chopped
1 cup frozen corn
1/2 cup uncooked ditalini pasta

Directions

In a large pot, mix the tomato sauce, water, vegetable bouillon, bay leaf, onion, garlic, Italian seasoning, parsley, sugar, salt, pepper, and hot red pepper sauce. Bring to a boil, reduce heat to low, and simmer at least 30 minutes.

Stir in the celery, carrots, zucchini, and corn. Cover, and continue to simmer 30 minutes.

Stir ditalini pasta into the pot, and continue cooking 10 minutes, or until pasta is al dente.

Creamy Soup Steaks

Ingredients

4 pork chops
1 (10.75 ounce) can condensed
cream of celery soup
3/4 cup milk

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place pork steaks in a 9x13 inch baking dish. In a medium bowl mix together the soup and milk and pour mixture over steaks. Bake uncovered in the preheated oven for 30 to 40 minutes or until internal temperature of the pork reaches 160 degrees F (70 degrees C).

Beef Curry Soup

Ingredients

1 pound cubed beef stew meat
2 onions, chopped
2 tablespoons margarine
6 cups beef stock
2 tablespoons curry powder
2 bay leaves
2 potatoes, sliced
2 tablespoons distilled white vinegar
2 teaspoons salt

Directions

In a large saucepan or pot, brown the beef cubes and onions in butter or margarine.

Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes.

Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender. Serve hot!!

Baked Beefy Onion Soup

Ingredients

1 1/2 pounds meaty beef soup bones
2 quarts water
1 medium carrot, quartered
4 black peppercorns
3 teaspoons beef bouillon granules
2 sprigs fresh parsley
2 large onions, thinly sliced
1/4 cup butter
6 (1/2 inch thick) slices French bread
6 slices Swiss cheese

Directions

In a soup kettle, combine the first six ingredients. Bring to a boil over medium-high heat. Reduce heat; cover and simmer for 3 hours. Strain the broth, discarding soup bones, carrot and seasoning; skim fat.

Meanwhile, in a large skillet, saute the onions in butter over medium heat for 30 minutes or until golden brown. Divide the onions among six oven proof bowls. Ladle about 1 cup broth onto each. Top each with a slice of bread and Swiss cheese. Bake at 350 degrees F for 50-55 minutes or until golden brown.

Souperburger Sandwiches

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1 tablespoon prepared mustard
1/8 teaspoon ground black
pepper
6 Pepperidge Farm® Farmhouse
Premium White Rolls with Sesame
Seeds

Directions

Cook the beef and onion in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often. Pour off any fat.

Stir the soup, mustard and black pepper in the skillet and cook until the mixture is hot and bubbling. Divide the beef mixture among the rolls.

Chicken Soup with Drop-In Noodles

Ingredients

2 skinless, boneless chicken breasts
2 1/2 tablespoons mixed vegetable flakes
1 bay leaf
1 teaspoon dried parsley
1/4 teaspoon dried tarragon
3/4 teaspoon celery salt
1 onion, chopped
1/2 cup frozen diced carrots
2 (14.5 ounce) cans chicken broth
2 teaspoons chicken bouillon powder
salt to taste
2 cups all-purpose flour
1 tablespoon shredded Cheddar cheese
2 eggs
1 tablespoon milk

Directions

Place chicken breasts in a large slow cooker and cover with cold water, 3/4 of the way full. Add vegetable flakes, bay leaf, parsley, tarragon, celery salt and onion. Cook on high at least 6 hours or on low for 8 hours. 1 hour prior to serving add carrots, chicken bouillon, chicken broth and start making drop-in noodles.

In a large stock pot bring 4 to 6 quarts of salted water to a boil. In a mixing bowl combine flour and cheese. In the center of flour mixture make a well and drop in eggs and milk. Mix with a fork until dough crumbles and looks like peas (if too dry add milk; if too moist add flour). Drop pea size dough pieces into boiling water and cook for twenty minutes. Drain and rinse the noodles with cold water.

Once noodles are finished and vegetables in soup are tender ladle soup into serving bowls, drop in noodles and serve.

Black Bean Vegetable Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 clove garlic, minced
2 carrots, chopped
2 teaspoons chili powder
1 teaspoon ground cumin
4 cups vegetable stock
2 (15 ounce) cans black beans,
rinsed and drained
1 (8.75 ounce) can whole kernel
corn
1/4 teaspoon ground black
pepper
1 (14.5 ounce) can stewed
tomatoes

Directions

In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to boil.

Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

Hearty Chicken Vegetable Soup II

Ingredients

1 (10 ounce) package frozen diced carrots
9 ounces frozen green beans
1/4 cup water
2 (10.75 ounce) cans condensed cream of chicken soup
2 cups milk
1 cup cubed, cooked chicken meat
1/3 cup chopped green onions

Directions

Combine carrots, beans, and water in saucepan. Cook over medium heat 6 to 8 minutes.

Mix in cream of chicken soup, milk and chicken. Cook 4 to 5 minutes, or until heated through. Garnish individual servings with green onions.

Carrot Soup

Ingredients

1 tablespoon butter
1 tablespoon all-purpose flour
1 cup half-and-half
1 1/2 cups vegetable broth
2 1/2 cups sliced carrots
1 tablespoon chopped fresh parsley
1 tablespoon chopped fresh basil
1 teaspoon ground cayenne pepper
salt to taste
ground black pepper to taste

Directions

Steam carrots until tender.

In a blender or food processor, combine cooked carrots and 3/4 cup broth. Blend until smooth. Set aside.

In a medium saucepan, melt butter over medium heat. Stir in flour, parsley, basil, and ground red pepper. Add half-and-half cream all at once. Cook and stir until slightly thickened and bubbly. Stir in carrot mixture and remaining broth. Season with salt and black pepper. Thin with milk or water if needed.

Egg Drop Soup II

Ingredients

2 (14.5 ounce) cans chicken broth
1 tablespoon cornstarch
1 egg, lightly beaten
2 tablespoons chopped green onion

Directions

In a medium stock pot, mix cold chicken broth with cornstarch. Slowly heat over medium heat, stirring frequently.

Pour beaten egg into soup, and stir once around stock pot very gently, in order to break up egg. Remove soup from heat immediately, divide into four portions and garnish with green onions.

Italian Vegetable Soup

Ingredients

2 (14.5 ounce) cans vegetable broth
1 (28 ounce) can peeled and crushed tomatoes
2 large carrots, coarsely chopped
1/2 cup frozen green beans
1 stalk celery, thickly sliced
1/3 cup frozen pearl onions
2 cloves garlic, minced
1 tablespoon dried parsley
3/4 teaspoon dried basil
1 bay leaf
1 cube vegetable bouillon
1/2 cup macaroni
1 (15 ounce) can kidney beans, drained
3 small zucchinis, cubed

Directions

In large saucepan or Dutch oven, bring broth, tomatoes, carrots, frozen green beans, celery, onions, garlic, parsley, basil, bay leaf and vegetable bouillon cube to a boil. Reduce heat. Cover and simmer 15 minutes.

Stir in macaroni, kidney beans, and zucchini. Bring soup back to a boil, and then reduce heat to simmer. Cover and cook for 10 to 15 minutes. Remove bay leaf and serve.

Miso Soup with Shiitake Mushrooms

Ingredients

4 cups vegetable broth
4 shiitake mushrooms, thinly sliced
1/4 cup miso paste
4 teaspoons soy sauce
1/3 cup diced firm tofu
2 green onions, trimmed and thinly sliced

Directions

Bring the vegetable broth to a boil in a saucepan. Add the mushrooms, reduce heat to low, and simmer 4 minutes. Stir the miso paste and soy sauce together in a small bowl; add to the broth along with the tofu and continue cooking for 1 minute more. Pour the soup into bowls and top with the green onions to serve.

Turkey Bone Soup

Ingredients

1 turkey carcass, cooked
4 (14 ounce) cans low-sodium chicken broth
1 onion, quartered
1 stalk celery, cut into 2 inch pieces
4 cloves garlic, crushed
2 cups chopped cooked turkey breast
1 (16 ounce) package frozen mixed vegetables
1 cup uncooked white rice
1 (15 ounce) can kidney beans, rinsed and drained
salt and pepper to taste
1 tablespoon dried oregano
1 tablespoon dried basil
1 teaspoon paprika

Directions

Place the turkey carcass in a large stockpot with a lid. Pour the chicken broth over the turkey to mostly cover. Drop in the onion, celery, and garlic. Bring to a boil over medium heat, cover, and simmer for 2 hours, turning the carcass occasionally.

Remove the carcass from the stock and set aside to cool. Remove the onion, celery and garlic from the stock and drop them into a blender along with about 1/2 cup of the stock, 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 vegetable mixture moving before leaving it on to puree. Pour the pureed onion, celery, and garlic back into the stock.

Remove as much cooked turkey meat from the carcass as possible and add the meat to the stock. Stir in the chopped turkey breast, frozen mixed vegetables, rice, canned kidney beans, salt, pepper, oregano, basil and paprika. Bring the soup to a boil, cover, and simmer until the rice is tender, 20 to 30 minutes.

Slow Cooker Potato Soup

Ingredients

8 pounds potatoes, peeled and cubed
1 small onion, chopped
2 tablespoons butter
2 cubes chicken bouillon
2 tablespoons dried parsley
6 cups water
2 cups milk
1/2 cup all-purpose flour

Directions

Place the potatoes, onion, butter, chicken bouillon cubes, parsley and water into a slow cooker. Set on low and let cook for 6 to 8 hours.

At least half an hour before serving, stir together the milk and flour until no lumps remain, and mix into the soup. Cook for 30 minutes or until the soup is thickened.

Zippy Potato Soup

Ingredients

3/4 pound sliced bacon, diced
1 medium onion, chopped
8 potatoes, peeled and cut into chunks
1 medium carrot, grated
5 cups water
1 (12 ounce) can evaporated milk
2 tablespoons butter or margarine
4 1/2 teaspoons minced fresh parsley
2 teaspoons Worcestershire sauce
1/2 teaspoon ground mustard
1/2 teaspoon ground nutmeg
1/4 teaspoon salt
1/8 teaspoon cayenne pepper

Directions

In a large skillet, cook bacon and onion; drain and set aside. In a soup kettle or Dutch oven, cook the potatoes and carrot in water for 20 minutes or until tender (do not drain). Stir in the remaining ingredients and the bacon mixture. Cook for 10 minutes or until heated through.

Stuffed Pepper Soup I

Ingredients

2 pounds ground beef
1 green bell pepper, chopped
1 (29 ounce) can tomato sauce
1 (29 ounce) can diced tomatoes
2 cubes beef bouillon cube
1/4 cup packed brown sugar
2 teaspoons salt
1 teaspoon ground black pepper
1 tablespoon soy sauce
2 cups cooked white rice

Directions

In a Dutch oven brown beef over medium high heat. Drain off any fat.

Add the peppers to the browned meat and saute for 3 minutes.

Stir in the tomato sauce, diced tomatoes with juice, bouillon cubes, brown sugar, salt, pepper and soy sauce. Reduce heat to low, cover and simmer for 30 to 45 minutes. Stir in rice and heat through.

Leftover Scalloped Potato Soup

Ingredients

4 cups leftover scalloped potatoes
4 cups chicken broth, or as
needed
1 tablespoon garlic powder
salt and pepper to taste
1 cup cubed cooked ham
(optional)
1 cup shredded Cheddar cheese
1/4 cup grated Parmesan cheese

Directions

Place the scalloped potatoes into a large pot, and pour in enough chicken broth to cover the potatoes completely. Season with garlic powder, salt and pepper. Add ham if using. Bring to a boil, and reduce heat to low. Stir in the Cheddar and Parmesan cheese, and simmer for about 10 minutes.

Cheese Soup III

Ingredients

3 cups vegetable broth
3 potatoes, cubed
1/2 cup chopped onion
1/2 cup chopped carrots
1/4 cup chopped celery
5 slices fat-free American cheese
1/2 cup skim milk
1 tablespoon hot pepper sauce
salt and pepper to taste
3 tablespoons chopped fresh
parsley

Directions

In a medium saucepan over high heat, combine the broth, potatoes, onions, carrots and celery. Bring to a boil and reduce heat to low. Cover and simmer about 15 minutes, or until potatoes are tender. Mash lightly with a potato masher.

Add American cheese, milk and hot sauce and continue cooking over low heat until cheese melts, stirring occasionally. Add salt and pepper to taste. Garnish with fresh parsley and hot pepper sauce, if desired.

Potato Soup with Spinach Dumplings

Ingredients

2 cups peeled, cubed potatoes
1/2 cup chopped onion
1/2 cup chopped sweet red pepper
2 tablespoons butter or margarine
3 (14.5 ounce) cans chicken broth
1 (10 ounce) package frozen chopped spinach, thawed
1 cup seasoned dry bread crumbs
1 egg white, lightly beaten
Chopped fresh parsley

Directions

In a large saucepan, combine potatoes, onion, red pepper, butter and chicken broth; bring to a boil. Reduce heat; cover and simmer about 10 minutes or until the potatoes are tender. Remove from the heat. In a small bowl, combine the spinach, bread crumbs and egg white; let stand for 15 minutes. Shape into 1-in. balls; add to soup. Return to a boil; reduce heat and simmer 10-15 minutes or until dumplings are firm. Sprinkle with parsley.

Butternut Squash Soup

Ingredients

6 tablespoons chopped onion
4 tablespoons margarine
6 cups peeled and cubed
butternut squash
3 cups water
4 cubes chicken bouillon
1/2 teaspoon dried marjoram
1/4 teaspoon ground black
pepper
1/8 teaspoon ground cayenne
pepper
2 (8 ounce) packages cream
cheese

Directions

In a large saucepan, saute onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes, or until squash is tender.

Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil.

Turkey Bean Soup

Ingredients

1 pound ground turkey
1 cup chopped onion
1 cup chopped celery
1 tablespoon olive oil
1 (49.5 fluid ounce) can chicken broth
2 cups frozen corn
1 (15 ounce) can cannellini or white kidney beans, rinsed and drained
1 cup frozen lima beans
1 (4 ounce) can chopped green chilies
1 teaspoon dried oregano
1 teaspoon ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
Shredded Cheddar cheese

Directions

In a Dutch oven, cook the turkey, onion and celery in oil over medium heat until meat is no longer pink. Add the broth, corn, beans, chilies, oregano, cumin, chili powder and salt. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until heated through. Serve with cheese if desired.

Kielbasa Bean Soup

Ingredients

4 1/2 cups water
2 (14.5 ounce) cans diced tomatoes, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 (15 ounce) can garbanzo beans or chickpeas, rinsed and drained
2 medium green peppers, chopped
2 medium onions, chopped
2 celery ribs, chopped
1 medium zucchini, sliced
2 teaspoons chicken bouillon granules
2 garlic cloves, minced
2 1/2 teaspoons chili powder
2 teaspoons dried basil
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 bay leaves
3/4 pound fully cooked kielbasa or Polish sausage, halved lengthwise and sliced

Directions

In a soup kettle or Dutch oven, combine all ingredients except the sausage. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add sausage and heat through. Discard bay leaves.

Roasted Cauliflower Soup

Ingredients

1 head cauliflower, cut into small florets
2 tablespoons roasted garlic-flavored extra-virgin olive oil
1/4 teaspoon ground nutmeg
2 teaspoons garlic powder
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper

1 tablespoon butter
1 onion, finely chopped
3 tablespoons all-purpose flour
1 (14 ounce) can chicken broth
1 cup milk
1 tablespoon dry sherry

Directions

Preheat oven to 450 degrees F (230 degrees C).

Place the cauliflower in a small roasting pan. Drizzle with oil and season with nutmeg, garlic powder, salt, and pepper; toss to coat.

Roast the cauliflower in the preheated oven stirring every 10 minutes until golden brown and tender, 30 to 40 minutes. Remove from the oven and set aside.

Melt the butter in a large saucepan over medium heat. Add the chopped onion and cook and stir until lightly golden brown, about 10 minutes.

Sprinkle the flour over the onions and stir to coat. Slowly pour the chicken broth and milk into the pan. Mix with a wire whisk until all of the flour is dissolved. Bring to a boil while stirring continuously until it thickens, then reduce heat to low. Stir in the sherry and the roasted cauliflower. Serve as is, or blend half and recombine with the rest of the soup for a thicker consistency.

Chilled Strawberry Soup

Ingredients

2 cups frozen strawberries
2 cups milk
1 cup heavy cream
1/2 cup sour cream
2 tablespoons white sugar, or to taste

Directions

Puree strawberries, milk, cream and sour cream in a blender or food processor until smooth. Stir in sugar to taste. Chill 8 hours or overnight in refrigerator before serving.

Quickie French Onion Soup

Ingredients

2 tablespoons minced garlic
1 onion, sliced into thin rings
1 1/2 tablespoons butter
3 (10.5 ounce) cans condensed chicken broth
2 (10.5 ounce) cans condensed beef broth
1 teaspoon ground black pepper
1 (1 ounce) package au jus gravy mix
2 cups croutons
8 slices Swiss cheese

Directions

In a small skillet over medium heat, cook garlic until just golden. Set aside.

In a skillet, cook sliced onions in butter, over medium low heat, until a caramel color is reached (any onion that is burned during this process should be discarded). Set aside.

Combine chicken and beef broth in a 2 quart saucepan. Add fried garlic, fresh ground pepper and sauteed onions. Bring the soup mixture to a boil and then simmer over low heat for 15 minutes. Stir in the packaged gravy mix and simmer for another 10 minutes.

Turn on oven broiler and divide soup evenly among 4 oven safe soup crocks. Place several croutons on the top of the soup followed by two slices of Swiss cheese on top of the croutons. Make sure that the cheese does not sink into the soup. Place soup crocks on a cookie sheet and place under the broiler. Broil until the cheese is golden brown and bubbling. Let cool slightly before serving.

Vegan Red Lentil Soup

Ingredients

1 tablespoon peanut oil
1 small onion, chopped
1 tablespoon minced fresh ginger root
1 clove garlic, chopped
1 pinch fenugreek seeds
1 cup dry red lentils
1 cup butternut squash - peeled, seeded, and cubed
1/3 cup finely chopped fresh cilantro
2 cups water
1/2 (14 ounce) can coconut milk
2 tablespoons tomato paste
1 teaspoon curry powder
1 pinch cayenne pepper
1 pinch ground nutmeg
salt and pepper to taste

Directions

Heat the oil in a large pot over medium heat, and cook the onion, ginger, garlic, and fenugreek until onion is tender.

Mix the lentils, squash, and cilantro into the pot. Stir in the water, coconut milk, and tomato paste. Season with curry powder, cayenne pepper, nutmeg, salt, and pepper. Bring to a boil, reduce heat to low, and simmer 30 minutes, or until lentils and squash are tender.

Hot Fruit Soup

Ingredients

1 (21 ounce) can cherry pie filling
1 (20 ounce) can pineapple tidbits,
drained
1 (15 ounce) can apricot halves,
drained and halved
1 (15 ounce) can sliced peaches,
drained
1 (15 ounce) can sliced pears,
drained
1 (11 ounce) can mandarin
oranges, drained
1 cup golden raisins

Directions

In a large bowl, combine all ingredients; mix well. Pour into an ungreased 2-1/2-qt. baking dish. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly.

Creamy Potato Leek Soup II

Ingredients

8 potatoes, peeled and cubed
4 cups chicken broth
1 pound bacon, cut into 1 inch pieces
3 leeks, sliced
1 cup heavy cream

Directions

In a large saucepan or stockpot, bring potatoes and chicken broth to a boil. Cook until potatoes are tender. Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, reserving 3 tablespoons of grease and set aside. Sautee the leeks in the frying pan with the reserved bacon grease 8 to 10 minutes.

When the potatoes are tender, stir in the fried leeks, heavy cream and bacon. Stir to blend and remove from heat. Serve hot.

Six Can Chicken Tortilla Soup

Ingredients

1 (15 ounce) can whole kernel corn, drained
2 (14.5 ounce) cans chicken broth
1 (10 ounce) can chunk chicken
1 (15 ounce) can black beans
1 (10 ounce) can diced tomatoes with green chile peppers, drained

Directions

Open the cans of corn, chicken broth, chunk chicken, black beans, and diced tomatoes with green chilies. Pour everything into a large saucepan or stock pot. Simmer over medium heat until chicken is heated through.

Lebanese-Style Red Lentil Soup

Ingredients

6 cups chicken stock
1 pound red lentils
3 tablespoons olive oil
1 tablespoon minced garlic
1 large onion, chopped
1 tablespoon ground cumin
1/2 teaspoon cayenne pepper
1/2 cup chopped cilantro
3/4 cup fresh lemon juice

Directions

Bring chicken stock and lentils to a boil in a large saucepan over high heat, then reduce heat to medium-low, cover, and simmer for 20 minutes.

Meanwhile, heat olive oil in a skillet over medium heat. Stir in garlic and onion, and cook until the onion has softened and turned translucent, about 3 minutes.

Stir onions into the lentils and season with cumin and cayenne. Continue simmering until the lentils are tender, about 10 minutes.

Carefully puree the soup in a standing blender, or with a stick blender until smooth. Stir in cilantro and lemon juice before serving.

Hearty Hamburger Soup

Ingredients

1 1/2 pounds ground beef
1 onion, minced
4 carrots, minced
3 celery ribs, thinly sliced
1/2 cup barley
1 (28 ounce) can diced tomatoes
2 cups water
3 (10 ounce) cans beef broth
1 (10.75 ounce) can condensed tomato soup
1 bay leaf
1 tablespoon parsley
1 teaspoon minced garlic
1/2 teaspoon dried thyme
ground black pepper, to taste

Directions

Heat a large soup pot over medium-high heat, and crumble in the ground beef. Cook and stir until the beef is evenly browned and no longer pink. Drain, and discard any excess grease.

Stir in the onion, carrots, celery, and barley. Pour in diced tomatoes, water, broth, and tomato soup. Season with bay leaf, parsley, garlic, thyme, and pepper. Bring to a boil. Reduce heat, and cover; simmer for 2 hours, stirring frequently. Remove bay leaf before serving.

Rich and Creamy Tomato Basil Soup

Ingredients

4 tomatoes - peeled, seeded and diced
4 cups tomato juice
14 leaves fresh basil
1 cup heavy whipping cream
1/2 cup butter
salt and pepper to taste

Directions

Place tomatoes and juice in a stock pot over medium heat. Simmer for 30 minutes. Puree the tomato mixture along with the basil leaves, and return the puree to the stock pot.

Place the pot over medium heat, and stir in the heavy cream and butter. Season with salt and pepper. Heat, stirring until the butter is melted. Do not boil.

Spicy Chicken Thai Noodle Soup

Ingredients

5 cups chicken broth
1 cup white wine
1 cup water
1 onion, chopped
3 green onions, chopped
3 cloves garlic, chopped
4 large carrots, cut into 1 inch pieces
4 large stalks celery, cut into 1 inch pieces
1/2 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon curry powder
1/2 tablespoon dried sage
1/2 tablespoon poultry seasoning
1/2 tablespoon dried oregano
1 teaspoon ground cayenne pepper
2 tablespoons vegetable oil
3 skinless, boneless chicken breast halves - cut into 1 inch cubes
1 fresh red chile pepper, seeded and chopped
1/2 (12 ounce) package dried rice noodles

Directions

In a slow cooker on low heat, combine chicken broth, wine, water, onion, green onion, garlic, carrots, celery, salt, black pepper, curry, sage, poultry seasoning, oregano and cayenne.

In a skillet over medium heat, cook chicken in oil until brown. Stir into slow cooker.

Cook soup 8 hours on low or 5 hours on high.

About halfway through the cooking time, stir in the red pepper. 15 minutes prior to serving, stir in the noodles.

Cold Cherry Soup

Ingredients

1 (16 ounce) can pitted sour red pie cherries
1 1/2 teaspoons cornstarch
1/2 cup cold water
1 tablespoon white sugar
2 tablespoons lemon juice
1 cup sour cream

Directions

Drain the canned cherries; place liquid in medium sauce pan and set cherries aside.

In a small mixing bowl combine cornstarch and cold water. Mix well and add to saucepan. Heat to boiling point and boil for 5 minutes, stirring constantly.

Add sugar and lemon juice. Stir and remove from heat and chill. When this syrup is cool, blend in the sour cream and add the drained cherries. Chill well and serve in chilled cups.

Best Cream Of Broccoli Soup

Ingredients

2 tablespoons butter
1 onion, chopped
1 stalk celery, chopped
3 cups chicken broth
8 cups broccoli florets
3 tablespoons butter
3 tablespoons all-purpose flour
2 cups milk
ground black pepper to taste

Directions

Melt 2 tablespoons butter in medium sized stock pot, and saute 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 flour and add milk. Stir until thick and bubbly, and add to soup. Season with pepper and serve.

Orange and Lentil Soup

Ingredients

2 tablespoons butter
1 onion, diced
2/3 cup red lentils
1/2 cup orange juice
1 stalk celery, chopped
1/2 carrot, shredded
1 bay leaf
1/2 teaspoon dried thyme
ground black pepper to taste
3 cups chicken broth, divided

Directions

In a pot over medium heat, cook onions in butter until softened. Stir in lentils, orange juice, celery, carrot, bay leaf, thyme, pepper and half the chicken broth and simmer 40 minutes, until lentils are tender.

Puree in a blender or food processor, or using an immersion blender. Return to the pot, stir in remaining chicken broth and heat through.

Hungarian Mushroom Soup

Ingredients

4 tablespoons unsalted butter
2 cups chopped onions
1 pound fresh mushrooms, sliced
2 teaspoons dried dill weed
1 tablespoon paprika
1 tablespoon soy sauce
2 cups chicken broth
1 cup milk
3 tablespoons all-purpose flour
1 teaspoon salt
ground black pepper to taste
2 teaspoons lemon juice
1/4 cup chopped fresh parsley
1/2 cup sour cream

Directions

Melt the butter in a large pot over medium heat. Saute the onions in the butter for 5 minutes. Add the mushrooms and saute for 5 more minutes. Stir in the dill, paprika, soy sauce and broth. Reduce heat to low, cover, and simmer for 15 minutes.

In a separate small bowl, whisk the milk and flour together. Pour this into the soup and stir well to blend. Cover and simmer for 15 more minutes, stirring occasionally.

Finally, stir in the salt, ground black pepper, lemon juice, parsley and sour cream. Mix together and allow to heat through over low heat, about 3 to 5 minutes. Do not boil. Serve immediately.

Potato Soup X

Ingredients

4 potatoes - peeled and cubed
3 stalks celery, chopped
2 teaspoons dried onion flakes
2 quarts water
2 cups milk
1/2 cup unsalted butter
1 cup potato flakes
salt and pepper to taste

Directions

In a large pot over high heat, combine the potatoes, celery and onion with the water and bring to a boil. Reduce heat to low and simmer for 20 minutes.

Drain the water, reserving 2 cups of water in the pot. Add the milk, butter and potato flakes. Stir all together well until thickened, about 5 minutes. Season with salt and pepper to taste.

Potato Soup III

Ingredients

12 potatoes, peeled and chopped
1 onion, chopped
1/2 pound bacon, cut into small pieces
2 1/2 cups milk
1 (15.25 ounce) can whole kernel corn (optional)
1 1/2 cups dry potato flakes
2 cups shredded sharp Cheddar cheese
2 tablespoons butter
salt and pepper to taste

Directions

In a 3 quart sauce pan, combine potatoes, onion, bacon, and enough water to cover ingredients. Place lid on pot, and cook until potatoes are tender. Stir occasionally to prevent sticking.

Stir in milk and butter. Stir in instant potatoes to the thickness you desire. Add cheese, and stir until it melts. If desired, mix in corn. Season with salt and pepper to taste. Simmer over low heat for 10 to 20 minutes, and serve.

Creamed Asparagus Soup

Ingredients

3 tablespoons butter
1 leek, sliced
1 large clove garlic, minced
1 pound fresh asparagus spears,
each cut crosswise into thirds
1 cup chicken broth
1 cup water
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup PHILADELPHIA Chive &
Onion Cream Cheese Spread
1/4 cup milk

Directions

Melt butter in medium saucepan on medium heat. Add leeks; cook 5 min. or until tender, stirring occasionally. Stir in garlic; cook and stir 2 min. Add asparagus, broth and water; stir. Simmer on medium-low heat 5 min. or until asparagus is crisp-tender. Season with salt and pepper.

Meanwhile, mix cream cheese spread and milk until well blended.

Add asparagus mixture to blender, in batches; blend until smooth. Spoon into soup bowls. Add cream cheese mixture; swirl gently with spoon.

Shank Beef Soup

Ingredients

3 pounds beef shank
2 cups dried split peas
2 cups chopped sweet potato
2 cups chopped taro (eddoes)
2 cups all-purpose flour
1/2 cup cornmeal
1 onion, chopped
1 clove garlic, minced
3 stalks celery, chopped, with leaves
2 teaspoons chopped fresh thyme
2 teaspoons white sugar
2 tablespoons cider vinegar
salt and pepper to taste

Directions

In large stock pot soak peas in 2 cups water for 1 hour. Cook peas over medium heat, continually checking to see if more water needs to be added. When peas are half way done, (approximately 40 minutes) add sweet potatoes and eddoes.

Pressure cook beef shank with garlic until tender.

In a separate mixing bowl combine flour, cornmeal, and enough water to form a workable dough. Knead to a non-sticky consistency, adding more flour if dough is sticking. Roll dough out to a 1/4 of an inch thickness and cut into 1 inch by 1 inch strips.

Once split peas and potatoes are cooked through add celery, onion, shank and dumplings. Season with thyme, sugar, vinegar, salt and pepper. Let simmer until dumplings are floating and then serve.

Tasty Reuben Soup

Ingredients

4 (14.5 ounce) cans chicken broth
4 cups shredded cabbage
2 cups uncooked medium egg noodles
1 pound fully cooked kielbasa or Polish sausage, halved and cut into 1-inch slices
1/2 cup chopped onion
1 teaspoon caraway seeds
1/4 teaspoon garlic powder
1 cup shredded Swiss cheese

Directions

In a large saucepan, combine the first seven ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until cabbage and noodles are tender. Garnish with cheese.

Carrot, Potato, and Cabbage Soup

Ingredients

4 large carrots, thinly sliced
2 large potatoes, thinly sliced
1 large onion, thinly sliced
1/4 medium head green cabbage, thinly sliced
2 cloves garlic, smashed
6 cups chicken stock
1 tablespoon olive oil
1/4 teaspoon dried thyme
1/4 teaspoon dried basil
1 teaspoon dried parsley
1 teaspoon salt
ground black pepper to taste

Directions

Combine the carrots, potatoes, onion, cabbage, garlic, chicken stock, olive oil, thyme, basil, parsley, salt, and pepper in a stock pot over medium-high heat; bring to a simmer and cook until the carrots are tender, about 20 minutes. Transfer to a blender in small batches and blend until smooth.

Italian Sausage and Tortellini Soup

Ingredients

1 (19 ounce) package Bob Evans® Italian Sausage, cut into bite-sized pieces
8 ounces dried cheese tortellini
3 (14 ounce) cans reduced sodium chicken broth
1 (10 ounce) package frozen green beans

Directions

In large saucepan over medium heat, brown sausage. Add tortellini, chicken broth and green beans. Bring to a boil. Reduce heat to low, and simmer 10 to 12 minutes or until pasta is tender and sausage is cooked through.

Ham and Chickpea Slow Cooker Soup

Ingredients

1 pound dry garbanzo beans
1 meaty ham bone
10 new potatoes, halved
5 carrots, chopped
1/2 cup frozen corn
ground black pepper to taste

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight.

The next day, rinse the soaked beans and place them into a slow cooker; place the ham bone in the cooker, and pour in enough water to cover the beans and ham bone by several inches. Set the cooker to Low, and cook for 8 hours.

Skim any foam from the top of the soup, and remove the ham bone. Strip as much meat as possible from the ham bone, and return the meat to the slow cooker; discard the bone. Stir in potatoes, carrots, frozen corn, and black pepper to taste. Set the cooker on Low, and cook for 1 hour; then turn the heat up to High and cook 1 more hour (10 hours total cooking time).

Tofu and Noodle Coconut-Curry Soup

Ingredients

1 tablespoon olive oil
1 onion, finely chopped
2 cloves garlic, minced
1/4 cup water
2 carrots, chopped
1/2 zucchini, chopped
1 1/2 tablespoons ground coriander
1 1/2 tablespoons ground cumin
2 1/2 teaspoons ground turmeric
2 1/2 teaspoons ground ginger
1 tablespoon curry powder
1 (16 ounce) package extra-firm tofu, drained and cubed
1 quart vegetable broth
1/2 (16 ounce) package uncooked whole wheat spaghetti
1 (5 ounce) can nonfat evaporated milk
2 tablespoons coconut extract
salt and pepper to taste

Directions

Heat the oil in a skillet over medium heat, and saute the onion and garlic until tender. Stir in water, carrots, and zucchini. Season with coriander, cumin, turmeric, ginger, and curry powder. Mix in tofu, and continue cooking 10 minutes, until vegetables are tender and tofu is heated through.

Bring the broth to boil in a large pot, and cook the noodles about 3 minutes. Stir tofu and vegetables into the pot. Mix in evaporated milk and coconut extract. Season with salt and pepper. Continue cooking until noodles are soft.

Pastini Soup

Ingredients

1 (8 ounce) package dry pastini
3 cups veal stock
1 grilled portobello mushroom
cap, sliced
1 tablespoon tomato paste
1 tablespoon red wine
salt and pepper to taste

Directions

In a large pot, combine pasta, stock, mushroom, tomato paste, wine and salt and pepper to taste. Cook over medium-high heat for 8 to 10 minutes, or until pasta is al dente.

Garbage Soup

Ingredients

1 pound lean ground beef
6 potatoes, diced
1 (14.5 ounce) can diced tomatoes
1 onion, chopped
1 cup chopped celery
1 (10.5 ounce) can beef broth
2 cups mixed vegetables
salt and pepper to taste
1/8 tablespoon dried rosemary
1/8 tablespoon dried thyme
1/4 tablespoon dried basil
1/2 pound bacon - cooked and crumbled

Directions

In a large stock pot place beef, potatoes, tomatoes, onion, celery, broth and vegetables. Add enough water to cover ingredients, cover pot and cook over medium heat for 1 hour or until vegetables are soft and beef is cooked through.

Season to taste with salt and pepper, rosemary, thyme and basil. Add bacon bits, stir and serve.

Swiss Potato Soup

Ingredients

2 tablespoons margarine
1/4 cup chopped onion
2 cups diced potatoes
1 cup boiling water
1 teaspoon salt
1 pinch dried marjoram
3 cubes chicken bouillon
2 tablespoons all-purpose flour
3 cups milk
1 tablespoon chopped fresh parsley
1 cup shredded sharp Cheddar cheese

Directions

Melt butter or margarine in a large saucepan. Add chopped onion, and cook over medium heat until tender.

Add potatoes, water, salt, marjoram, and bouillon cubes. Cover. Simmer for 10 minutes, or until potatoes are tender.

Blend flour with a little milk until smooth. Gradually stir into potato mixture with remaining milk. Cook over medium heat, stirring constantly, until thickened and mixture comes to a boil. Stir in parsley. Ladle into bowls, and top with shredded cheese.

Cream of Broccoli Soup V

Ingredients

1 head fresh broccoli
3 tablespoons butter
3 tablespoons minced onion
1 stalk celery with leaves,
chopped
3 tablespoons all-purpose flour
1 cup milk
1 cup heavy cream
2 cubes chicken bouillon
1 teaspoon Worcestershire sauce
2 pinches paprika
1 teaspoon salt
1 cup shredded mozzarella
cheese

Directions

Place broccoli in a medium saucepan with water to cover, bring to a boil, then reduce heat and simmer until tender, 15 minutes. Remove broccoli and reserve cooking water.

In the same pan, melt butter over medium heat. Cook onions and celery in butter until tender, 10 to 15 minutes. Stir in flour, milk and cream. Dissolve bouillon in 2 cups reserved broccoli water. Stir into soup. Season with Worcestershire, paprika and salt. Stir in cheese and cook 10 minutes more.

Prawns in Peanut Soup

Ingredients

2 cups water
salt to taste
2 1/4 pounds peeled and deveined prawns
1/2 pound fresh green beans, trimmed
1 large eggplant, diced
1/2 pound bok choy, chopped
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 teaspoon achiote powder
3 tablespoons smooth peanut butter

Directions

Bring the water and salt to a boil in a large pot. Add the prawns to the water and return to a boil; cook at a boil for 5 minutes. Remove the prawns with a strainer and set aside.

Cook the beans, eggplant, and bok choy in the water until slightly tender, about 3 minutes. Drain and reserve the liquid. Set the vegetables aside.

Heat the olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until fragrant, about 5 minutes. Sprinkle the achiote powder over the mixture; stir until you produce an even orange-red color. Add the peanut butter and continue stirring until the peanut butter has melted evenly into the mixture. Stir the reserved water into the mixture and bring to a boil; cook at a boil for 3 minutes before stirring in the prawns and vegetables. Continue boiling together 2 minutes more before serving.

Jambo (Dutch Antilles Okra Soup)

Ingredients

6 ounces salt beef, fat removed and diced
12 cups water
Salt and pepper to taste
3 cups fresh okra, cut into 1/2 inch slices
1 cup medium shrimp, peeled and deveined
8 ounces cod fillets, cubed
1/4 cup chopped fresh basil
1 tablespoon lemon juice, to taste

Directions

Soak diced beef in ample cool water overnight to remove the salt. Drain, rinse, and set aside.

Bring 12 cups of water to a boil over high heat. Add salt and pepper to taste, then add okra. Reduce heat to medium, and simmer for 20 minutes. Stir in beef, shrimp, and cod; simmer for 10 minutes more. Season with chopped basil and lemon juice before serving.

Daddy's Sloppy Soup

Ingredients

1 tablespoon butter
1 small onion, diced
3 pounds chicken drumsticks
1/4 cup uncooked barley
1/4 cup uncooked elbow macaroni
1 (20 ounce) package frozen cauliflower and broccoli
1 (10 ounce) package frozen corn
2 (28 ounce) cans whole peeled tomatoes
2 (28 ounce) cans tomato sauce

Directions

Melt the butter in a large pot over medium heat. Stir in the onion, and cook until browned. Place the chicken in the pot, and cover with water. Bring to a boil, and cook 45 minutes, until the chicken is cooked and meat is easily removed from the bone.

Remove the chicken legs from the stock, and debone. Skim stock, and return meat to the pot.

Mix the barley and macaroni into the pot. Stir in the cauliflower and broccoli, corn, tomatoes, and tomato sauce. Continue to cook, stirring occasionally, 30 minutes, or until barley is done.

Slow Cooker Vegetable Beef Soup

Ingredients

1 pound ground beef
2 cloves garlic, minced
1 small onion, diced
1 green bell pepper, diced
3 stalks celery, diced
1 (29 ounce) can Italian-style stewed tomatoes, drained
1 (15 ounce) can mixed vegetables, drained
2 quarts beef broth
3 tablespoons soy sauce
2 tablespoons Worcestershire sauce
3/4 teaspoon paprika
salt and pepper to taste
6 ounces dry fusilli pasta

Directions

Place the beef in a skillet over medium heat. Mix in garlic, onion, and green bell pepper. Cook and stir until beef is evenly brown and vegetables are tender. Drain grease, and transfer to a slow cooker.

Mix celery, Italian-style stewed tomatoes, and mixed vegetables into the slow cooker. Pour in beef broth, soy sauce, and Worcestershire sauce. Season with paprika, salt, and pepper.

Cover, and cook 7 hours on High. Mix pasta into the slow cooker during the last 15 minutes of cook time.

Broccoli Spaghetti Soup

Ingredients

1 head broccoli, chopped
1 pinch salt
1 (8 ounce) package spaghettini
1/4 cup olive oil
freshly ground black pepper to taste

Directions

Bring a large pot of water to a boil. Stir in broccoli and salt and cook until just tender. Break up spaghettini and stir into the pot. Cook 8 to 10 minutes more, until pasta is al dente. Serve in bowls topped with a tablespoon of olive and some freshly ground pepper.

Ukrainian Sweet and Sour Cabbage Soup

Ingredients

2 tablespoons butter
1 onion, thinly sliced
1 Granny Smith apples - peeled, cored and sliced
3 cups shredded red cabbage
4 cups beef stock
1/2 cup cider vinegar
1/4 cup packed brown sugar
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon celery seed
1/3 cup raisins
1/4 cup apple butter

Directions

In a large saucepan, saute the apple and onion in the butter until tender. Stir in the cabbage and saute for 5 more minutes.

Pour in stock and vinegar; bring to a boil. Reduce heat and stir in sugar, salt, pepper, celery seed, and raisins. Simmer, uncovered, for an hour. Stir in apple butter.

Potato Soup Italian Style

Ingredients

3 tablespoons olive oil
1 large onion, chopped
5 cups water
4 potatoes, peeled and quartered
salt and pepper to taste
4 eggs

Directions

Heat oil in a large pot over medium heat. Saute onions until translucent. To the onions add water, potatoes, salt and pepper. Bring to a boil; reduce heat to low and simmer for 20 minutes, or until potatoes are tender but still firm.

Remove from heat and gently crack eggs into soup; be careful not to break eggs. Place on low heat until whites of eggs are cooked. Cool slightly before serving.

Chicken Tortilla Soup III

Ingredients

3 cloves garlic, minced
1 onion, chopped
3 tablespoons margarine
2 tablespoons all-purpose flour
3 (14 ounce) cans chicken broth
4 cups half-and-half
1 (10.75 ounce) can condensed cream of chicken soup
1 cup fresh salsa
1 (15 ounce) can creamed corn
6 boneless, chicken breast halves - cooked, skinned
2 teaspoons ground cumin
1 (1.27 ounce) packet dry fajita seasoning
3 tablespoons chopped fresh cilantro
16 ounces tortilla chips
8 ounces shredded Monterey Jack cheese

Directions

In a large pot over medium heat, saute the garlic and onion in the butter or margarine for 5 minutes. Add flour and stir well, cooking for 1 minute more. Add the broth and half-and-half. Bring to a boil and reduce heat to low.

Add the soup, salsa, corn, chicken, cumin, fajita seasoning and 2 tablespoons cilantro. Stir and continue to heat for 15 minutes. Crumble tortilla chips into individual bowls, add 1/2 ounce shredded cheese to each bowl and ladle in soup. Top each bowl with more crumbled chips, remaining 1/2 ounce cheese and remaining 1 tablespoon cilantro, and serve.

Hot and Sour Shrimp Soup

Ingredients

- 4 ounces thin egg noodles
- 1 tablespoon vegetable oil
- 1/2 cup sliced fresh mushrooms
- 2 cloves garlic, chopped
- 1 large tomato, cut into wedges
- 1 cup fresh pineapple chunks
- 1 stalk celery, sliced
- 2 tablespoons white sugar
- 3 cups chicken broth
- 3 cups water
- 3 tablespoons fresh lime juice
- 2 tablespoons soy sauce
- 1 pound large shrimp, peeled and deveined
- 1/8 teaspoon crushed red pepper
- 1/2 cup bean sprouts
- 1 green onion, thinly sliced

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Meanwhile, in a large saucepan, heat oil over medium heat. Cook mushrooms and garlic in oil until soft (do not brown). Stir in tomato, pineapple, celery and sugar and cook until tomatoes begin to soften. Stir in chicken broth and water; bring to a boil. Reduce heat and stir in lime juice and soy sauce; simmer 5 minutes. Stir in shrimp and red pepper and simmer 3 minutes more, until shrimp are pink. Stir in bean sprouts, onion and reserved noodles. Heat through and serve.

Vegetable Soup - Irish Style

Ingredients

3 carrots, chopped
3 large potatoes - peeled and cubed
1 parsnip, peeled and diced
1 turnip, peeled and diced
1 leek, sliced
1/2 onion, chopped
1/4 cup dry potato flakes (optional)
salt and pepper to taste
1 cup water, or as needed

Directions

Place the carrots, potatoes, parsnip, turnip, leek and onion into a large saucepan. Fill with enough water to cover. Bring to a boil and cook until the vegetables are tender. Drain off water and puree vegetables in a blender or using a stick blender.

Return the puree to the saucepan and stir in water to reach your desired thickness. Heat to a simmer and season with salt and pepper. Serve and enjoy.

Savory Mushroom Soup

Ingredients

1/4 red onion, minced
1 1/2 tablespoons butter
1 (10.75 ounce) can condensed
cream of mushroom soup
1 cup milk
1/2 cup frozen green peas
3 tablespoons sour cream

Directions

In small saucepan saute onion in butter. Add soup, milk, and peas. Heat on medium-low until peas are soft. Add sour cream. Stir. When hot, serve. Add sour cream to thickness desired.

Posole Soup

Ingredients

2 pounds pork loin
2 teaspoons salt
water to cover
4 cups hominy
2 tablespoons chili powder
1/2 cup shredded cabbage for garnish
1 small head cabbage, shredded
1 tablespoon onion
1 lime, cut into wedges

Directions

In a large pot over high heat, combine the pork, salt and water to cover. Bring to a boil and reduce heat to medium low. Allow to simmer for two hours, skimming foam as necessary.

Remove from heat and take the bones out of the stock. Cool and de-fat the stock. Remove pork from bones and return meat to stock. Add the hominy and chili powder and simmer over low heat for 30 to 45 minutes.

Serve by placing soup in bowls. Each diner then adds their own cabbage, radishes, onion and lime juice to taste. Eat by dipping spoon deep down to bottom of bowl, lifting to bring up the meat, hominy, soup and layered vegetables.

White Bean Soup

Ingredients

1 tablespoon olive oil
2 cloves garlic, crushed
1 yellow onion, chopped
1 large carrot, chopped
1 (10 ounce) can golden corn,
drained
salt and pepper to taste
5 cups chicken broth
1 (15.5 ounce) can white beans
1 cup diced fresh tomatoes
1 teaspoon dried thyme
1 teaspoon dried summer savory
1 teaspoon dried parsley

Directions

Heat oil in a large stock pot over medium-high heat. Saute garlic and onion until tender, approximately 5 minutes. Stir in carrot and corn, season with salt and pepper, and cook another 2 to 3 minutes. Pour in chicken broth, beans, tomatoes, thyme, savory, and parsley, and bring to a low boil. Reduce to a simmer, cover, and cook approximately one hour.

Separate soup into 2 equal portions, and allow to cool to room temperature. Once cooled, puree half of the batch in a blender or food processor until smooth. Return both batches to the stockpot, and heat until warmed through. Adjust seasoning with salt and pepper as needed. Serve hot.

Calico Bean Soup

Ingredients

BEAN SOUP MIX

- 1/3 cup yellow split peas
- 1/3 cup green split peas
- 1/3 cup dried lima beans
- 1/3 cup dried pinto beans
- 1/3 cup dry kidney beans
- 1/3 cup dry great Northern beans
- 1/4 cup dried minced onion
- 2 teaspoons chicken bouillon granules
- 1/4 teaspoon ground cumin
- 1/4 teaspoon garlic powder

OTHER SOUP INGREDIENTS

- 8 cups water
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 pounds smoked ham hocks

Directions

To make Bean Soup Mix: Combine yellow split peas, green split peas, limas, pinto beans, kidney beans, great Northern beans, onion, bouillon granules, cumin and garlic powder. Store in an airtight container until ready to use.

To make soup: Bring Bean Soup Mix and water to a rolling boil in a large pot. Cover, remove from heat, and let sit 1 hour.

Return pot to heat, stir in carrots and celery. Stir in ham hocks, bring to a boil. Cover, reduce heat and simmer 2 hours, until beans are tender, skimming fat as necessary.

Remove ham hocks from soup. Remove meat from bone, chop and return to soup. Heat through and serve.

Bok Choy Beef Soup

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1/2 onion, chopped
1 pound beef sirloin tips
1 teaspoon salt
1 teaspoon ground black pepper
1 (10.5 ounce) can chicken broth
2 1/2 cups water
2 tablespoons lime juice
1 jalapeno pepper, chopped
1 head bok choy, chopped
2 tablespoons chile-garlic sauce
(such as Sriracha®), or to taste

Directions

Heat the olive oil in a large pot over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef, and continue cooking until the beef is evenly browned. Season with salt and pepper. Add the chicken broth, water, lime juice, and jalapeno. Increase heat to medium-high, and bring to a boil. Stir in bok choy, and simmer until tender, about 5 minutes. Mix in chile-garlic sauce.

Brie Soup

Ingredients

6 cups chicken stock
1/4 cup butter
8 tablespoons all-purpose flour
12 ounces Brie cheese
3/8 cup white wine
2 ounces julienned carrots
1/4 cup chopped celery
2 ounces fresh mushrooms, sliced
1/4 cup heavy whipping cream
salt and pepper to taste

Directions

Melt butter in sauce pan over low heat. Add flour and mix well, cooking until it just starts to turn golden.

Add stock and whip vigorously, bring to boil and reduce to simmer. Skim the butter and flour and other impurities that rise to the top and continue to simmer until the veloute is reduced to 2/3 its original quantity and the sauce is the consistency of heavy cream.

Strain through fine sieve.

Return veloute to sauce pan over low heat and add brie cheese, cook slowly, stirring occasionally, until the cheese has melted. Add wine and vegetables and simmer lightly until the vegetables are al dente. Heat heavy cream over low heat and add to soup. Season soup to taste with salt and pepper. Garnish with fresh chives or scallion.

Lemon Artichoke Soup

Ingredients

1/4 cup butter
1/2 cup minced onion
1/2 cup minced celery
1/2 cup minced carrots
1 clove garlic, minced
3 cups chicken broth
2 cups chopped artichoke hearts
1 teaspoon salt
1 teaspoon ground black pepper
1 lemon, halved
3 cups half and half

Directions

Melt the butter in a saucepan over medium heat. Add the onion, celery, carrot, and garlic; cook until the onion and garlic are translucent. Stir in the chicken broth, artichoke hearts, salt, and pepper and simmer 10 minutes. Transfer mixture to a blender and puree until smooth; return the mixture to the saucepan. Squeeze one lemon half into the pan. Place the other lemon half into the saucepan. Bring to a boil. Reduce heat to low and simmer another 10 minutes. Remove the lemon half from the pan and pour in the half and half; stir. Continue to simmer until thoroughly heated, about 10 minutes.

Dad's Souper Brunch

Ingredients

1 (10.75 ounce) can condensed cream of chicken soup
1 (10.75 ounce) can milk
8 strips Canadian-style bacon
8 eggs
4 English muffins, split and toasted

Directions

Split English muffins in half and toast; set aside. In a small saucepan, heat soup and milk over low heat.

Place Canadian bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Set aside and keep warm. Add eggs to skillet and cook as desired.

Place English muffin halves on serving plates. Top with Canadian bacon and then eggs. Spoon warm soup over eggs.

Chicken Soup Tete Style

Ingredients

1 (2 to 3 pound) whole chicken
3 stalks celery, with leaves
4 carrots
2 onions
5 cloves garlic
10 whole cloves
3 cinnamon sticks
2 tablespoons chopped fresh cilantro
10 whole black peppercorns
1 bay leaf (optional)
2 cups white rice
salt and pepper to taste

Directions

Place chicken, celery, carrots, onions, garlic, cloves, cinnamon, cilantro, peppercorns, and bay leave in a large stock pot and fill with cold water, (it is not necessary to peel the garlic or onion, just wash the outside.) Using low heat cook for 4 hours after boiling begins or until water line is an inch or two from the top.

Using a colander drain broth into another pot. Reserve chicken meat and discard the rest.

In a bowl put rice and 1 cup of water to soak. While it is soaking skim fat off the top of broth and remove usable meat from chicken.

Add rice to chicken broth and salt and pepper to taste. Boil at least 20 minutes and then add shredded chicken. Remove from heat and let sit until soup thickens.

Once soup has reached desired thickness heat through and serve.

Hearty Chicken Tortilla Soup

Ingredients

Vegetable cooking spray
1 pound skinless, boneless
chicken breast, cut into 1-inch
pieces
3 1/2 cups Swanson® Chicken
Broth or Natural Goodness® or
Certified Organic Chicken Broth
1 teaspoon ground cumin
1/2 cup uncooked regular long-
grain white rice
1 (11 ounce) can whole kernel
corn with red and green bell
peppers, drained
1 cup Pace® Thick & Chunky
Salsa
1 tablespoon chopped fresh
cilantro leaves
2 tablespoons fresh lime juice
Crisp Tortilla Strips
4 corn tortillas
Cooking spray

Directions

Spray a 6-quart sauce pot with cooking spray. Heat over medium-high heat for 1 minute. Add the chicken to the sauce pot. Cook until it's browned, stirring often.

Stir in the broth, cumin and rice. Heat to a boil. Reduce the heat to low. Cover and cook for 20 minutes.

Stir in the corn, salsa, cilantro and lime juice. Cook until the rice is tender. Top each serving of soup with Crisp Tortilla Strips.

Crisp Tortilla Strips: Heat the oven to 425 degrees F. Cut 4 corn tortillas into thin strips and place them on a baking sheet. Spray with cooking spray. Bake for 10 minutes or until golden.

Chilled Cantaloupe Soup

Ingredients

1 cantaloupe - peeled, seeded
and cubed
2 cups orange juice
1 tablespoon fresh lime juice
1/4 teaspoon ground cinnamon

Directions

Peel, seed, and cube the cantaloupe.

Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Garnish with mint if desired.

Bachelor's Creamy Pumpkin Soup

Ingredients

1 (10.75 ounce) can condensed cream of potato soup
1 1/4 cups water
1 (15 ounce) can pumpkin puree
2 tablespoons butter
1 cup cream
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste
1/2 teaspoon garlic powder, or to taste
1/2 teaspoon ginger
1 pinch paprika, for garnish
1 cup seasoned croutons (optional)

Directions

In a saucepan over medium heat, combine the cream of potato soup, water, pumpkin, butter, and cream. Season with salt, pepper, garlic powder, and ginger. Stir until blended, and bring to a simmer. Reduce heat to low, and simmer for 15 minutes.

Remove from heat, and pour into a tureen. Sprinkle the top with paprika, and top with seasoned croutons.

Sausage and Spinach Soup

Ingredients

vegetable cooking spray
1/2 pound sweet Italian pork
sausage, cut into 3/4-inch pieces
4 cups Swanson® Natural
Goodness® Chicken Broth
1/2 teaspoon dried oregano
leaves, crushed
1 medium onion, chopped
1 medium carrot, sliced
2 cups coarsely chopped fresh
spinach leaves

Directions

Spray saucepot with cooking spray and heat over medium-high heat 1 minute. Add sausage and cook until browned, stirring often. Pour off fat.

Add broth, oregano, onion and carrot. Heat to a boil. Cover and cook over low heat 10 minutes or until vegetables are tender.

Stir in spinach and cook 1 minute.

Cream of Broccoli Soup III

Ingredients

- 1 onion, chopped
- 1 carrot, diced
- 1 clove garlic, chopped
- 3 cups chicken broth
- 1 stalk celery, diced
- 3 cups chopped broccoli
- 2 cups milk
- 1 teaspoon salt
- 1 pinch ground black pepper

Directions

In a large stock pot, combine onion, chicken broth, carrots, celery and garlic. Bring to a boil.

Add broccoli, cover and cook for 5 to 10 minutes or until tender.

Transfer soup to a blender or food processor and puree. Return to stock pot, add milk, salt and pepper, and heat through over medium heat.

Chickpea and Tomato Soup

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1 (14.5 ounce) can diced tomatoes
1 (15 ounce) can garbanzo beans,
drained and rinsed
4 cups water
1 cube chicken bouillon, crumbled
1 tablespoon chopped fresh
rosemary
salt and pepper to taste

Directions

In a large saucepan over medium heat, cook garlic in oil 1 minute. Stir in tomatoes and cook 2 minutes. Stir in garbanzo beans, water, bouillon cube, rosemary, salt and pepper. Simmer, covered, 10 minutes.

Guadalajara Soup

Ingredients

1 1/4 cups dried pinto beans
4 pounds pork spareribs
1/4 cup vegetable oil
1 cup chopped onion
2 cloves garlic, minced
2 (14 ounce) cans beef broth
4 cups water
2 teaspoons chili powder
1 teaspoon dried oregano
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup chopped fresh cilantro

Directions

Sort and wash the beans. In a large saucepan over medium heat, add the beans and enough water to be 2 inches above beans. Bring to a boil for 2 minutes and remove from heat. Cover, allow to soak for 1 hour and drain.

In a large Dutch oven over medium high heat, saute the ribs in oil until browned. Remove ribs from Dutch oven and set aside. Add the onion and garlic and saute for 5 minutes, or until tender. Add the beans, ribs, broth, water, chili powder, oregano, cumin, salt, ground black pepper and fresh cilantro. Cover and simmer 1 1/2 hours, or until meat is tender.

Remove the ribs, allow to cool and remove meat from the bones. Return meat to broth. Chill the broth until the fat rises to the surface and remove the fat. Bring back to a boil and reduce heat to low. Cover and simmer for 30 minutes.

Roasted Squash Soup

Ingredients

1 1/2 pounds butternut squash,
halved and seeded
1 acorn squash, halved and
seeded
1/2 small spaghetti squash,
halved and seeded
3 tablespoons butter
1 large onion, chopped
3 cloves garlic, minced
1 tablespoon minced fresh ginger
root
1 teaspoon curry powder
2 tart green apples - peeled,
cored and chopped
2/3 cup sherry
5 cups vegetable broth
salt and pepper to taste
1 pinch cayenne pepper, or to
taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place the squash, cut side down, on baking sheets and roast for 45 minutes, or until flesh is soft. Scoop out the flesh into a large bowl.

In a medium saucepan over medium heat, melt the butter. Saute the onion, stirring frequently, for 5 minutes or until tender. Stir in the garlic, ginger and curry powder and cook 1 minute. Add the apples and sherry and simmer for 10 minutes, or until apples soften.

Puree batches of the squash flesh and broth in a food processor or blender. Transfer the squash puree to a large saucepan. Puree the apple/sherry mixture and stir into pureed squash.

Heat over medium heat and season with salt, pepper and cayenne, to taste.

Veggie Soup with Basil Sauce

Ingredients

1/2 cup cubed potatoes
1/2 cup chopped onion
1/2 cup chopped carrot
1 (15 ounce) can kidney beans
6 tablespoons soy sauce
1 bay leaves
6 cups water
1 cup fresh green beans, cut into
2 inch pieces
3/4 cup fresh corn kernels
1/4 cup coarsely chopped fresh
basil
1/3 cup tomato puree
3 cloves garlic, minced
1/3 cup olive oil
1/3 cup grated Parmesan cheese
salt and pepper to taste

Directions

In a large pot over high heat, combine the potatoes, onion, carrot, beans, tamari OR soy sauce, bay leaf and water. Bring to a boil and reduce heat to low. Simmer for 20 minutes, or until vegetables are tender. (Note: Add water as necessary to cover vegetables.)

When the soup is done, add the beans and corn and simmer for an additional 5 minutes. To make sauce, in a blender or food processor, combine the basil, pureed tomatoes, garlic, oil, Parmesan cheese and salt and pepper to taste. Blend until smooth, stir this sauce into the soup and serve.

Ham and Lima Bean Soup

Ingredients

1/2 pound dried baby lima beans
2 cups chopped onions
2 garlic cloves, minced
2 (14.5 ounce) cans reduced sodium chicken broth
1 1/2 cups cubed fully cooked lean ham
1 cup sliced fresh carrots
1/2 cup water
1 jalapeno pepper, seeded and chopped
2 tablespoons minced fresh parsley
1/2 teaspoon pepper

Directions

Place lima beans in a Dutch oven or soup kettle; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discard liquid.

In a Dutch oven coated with nonstick cooking spray, cook onions and garlic until tender. Stir in the broth, ham, carrots, water, jalapeno, parsley, pepper and lima beans. Bring to a boil. Reduce heat; cover and simmer for 50 minutes or until beans are tender.

Southwestern Chicken Barley Soup

Ingredients

1 medium onion, chopped
1 garlic clove, minced
1 tablespoon olive or vegetable oil
3 cups water
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes, undrained
1 (14.5 ounce) can chicken broth
1/2 cup medium pearl barley
1 (4 ounce) can chopped green chilies, drained
1 tablespoon chili powder
1/2 teaspoon ground cumin
3 cups cubed cooked chicken

Directions

In a Dutch oven or soup kettle, saute onion and garlic in oil until tender. Add the next 10 ingredients. Bring to a boil. Reduce heat; cover and simmer after 45 minutes.

Stir in the chicken; cook 15 minutes longer or until chicken is heated through and barley is tender.

Sweet Potato and Apple Soup

Ingredients

2 (1 pound) sweet potatoes, quartered
1 large tart apple, peeled and cored
2 tablespoons olive oil
1 onion, chopped
2 stalks celery, chopped
1 large carrot, chopped
1 bay leaf
5 cups chicken broth
1 cup cream
1 (5 ounce) lemon, zested and juiced
salt and pepper to taste
1 cup crumbled goat cheese or feta cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C). Place the sweet potatoes and apple on a greased baking sheet, and roast for about 40 minutes in the preheated oven, or until tender. Cool, and peel sweet potatoes.

Heat olive oil in a soup pot over medium heat. Add the onion, celery, bay leaf, and carrot; saute until tender. Remove the bay leaf, and discard. Pour in the chicken broth, and add the sweet potato and apple. Puree in batches using a regular blender, or if possible use an immersible blender to puree while in the pot.

Return to the soup pot, and stir in the cream, lemon zest, and lemon juice. Taste and season with salt and pepper as needed. Heat through, but do not boil. Ladle into serving bowls, and garnish with crumbled cheese.

White Bean Fennel Soup

Ingredients

1 large onion, chopped
1 small fennel bulb, thinly sliced
1 tablespoon olive oil
5 cups reduced sodium chicken broth or vegetable broth
1 (15 ounce) can white kidney or cannellini beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes, undrained
1 teaspoon dried thyme
1/4 teaspoon pepper
1 bay leaf
3 cups shredded fresh spinach

Directions

In a large saucepan, saute onion and fennel in oil until tender. Add the broth, beans, tomatoes, thyme, pepper and bay leaf; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until fennel is tender. Discard bay leaf. Add spinach; cook 3-4 minutes longer or until spinach is wilted.

Chicken, Rice and Vegetable Soup

Ingredients

5 cups water
1 (14.5 ounce) can chicken broth
1 skinless, boneless chicken
breast halves - cut into cubes
3 carrots, chopped
1 onion, chopped
3 stalks celery, chopped
2 cubes chicken bouillon
1/3 cup uncooked white rice
salt and pepper to taste

Directions

In a large saucepan over high heat, combine 4 cups water and the chicken broth and bring to a boil. Add the chicken, carrots, onion, celery and bouillon and reduce heat to low. Cover and simmer for about 15 minutes or until the vegetables are soft.

Add more water as necessary. Add the rice and allow to simmer for another 15 minutes, or until the rice is tender. Add salt and pepper to taste.

Thai Red Curry Tofu Soup

Ingredients

1 (14 ounce) can coconut milk
2 cups vegetable broth
1 (1 inch) piece galangal
2 stalks lemon grass, bruised and chopped
5 kaffir lime leaves, torn
1/2 teaspoon Thai red curry paste
1 (12 ounce) package extra firm tofu, drained and cubed
1/2 cup stemmed and sliced shiitake mushrooms
1/2 cup sliced button mushrooms
2 tablespoons fresh lime juice
2 1/2 tablespoons brown sugar
1/8 teaspoon turmeric powder
4 ounces dry rice stick noodles
1/2 teaspoon crushed red pepper flakes

Directions

Bring coconut milk, broth, galangal, lemon grass, and kaffir leaves to a simmer in a large pot over medium heat. Simmer for 15 minutes, but do not allow broth to come to a full boil.

Strain the broth and discard the solids. Whisk in red curry paste, then add tofu, shiitake mushrooms, button mushrooms, lime juice, brown sugar, and turmeric to the soup. Continue simmering until mushrooms have softened, about 10 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add rice stick noodles, and cook for 3 to 4 minutes until tender; drain. Place drained noodles into individual bowls, then ladle soup over the noodles. Garnish with crushed red pepper flakes.

Hobo Beef and Vegetable Soup

Ingredients

1 (32 fluid ounce) container beef broth, or more if needed
3 carrots, cut into bite-size pieces
1 large stalk celery, cut into bite-size pieces
1 1/2 tablespoons chopped fresh parsley
1/2 teaspoon celery seed
2 bay leaves

1 pound lean ground beef
1 onion, chopped
1 clove garlic, minced, or to taste
1 (14.5 ounce) can stewed tomatoes
2 potatoes, peeled and cut into bite-size pieces
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained
1 (15 ounce) can peas, drained

Directions

Stir the beef broth, carrots, celery, parsley, celery seed, and bay leaves into a slow cooker set on High, cover, and cook until the vegetables are tender, about 2 hours.

Place the ground beef, onion, and garlic into a skillet over medium heat. Cook, stirring frequently to break the beef into small pieces, until the onion is translucent and the beef is browned and no longer shows pink areas, 10 to 15 minutes. Drain off fat, and stir the stewed tomatoes into the beef mixture. Bring to a boil over medium heat, and cook, stirring frequently, until the tomatoes are broken up into small pieces.

Stir the potatoes, corn, green beans, and peas into the soup in the slow cooker, and add the beef mixture. Stir everything together, cover, and set the slow cooker on High. Cook for 4 hours.

Hamburger Rice Soup

Ingredients

1 pound ground beef
1/2 cup chopped onion
14 cups water
1 (28 ounce) can diced tomatoes, undrained
1 envelope onion soup mix
3 tablespoons Worcestershire sauce
1 tablespoon salt
1 teaspoon brown sugar
1 teaspoon celery salt
1/8 teaspoon pepper
1/2 cup uncooked long grain rice

Directions

In a soup kettle or Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Add the water, tomatoes, soup mix, Worcestershire sauce, salt, brown sugar, celery salt and pepper; bring to a boil. Add rice. Reduce heat; cover and simmer for 20-25 minutes or until rice is tender.

Onion and Gruyere Soup

Ingredients

3 tablespoons butter
6 onions, thinly sliced
1/2 teaspoon salt
1 1/2 cups white wine
3 1/2 cups chicken broth
1/4 teaspoon ground white pepper
1/4 teaspoon ground nutmeg
2 cups shredded Gruyere cheese

Directions

In a medium saucepan over medium heat, cook butter until foamy. Stir in onions and cook a couple of minutes, then reduce heat, stir in salt, cover and cook very slowly until very tender, 60 minutes.

Transfer onions and their caramel to a larger pot and place it over medium heat. Pour in the wine and bring to a boil. Stir in chicken broth, pepper and nutmeg and simmer gently, uncovered, 15 minutes.

Stir in shredded cheese until melted (cheese will remain a little stringy). Serve.

Vegetable Soup II

Ingredients

2 stalks celery, chopped
1 onion, chopped
3 tablespoons olive oil
4 cups chicken broth
2 cups beef broth
1 (14.5 ounce) can peeled and diced tomatoes with juice
1 (12 fluid ounce) can tomato-vegetable juice cocktail
1/3 cup uncooked alphabet pasta
1/3 cup quick-cooking barley
2 (15 ounce) cans mixed vegetables, with liquid
1 (11.25 ounce) can baby kernel corn, with liquid
salt and pepper to taste

Directions

In a large pot over medium heat, saute the celery and onion in the oil for 5 to 10 minutes, or until onions are tender. Add the chicken broth, beef broth, tomatoes with juice and tomato-vegetable juice cocktail.

Bring to a boil, add the pasta and the barley, reduce heat to low and simmer for 20 minutes, or until the pasta and barley are tender.

Add the mixed vegetables and the corn and bring the soup back to a boil. Then reduce the heat to low and allow the soup to simmer for 15 more minutes.

West African Peanut Soup

Ingredients

2 tablespoons olive oil
2 medium onions, very finely
diced
2 large bell peppers, (any color)
finely chopped
6 large cloves garlic, minced
1 (28 ounce) can chopped
tomatoes with juice
8 cups vegetable broth
1/4 teaspoon pepper
1/4 teaspoon red pepper flakes
1/2 cup uncooked rice
1 (18 ounce) jar creamy peanut
butter
chopped roasted peanuts
(optional)

Directions

Heat olive oil in a large stock pot over medium-high heat. Cook onion, bell pepper, and garlic until lightly browned, about 5 minutes. Stir in tomatoes with their juice, vegetable broth, pepper, and red pepper flakes. Simmer, uncovered, for 15 minutes.

Add rice to soup and stir. Reduce heat, cover, and simmer 25 minutes, or until rice is tender.

When rice is cooked, whisk in peanut butter and return to a simmer, and serve. Garnish with chopped roasted peanuts, if desired.

Pasta Bean Soup

Ingredients

1/4 cup chopped onion
1 clove garlic, minced
1 tablespoon butter
1 teaspoon olive oil
3 cups chicken broth
1/4 cup uncooked ditalini or other small pasta
1/2 cup canned white kidney (cannellini) beans
1/2 cup canned diced tomatoes
1/2 cup torn fresh spinach
1/4 teaspoon salt
Shredded Parmesan cheese

Directions

In a saucepan, saute onion and garlic in butter and oil. Add broth; bring to a boil. Add pasta; reduce heat. Simmer, uncovered, for 10 minutes or until pasta is tender. Add the beans, tomatoes, spinach and salt. Cook 5 minutes longer or until heated through. Serve with Parmesan cheese.

Jean-Pierre's Cod Fish Soup

Ingredients

3/4 cup light mayonnaise
4 cloves garlic, crushed
1 teaspoon saffron powder
4 teaspoons dried bread crumbs
1 cup red pepper flakes

1/2 French baguette, sliced into
1/4 inch rounds

1 tablespoon olive oil
4 cloves garlic, minced
1/2 medium onion, chopped
1 leek, bulb only, chopped
1 pinch saffron powder
1 bay leaf
3/4 cup white wine
1/3 cup red wine
4 ounces cod fillets
1 cup water
1 cup beef broth
1 roma (plum) tomato, seeded and
chopped
1 1/2 teaspoons lemon juice
3 tablespoons chopped fresh
parsley, divided
1 tablespoon all-purpose flour
1/2 cup half-and-half cream
1 cup grated Gruyere cheese

Directions

In a small bowl, mix together the mayonnaise, 4 cloves of garlic, 1 teaspoon of saffron powder, bread crumbs, and red pepper flakes. Set aside.

Preheat the oven broiler. Arrange the baguette slices on a baking sheet. Place under the broiler for a few minutes to toast. Set aside to cool.

Heat olive oil in a stock pot or Dutch oven over medium heat. Add 4 cloves of garlic, onion, and leek; saute for a few minutes until tender. Add a pinch of saffron and the bay leaf. Pour in the white and red wines, then place the fish in the pan, and pour in enough water to cover the fish just barely. Simmer for about 10 minutes, turning the fish carefully as needed, until the fish flakes easily with a fork.

Remove the fish from the broth with a slotted spoon, and set aside. Pour in the beef broth, and simmer uncovered for about 10 minutes to burn off some of the alcohol, and reduce the broth. Remove the bay leaf, and transfer the broth to a blender. Add the tomato, lemon juice and parsley to the blender. Puree in batches if necessary, and return to the pot.

Whisk the flour and half-and-half into the pot, and set over medium heat. Whisk in about half of the mayonnaise mixture, or to taste. Return fish to the soup, and break into small pieces. Season to taste with salt and pepper, and heat through.

Spread the remaining mayonnaise mixture onto the toasted bread slices, and top with shredded Gruyere cheese. Ladle the soup into serving bowls, and float 1 or 2 slices of toast on the top.

BLT Soup

Ingredients

- 3 tablespoons butter
- 2 teaspoons vegetable oil
- 3 cups cubed French bread
- 1 pound sliced bacon, diced
- 2 cups finely chopped celery
- 1 medium onion, finely chopped
- 2 tablespoons sugar
- 6 tablespoons all-purpose flour
- 5 cups chicken broth
- 1 (16 ounce) jar picante sauce
- 1 (8 ounce) can tomato sauce
- 1/8 teaspoon pepper
- 3 cups shredded lettuce

Directions

In a Dutch oven or large saucepan, heat butter and oil over medium heat. Add the bread cubes; stir until crisp and golden brown. Remove and set aside. In the same pan, cook bacon until crisp. Drain, reserving 1/4 cup drippings; set bacon aside.

Saute celery and onion in drippings until tender. Add sugar; cook and stir for 1 minute. Stir in flour; cook and stir for 1 minute. Add broth, picante sauce, tomato sauce and pepper; bring to a boil. Boil and stir for 2 minutes. Just before serving, add lettuce and heat through. Garnish with the croutons and bacon.

Ham, Potato, and Cheese Soup

Ingredients

12 potatoes, peeled and cubed
2 large onions, finely chopped
2 pounds processed cheese food
(eg. Velveeta)
1 pound chopped ham
ground black pepper to taste
3 1/2 tablespoons all-purpose
flour
1 cup milk

Directions

Place potatoes, onion, and cubed ham in large stockpot. Cover with water. Cook until potatoes are almost tender.

Remove about one cup of the cooked potatoes and mash in a bowl with the back of a fork. Add some of the liquid from the pan (about a tablespoon at a time) along with the flour till you have a thick paste. Add this back to the pot.

Place the cheese (either whole or cubed) in the pot. Let the soup simmer until the cheese melts and is thick. Add ground black pepper to taste and stir in the milk.

A-1 Chicken Soup

Ingredients

2 tablespoons vegetable oil
2 skinless chicken leg quarters
1/2 cup chopped onion
2 quarts water
3 cubes chicken bouillon,
crumbled
1 stalk celery, chopped
3 carrots, chopped
1 clove roasted garlic, minced
salt and pepper to taste
1 (12 ounce) package thin egg
noodles

Directions

In a large pot over medium heat, cook chicken pieces in oil until browned on both sides. Stir in onion and cook 2 minutes more. Pour in water and chicken bouillon and bring to a boil. Reduce heat and simmer 45 minutes.

Stir in celery, carrots, garlic, salt and pepper. Simmer until carrots are just tender. Remove chicken pieces and pull the meat from the bone. Stir the noodles into the pot and cook until tender, 10 minutes. Return chicken meat to pot just before serving.

Authentic Pepper Pot Soup

Ingredients

1 pound honeycomb tripe
5 slices bacon, diced
1/2 cup chopped onion
1/2 cup chopped celery
3 leeks, chopped
1 bunch fresh parsley, chopped
2 green bell peppers, diced
2 quarts beef stock
1/4 teaspoon dried thyme
1/2 teaspoon dried marjoram
1/2 teaspoon ground cloves
(optional)
1/4 teaspoon crushed red pepper flakes
1 bay leaf
1 teaspoon ground black pepper
1 large potato, peeled and diced
2 large carrots, diced
4 tablespoons margarine
4 tablespoons all-purpose flour

Directions

Place the tripe or other meat that you have selected to use in a saucepan, and cover with water. Bring to a boil, and turn off the heat. Allow the meat to cool a bit in the water, and then drain and rinse. Cut into 1/4 inch pieces.

In a large heavy kettle, saute the bacon until clear. Add the onion, celery, leeks, parsley, and green peppers; saute until tender.

Stir in beef stock, thyme, marjoram, cloves, red pepper flakes, bay leaf, and black pepper. Bring the kettle to a boil, and turn down to a simmer. Cook, covered, until meat is very tender, about 2 hours.

Add the diced potato and carrots, and cook for an additional 20 minutes.

Prepare the roux by stirring the flour into the melted butter or margarine, and cooking for a moment on the stove. When the soup is done to your liking, stir in the roux. Simmer, stirring all the while, until the soup thickens a bit. Correct the seasonings.

Hamburger Soup III

Ingredients

1 pound ground beef
1 onion, chopped
3 (14 ounce) cans beef broth
2 (14.5 ounce) cans stewed tomatoes
1 (16 ounce) package frozen green peas, thawed
1 teaspoon ground black pepper
1 teaspoon garlic salt
1 cup uncooked elbow macaroni

Directions

In a large stock pot brown ground beef and chopped onion. Drain grease from pot.

Fill a medium sauce pan with water and bring to a boil. Add pasta, cook until tender, and drain.

Add beef broth, tomatoes, frozen peas and carrots, pepper, garlic salt and cooked pasta. Cook over medium heat for 15 minutes or until peas and carrots are cooked. Simmer until ready to serve.

Tuscan Turkey Sausage Soup

Ingredients

12 ounces Italian turkey sausage links
4 cups reduced-sodium chicken broth
1 (10.75 ounce) can reduced-fat, reduced-sodium condensed cream of chicken soup, undiluted
1 (8 ounce) can mushroom stems and pieces, drained
1 small onion, chopped
1 tablespoon Italian seasoning
1/4 teaspoon salt-free garlic and herb seasoning
1/8 teaspoon caraway seed
1/8 teaspoon fennel seed, crushed
1 (15.5 ounce) can great northern beans, rinsed and drained
1 small leek, white part only, cut into 1 inch strips

Directions

In a nonstick skillet coated with nonstick cooking spray, cook sausage over medium heat until no longer pink; drain. Let cool and slice. In a large saucepan, whisk together the broth, soup, mushrooms, onion, Italian seasoning, garlic and herb seasoning, caraway seeds and fennel seed. Add sausage. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Add beans and leek. Simmer 10 minutes longer or until vegetables are tender.

Garbanzo Tomato Pasta Soup

Ingredients

3 (14.5 ounce) cans vegetable broth
3/4 cup small seashell pasta
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
salt and pepper to taste

Directions

Bring vegetable broth to a boil in a large pot. Add pasta and cook for 8 to 10 minutes or until al dente.

Meanwhile, heat oil in a small skillet over medium heat. Saute onions and garlic until translucent. Stir into pasta and add garbanzo beans, tomatoes, basil, thyme, salt and pepper. Heat through and serve.

Broccoli Soup II

Ingredients

3 tablespoons extra virgin olive oil
1 clove garlic, crushed
1 head broccoli, chopped
1 (32 fluid ounce) container
chicken broth
1/2 cup uncooked white rice
1/2 cup shredded Cheddar
cheese

Directions

Heat oil in a large pot over medium heat, and saute garlic 1 minute. Mix in broccoli, and cook 5 minutes. Pour in broth, and stir in rice. Bring to a boil. Reduce heat to low, cover, and simmer 20 minutes.

Strain the broccoli and cooked rice from the soup, and place in a blender with 1 cup of the soup liquid. Blend until smooth. Return to pot. Serve with Cheddar cheese.

Smooth Strawberry Soup

Ingredients

1 quart strawberries, halved
2 cups apple juice
1 cup sour cream
1/2 cup packed brown sugar
1/2 cup honey
2 tablespoons lemon juice
1 1/2 cups half-and-half cream
3 tablespoons orange juice
CINNAMON-SUGAR CROUTONS:
3 slices white bread, crusts
removed and cubed
2 tablespoons butter
1/2 teaspoon sugar
1/2 teaspoon ground cinnamon

Directions

In a bowl, combine the first six ingredients. Place half of the mixture at a time in a blender; cover and process until pureed. Transfer to a large bowl; stir in cream and orange juice, if desired. Cover and refrigerate for 2 hours.

In a skillet over medium heat, saute bread cubes in butter until golden brown. Remove from the heat. Sprinkle with sugar and cinnamon; toss to coat. Cool. Stir soup before serving; garnish with croutons.

Lance's French Onion Soup

Ingredients

5 onions, thinly sliced
6 cups beef broth
2 tablespoons vegetable oil
3 tablespoons butter or margarine
1 pound shredded Swiss cheese
1 teaspoon white sugar
1/2 cup white wine
salt and pepper to taste
1 (1 pound) loaf French bread,
sliced

Directions

In a medium stock pot, heat beef broth over medium-high heat.

In a saute pan, add butter and oil and cook over medium-high heat. Once heated, add onions and stir, until onions are tender and transparent. Stir in sugar.

Add onions to heated broth, stir and let simmer for 20 minutes.

Add wine and season with salt and pepper, simmer for 10 minutes.

Pour soup mixture into individual serving bowls and place a slice of bread on top, making sure bread gets well soaked. Place shredded cheese on top of bread and broil, 3 inches below heat, until cheese bubbles.

Chicken Rotini Soup

Ingredients

2 cubes chicken bouillon
1 (12 ounce) package rotini pasta
13 cups chicken broth
4 cups water
6 stalks celery, chopped
1 onion, chopped
4 carrots, chopped
1 1/2 pounds chicken - cut into bite size pieces
garlic powder to taste
1 teaspoon onion powder
salt and pepper to taste

Directions

Place enough water in a 5 quart pot over high heat to boil the pasta. Place the bouillon in the water and bring to a boil. Place the rotini in the boiling water and cook according to package directions. Drain and set pasta aside.

In a large pot over high heat, combine the chicken broth and water. To this, add the celery, onion, carrots and chicken. Bring to a boil and stir in the reserved pasta. Reduce heat to medium low, let simmer and season with the garlic powder, onion powder and salt and pepper to taste. Cook 20 minutes, or until vegetables are tender and chicken is no longer pink. Serve hot.

Slow-Simmered Chicken Rice Soup

Ingredients

1/2 cup uncooked wild rice
1/2 cup uncooked regular long-grain white rice
1 tablespoon vegetable oil
5 1/4 cups SwansonB® Chicken Broth (regular, Natural GoodnessB „ÿ or Certified Organic)
2 teaspoons dried thyme leaves, crushed
1/4 teaspoon crushed red pepper
2 stalks celery, coarsely chopped
1 medium onion, chopped
1 pound skinless, boneless chicken breast, cut into cubes
sour cream
chopped green onion

Directions

Stir the wild rice, white rice and oil in a 3 1/2-quart slow cooker. Cover and cook on HIGH for 15 minutes.

Add the broth, thyme, red pepper, celery, onion and chicken to the cooker. Turn the heat to LOW. Cover and cook for 7 to 8 hours (or on HIGH for 4 to 5 hours) or until the chicken is cooked through.

Serve with the sour cream and green onions, if desired.

Slow Cooker Creamy Potato Soup

Ingredients

6 slices bacon, cut into 1/2 inch pieces
1 onion, finely chopped
2 (10.5 ounce) cans condensed chicken broth
2 cups water
5 large potatoes, diced
1/2 teaspoon salt
1/2 teaspoon dried dill weed
1/2 teaspoon ground white pepper
1/2 cup all-purpose flour
2 cups half-and-half cream
1 (12 fluid ounce) can evaporated milk

Directions

Place bacon and onion in a large, deep skillet. Cook over medium-high heat until bacon is evenly brown and onions are soft. Drain off excess grease.

Transfer the bacon and onion to a slow cooker, and stir in chicken broth, water, potatoes, salt, dill weed, and white pepper. Cover, and cook on Low 6 to 7 hours, stirring occasionally.

In a small bowl, whisk together the flour and half-and-half. Stir into the soup along with the evaporated milk. Cover, and cook another 30 minutes before serving.

Hearty Hot or Cold Roasted Tomato Soup

Ingredients

2 pounds Roma (plum) tomatoes,
quartered
3 tablespoons olive oil
4 cloves garlic
1 quart chicken stock
1/4 cup chopped fresh basil
1/2 tablespoon balsamic vinegar
salt to taste
ground black pepper to taste

Directions

Place the tomato halves, cut side up, on a baking tray with the garlic cloves. Drizzle with the oil, and sprinkle with salt and pepper. Roast at 375 degrees F (195 degrees C) for 1 hour.

Snip the ends off the garlic cloves, and squeeze the insides into the bowl of a food processor along with the entire contents of the baking tray. Add stock, basil, and vinegar; blend until smooth. Season to taste. Serve either hot or cold.

Caribou Soup

Ingredients

1 1/2 pounds caribou, cut into cubes
water to cover
2 cups cubed potatoes
1 (14.5 ounce) can stewed tomatoes
3 large cloves garlic, chopped
2 carrots, scrubbed and chopped
1/2 onion, diced
1 bay leaf
1 tablespoon crushed red pepper (optional)
salt and pepper to taste
1 1/2 cups uncooked white rice

Directions

Place the caribou in a 12-quart stockpot with enough water to cover by 2 inches; add the potatoes, tomatoes, garlic, carrots, onion, bay leaf, and crushed red pepper. Season with salt and pepper, and bring the mixture to a boil over medium-high heat. Add the rice and reduce heat to medium-low. Continue cooking until the rice is tender, about 40 minutes. Remove bay leaf to serve.

Duck Soup (Czarnina)

Ingredients

1 (4 pound) wild duck, whole
4 cups duck blood
8 cups water
1 teaspoon salt
1 stalk celery, cut into 2 inch pieces
1 sprig chopped fresh parsley
1 cup heavy cream
5 whole allspice berries
2 whole cloves
16 ounces pitted prunes
1/2 cup raisins
1 tart apple - peeled, cored and chopped
2 tablespoons all-purpose flour
1 tablespoon white sugar
salt and pepper to taste
1 tablespoon fresh lemon juice

Directions

Cover whole duck with water in large stock pot. Add salt, and bring to a boil. Skim off foam.

Place celery, parsley, allspice, and cloves in a cheese cloth bag, and add to stock pot. Cover and cook over low heat until meat is tender, approximately 1 1/2 hours.

Remove cheese cloth bag from stock pot. Remove duck. Discard bones, cut up meat, and return to the broth.

Mix in prunes, raisins and apple. Simmer for 30 minutes.

In a medium bowl, beat flour and sugar into cream until smooth. Beat in duck blood gradually. Add 1/2 cup hot soup stock to blood mixture, blending thoroughly. Pour mixture slowly back into stock pot, stirring constantly until soup comes to a boil. Season to taste with salt, pepper, lemon juice and vinegar.

Quinoa Vegetable Soup

Ingredients

1 tablespoon vegetable oil
2/3 cup quinoa
1 carrot, diced
1 stalk celery, diced
1/2 onion, finely chopped
1/2 green bell pepper, seeded and chopped
2 cloves garlic, crushed
2 (15 ounce) cans chicken broth
3 1/2 cups water
2 large tomatoes, finely chopped
1/4 head cabbage, chopped
salt and pepper to taste
1/4 cup chopped fresh parsley, for garnish

Directions

Heat the vegetable oil in a large pot on medium-high heat. Stir in the quinoa, carrot, celery, onion, bell pepper, and garlic. Cook for a few minutes, until lightly browned, stirring frequently.

Pour in the chicken broth, water, tomatoes, and cabbage. Increase heat to high and bring to a boil. Reduce heat to medium and simmer until the quinoa and vegetables are tender, about 10 minutes. Season to taste with salt and pepper. Garnish with parsley before servings.

Dill Pickle Soup

Ingredients

- 2 tablespoons butter
- 1/2 cup all-purpose flour
- 7 cups chicken broth
- 1/2 cup finely chopped dill pickles
- 2 tablespoons dill pickle juice
- 2 tablespoons white sugar
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 4 teaspoons onion salt
- 1 teaspoon dill weed
- 1 teaspoon curry powder
- 1/2 teaspoon white pepper
- 2 bay leaves
- 2 cups warm milk

Directions

Melt butter in a large stockpot over medium heat. Whisk in flour, and cook until the flour just begins to turn from white to a pale beige, 1 to 2 minutes. Whisk in chicken broth until thickened and smooth. Increase heat to medium high, add dill pickles, pickle juice, sugar, Worcestershire sauce, garlic, onion salt, dill weed, curry powder, white pepper, and bay leaves. Bring to a simmer, then reduce heat to medium-low and simmer for 5 minutes, whisking frequently. Remove from heat and whisk in milk. Remove bay leaves before serving.

Camp Soup

Ingredients

1 pound lean ground beef
1 medium head cabbage,
chopped
1 (15 ounce) can carrots, drained
1 (15.25 ounce) can whole kernel
corn
1 (15 ounce) can green beans
1 (15 ounce) can peas
1 (15 ounce) can sliced potatoes
1 (15 ounce) can mixed
vegetables
1 (10 ounce) can asparagus
1 (46 fluid ounce) can tomato juice
1/2 teaspoon garlic powder
1 teaspoon onion powder
salt and pepper to taste

Directions

Place ground beef in a large, deep skillet. Cook over medium-high heat until evenly brown. Drain, crumble, and set aside.

Put all the ingredients in a large soup pot. Do not drain the liquid from the vegetables. Cook until the cabbage is tender. Makes about 2 gallons of soup.

Ukrainian Red Borscht Soup

Ingredients

1 (16 ounce) package pork sausage
3 medium beets, peeled and shredded
3 carrots, peeled and shredded
3 medium baking potatoes, peeled and cubed
1 tablespoon vegetable oil
1 medium onion, chopped
1 (6 ounce) can tomato paste
3/4 cup water
1/2 medium head cabbage, cored and shredded
1 (8 ounce) can diced tomatoes, drained
3 cloves garlic, minced
salt and pepper to taste
1 teaspoon white sugar, or to taste
1/2 cup sour cream, for topping
1 tablespoon chopped fresh parsley for garnish

Directions

Crumble the sausage into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.

Fill a large pot halfway with water(about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage, and the can of diced tomatoes.

Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.

Ladle into serving bowls, and garnish with sour cream and fresh parsley.

Zucchini Tomato Soup I

Ingredients

8 cups chopped tomatoes
4 cups water
2 (1.25 ounce) packages beef with onion soup mix
1 onion, chopped
1 green bell pepper, chopped
6 zucchinis, cubed
2 teaspoons dried oregano
1/4 tablespoon garlic powder
salt to taste
2 pounds ground beef
2 cups macaroni

Directions

In a large stock pot combine tomatoes, water, soup mix, onion, green bell pepper and zucchini. Season with oregano, garlic powder and salt. Bring to a boil.

Using a saute pan brown ground beef and then add to stock pot. Add macaroni and cook until noodles and zucchini are tender, approximately 10 to 15 minutes.

Easy Cream of Chicken Rice Soup

Ingredients

2 tablespoons olive oil
2 skinless, boneless chicken breast halves - shredded
salt and pepper to taste
1 tablespoon butter
1/2 small onion, chopped
2 cloves garlic, finely chopped
3 tablespoons all-purpose flour
10 sprigs Italian flat leaf parsley
3 sprigs fresh thyme
1 bay leaf
3 cups chicken stock
3 cups milk
1 cup water
1 cup uncooked instant rice
1 teaspoon Old Bay Seasoning
TM

Directions

Heat the olive oil in a large pot over medium heat. Place chicken in the pot, season with salt and pepper, and cook 5 minutes, until juices run clear. Remove chicken, and set aside. Reduce heat to medium-low. Melt butter in the pot. Stir in onion and garlic and cook 5 minutes. Stir in flour, and cook until lightly browned.

With a piece of kitchen twine, tie together the parsley sprigs, thyme sprigs, and bay leaf. Pour stock and milk into the pot, and stir in the cooked chicken. Place herb bundle into soup. Simmer 25 minutes.

Bring the water to a boil in a separate pot, and stir in instant rice. Cover, reduce heat to low, and simmer 5 minutes.

Remove and discard herb bundle from soup. Stir in cooked rice and season with Old Bay before serving.

Tomato Soup and Grilled Cheese Sandwich

Ingredients

2 (10.75 ounce) cans
Campbell's® Condensed Tomato
Soup
2 (10.75 ounce) cans water
8 teaspoons butter
8 slices Pepperidge Farm® White
Sandwich Bread
8 slices Kraft Singles (American
pasteurized prepared cheese
product)

Directions

Heat the soup and water in a 1-quart saucepan over medium heat until the mixture is hot and bubbling, stirring occasionally.

Spread the butter on the bread slices.

Place 4 bread slices, butter-side down, into a 12-inch skillet. Top with the cheese slices and remaining bread slices, butter-side up. Cook over medium heat until the sandwiches are lightly browned on both sides and the cheese is melted.

Lima and Navy Bean and Ham Soup

Ingredients

3 (3.5 ounce) links Italian sausage, casings removed
1 large meaty ham bone or 4 smoked ham hocks
16 ounces dry lima beans
1 (16 ounce) package dried navy beans
2 (14.5 ounce) cans stewed tomatoes
1 (6 ounce) can tomato paste
1 onion, chopped
4 stalks celery, chopped
4 carrots, sliced
4 cloves garlic, minced
1/4 cup chopped fresh parsley
3 bay leaves
1/4 cup chopped fresh chives
2 tablespoons chopped fresh basil
6 green onions, chopped
1 teaspoon dried thyme
1 teaspoon mustard powder
1 teaspoon ground cayenne pepper
1 teaspoon salt (optional)
1 teaspoon ground black pepper
2 tablespoons Worcestershire sauce
3 tablespoons chicken bouillon powder
1 (12 fluid ounce) can or bottle beer

Directions

In a large soup pot, brown the Italian sausage; drain off fat. Add ham bone (or ham hocks), lima beans, navy beans, tomatoes, tomato paste, onion, celery, carrots, garlic, parsley, bay leaves, chives, basil, green onion, thyme, mustard, cayenne pepper, salt, ground black pepper, Worcestershire sauce and chicken base or bouillon.

Add the can of beer and water to cover all. Bring mixture to a boil, then reduce heat and simmer until beans are tender, about 4 or 5 hours, and the ham has been released from the bone. Refrigerate overnight to let the fat to come to the surface of the soup.

When ready to serve, skim fat, remove ham bone (or hocks), pick off remaining ham from bone and put into soup. Discard bones and bay leaves. Heat soup until warm. Serve and enjoy!

Microwave Sausage and Clam Soup

Ingredients

1 1/2 pounds hot Italian sausage
1/4 cup olive oil
3 cloves garlic, minced
2 onions, chopped
1 green bell pepper, chopped
1 bunch snipped fresh parsley
1 teaspoon dried basil
1 pound fresh mushrooms, sliced
1 (28 ounce) can whole peeled tomatoes with juice
1 cup dry white wine
4 (6.5 ounce) cans minced clams, drained with juice reserved
1 teaspoon salt

Directions

In a large microwave-safe dish, microwave sausage 5 minutes on high, until no longer pink. Remove sausage from dish. Stir garlic and olive oil into sausage drippings and microwave 1 minute. Stir in onion, bell pepper, parsley and basil and microwave 4 minutes, until just tender.

Stir in the mushrooms and cook 2 minutes. Then stir in the tomatoes, wine and reserved clam juice. Cover and cook 10 minutes, stirring once.

Stir in the sausage and cook 5 minutes more. Let stand 5 minutes before stirring in the clams and salt. Serve hot.

Creamy Potato and Leek Soup

Ingredients

6 potatoes, peeled and cubed
1 (14.5 ounce) can chicken broth
2 leeks, chopped
2 teaspoons margarine
1 1/2 cups heavy whipping cream

Directions

In a medium pot over medium heat, combine the potatoes and broth and allow to simmer for 20 minutes, or until potatoes are tender.

In a separate skillet over medium heat, saute the leeks in the butter or margarine for 5 to 10 minutes, or until tender. Add the leeks and the cream to the potatoes and stir well. (Note: This is the point I like to take a potato masher and slightly thicken the soup.)

Rice and Lentil Soup in a Jar

Ingredients

2 tablespoons chicken bouillon granules

1/3 cup uncooked instant rice

1/3 cup red lentils

1 tablespoon dried parsley

1/2 teaspoon ground black

pepper

1 teaspoon poultry seasoning

1/3 cup uncooked instant rice

1/3 cup green lentils

2 teaspoons butter or margarine

8 cups water

1/4 cup chopped celery (optional)

1 cup cubed cooked chicken
(optional)

Directions

Measure the chicken bouillon granules into a 1 pint jar. Top with 1/3 cup of instant rice, red lentils, dried parsley, pepper, poultry seasoning, 1/3 cup of rice and then the green lentils on top. Seal with a lid and ring for gift giving.

To make the soup, bring the butter and water to a boil in a large pot. Pour in the contents of the jar and add celery and chicken if using. Bring to a boil, then reduce heat to medium and simmer until the lentils are tender, about 30 minutes.

Mushroom Soup Without Cream

Ingredients

2 tablespoons butter
1 cup peeled and sliced carrots
1 cup sliced onions
1 cup sliced leeks (optional)
1/2 cup sliced celery
1 teaspoon fresh thyme leaves
2 pounds sliced fresh brown or white mushrooms
6 cups chicken stock
salt and pepper to taste
1/2 cup chopped green onion

Directions

Melt the butter in a stock pot over medium heat. Add carrots, onions, leeks, and celery. Cook and stir until tender, but not browned, about 10 minutes. Stir in thyme and mushrooms, and continue cooking until mushrooms are soft, about 5 minutes.

Pour chicken stock into the pot, and season with salt and pepper. Cover, and simmer over low heat for 30 minutes. Ladle into bowls, and serve with green onions sprinkled on the top.

Homemade Chicken Soup

Ingredients

1 (3 pound) whole chicken
4 carrots, halved
4 stalks celery, halved
1 large onion, halved
water to cover
salt and pepper to taste
1 teaspoon chicken bouillon
granules (optional)

Directions

Put the chicken, carrots, celery and onion in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (skim off foam every so often).

Take everything out of the pot. Strain the broth. Pick the meat off of the bones and chop the carrots, celery and onion. Season the broth with salt, pepper and chicken bouillon to taste, if desired. Return the chicken, carrots, celery and onion to the pot, stir together, and serve.

French Onion Soup

Ingredients

1 tablespoon vegetable oil
3/4 pound onion, halved and thinly sliced*
1/4 teaspoon sugar
2 tablespoons all-purpose flour
3 1/2 cups Swanson® Beef Broth (regular, Lower Sodium or Certified Organic)
1/4 cup dry white wine or vermouth
4 slices French bread, toasted**
1/2 cup shredded Swiss cheese

Directions

Heat oil in saucepot. Add onions. Cover and cook over low heat 15 minutes. Uncover.

Add sugar and cook over medium heat 15 minutes or until onions are golden.

Add flour and cook and stir 1 minute. Add broth and wine. Heat to a boil. Cook over low heat 10 minutes.

Divide soup among 4 bowls. Top each with bread and cheese.

Hot and Sour Chicken and Cabbage Soup

Ingredients

10 cups chicken broth
1 teaspoon hot pepper flakes
1/4 cup red wine vinegar
1/4 cup soy sauce
1 tablespoon minced lemon grass
1 tablespoon fish sauce
1 tablespoon black pepper
1 teaspoon garlic powder
1 onion, cut in strips
1 teaspoon olive oil
1/2 pound skinless, boneless chicken breast meat - cubed
1/2 head cabbage, shredded
1 cup fresh bean sprouts
2 eggs, beaten
1/4 cup chopped fresh parsley

Directions

Pour chicken broth into a large pot. Stir in hot pepper flakes, vinegar, soy sauce, lemon grass, fish sauce, black pepper, garlic powder, and onion. Bring to a boil over high heat, then reduce heat to medium-low and keep at a simmer.

Meanwhile, heat olive oil in a skillet over medium-high heat. Stir in cubed chicken, and cook until no longer pink in the center, about 5 minutes. Stir chicken into the simmering soup along with the cabbage and bean sprouts. Simmer until the cabbage is tender, about 10 minutes.

Remove the pot from the heat, and slowly stir in the beaten egg, then gently stir in the chopped parsley. Serve immediately.

Creamy Sweet Potato With Ginger Soup

Ingredients

2 tablespoons olive oil
1 1/2 pounds peeled raw sweet potatoes, cut into 1-inch chunks
1 large onion, cut into large dice
1 tablespoon butter
1 pinch sugar
3 large garlic cloves, thickly sliced
1 1/2 teaspoons ground ginger
1/2 teaspoon ground nutmeg
1/8 teaspoon cayenne pepper
3 cups chicken broth, homemade or from a carton or can
1 1/2 cups half-and-half (or whole milk)
Salt and freshly ground pepper, to taste
Garnish: chopped honey-roasted peanuts

Directions

Heat oil over medium-high heat in a large, deep saute pan until shimmering.

Add sweet potatoes, then onion; saute, stirring very little at first, then more frequently, until vegetables start to turn golden brown, 7 to 8 minutes.

Reduce heat to low and add butter, sugar and garlic; continue cooking until all vegetables are a rich spotty caramel color, about 10 minutes longer.

Add ginger, nutmeg and cayenne pepper; continue to saute until fragrant, 30 seconds to 1 minute longer.

Add broth; bring to a simmer over medium-high heat. Reduce heat to low and simmer, partially covered, until sweet potatoes are tender, about 10 minutes.

Using an immersion blender or traditional blender, puree until very smooth, 30 seconds to 1 minute. (If using a traditional blender, vent it either by removing the lid's pop-out center or by lifting one edge of the lid. Drape the blender canister with a kitchen towel. To 'clean' the canister, pour in a little half-and-half, blend briefly, then add to the soup.)

Return to pan (or a soup pot); add enough half-and-half so the mixture is souplike, yet thick enough to float garnish. Taste, and add salt and pepper if needed. Heat through, ladle into bowls, garnish and serve.

Chicken Noodle and Vegetable Soup

Ingredients

1 (49.5 fluid ounce) can
SwansonB® Chicken Broth
1 teaspoon onion powder
1/2 teaspoon dried basil leaves,
crushed
1/4 teaspoon garlic powder
1 (9 ounce) package frozen mixed
vegetables
1 cup uncooked medium egg
noodles

Directions

Mix broth, onion powder, basil, garlic powder and vegetables in
saucepan. Heat to a boil. Stir in noodles. Cook 5 minutes or until
noodles are done.

Lemon Salmon Soup

Ingredients

2 pounds potatoes, peeled and cubed
1 pound salmon fillets
water to cover
2 tablespoons butter
1 tablespoon lemon zest
1 1/2 teaspoons salt
ground black pepper to taste
1 pinch dried oregano
1 pinch dried thyme
1 pinch dried basil
2 cups milk

Directions

Layer the potatoes and salmon into the bottom of a slow cooker. Pour enough water into the slow cooker to cover. Add the butter, lemon zest, salt, pepper, oregano, thyme, and basil. Loosely cover and cook on Low for 4 to 5 hours. Stir in the milk and cover tightly; cook another 1 to 2 hours.

Black Bean and Salsa Soup

Ingredients

2 (15 ounce) cans black beans,
drained and rinsed
1 1/2 cups vegetable broth
1 cup chunky salsa
1 teaspoon ground cumin
4 tablespoons sour cream
2 tablespoons thinly sliced green
onion

Directions

In an electric food processor or blender, combine beans, broth, salsa, and cumin. Blend until fairly smooth.

Heat the bean mixture in a saucepan over medium heat until thoroughly heated.

Ladle soup into 4 individual bowls, and top each bowl with 1 tablespoon of the sour cream and 1/2 tablespoon green onion.

Beer Soup (Biersuppe)

Ingredients

6 cups beer
2 egg yolks
1 cup sour cream
1 teaspoon cornstarch
1 teaspoon white sugar
1/2 teaspoon salt
4 slices French bread, cut into 1
inch cubes
1 cup shredded Swiss cheese

Directions

In a medium saucepan over medium heat, bring beer, covered, to a boil.

Meanwhile, in a bowl, beat together egg yolks, sour cream, cornstarch, sugar and salt until well blended. Transfer mixture to a large saucepan over low heat. Pour in hot beer, a little at a time, stirring until well combined. Do not boil.

To serve, divide bread cubes into four warmed soup bowls. Sprinkle cheese over bread. Pour hot soup over all and serve piping hot.

Taco Soup V

Ingredients

3/4 pound lean ground beef
1 teaspoon vegetable oil
2 (15 ounce) cans pinto beans
2 (15 ounce) cans kidney beans
2 (14.5 ounce) cans diced tomatoes
6 ounces tomato sauce
1 onion, finely diced
1 green bell pepper, chopped
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

In a medium sized stock pot, brown ground beef in oil. Add undrained pinto beans, undrained kidney beans, diced tomatoes, tomato sauce, onion, green bell pepper, taco seasoning mix and ranch salad dressing mix. Bring to a boil and then simmer for 10 to 15 minutes, or until heated through.

Creamy Pea Soup

Ingredients

2 1/2 cups dried split peas
8 cups water
1 ham bone
1/2 cup chopped shallots
1/2 cup chopped carrots
fresh celery leaves
1 bay leaf
1 teaspoon salt
1/2 teaspoon granulated garlic
1/4 teaspoon ground black pepper
1 (8 ounce) package cream cheese

Directions

Place split peas, water, ham bone, shallots, carrots, celery leaves, bay leaf, salt, garlic and pepper into a large pot. Heat to almost boiling. Reduce heat, cover, and simmer for about 1 1/2 hours or until the peas are tender. Remove the ham bone and the bay leaf. Dice the meat from the ham bone and set aside.

Cut the cream cheese into cubes. Process cream cheese with the soup in small batches in a blender or food processor.

Add ham, and reheat. Taste, and adjust seasonings as necessary.

PHILLY Spicy Thai Soup

Ingredients

1/4 cup KRAFT Signature Asian Sesame Dressing
1 onion, chopped
1 teaspoon red curry paste
3 (10 ounce) cans 25%-less-sodium chicken broth
1 (2 pound) butternut squash, peeled, cubed
1/2 cup PHILADELPHIA Light Cream Cheese Spread
1/4 cup chopped cilantro

Directions

Heat dressing in large saucepan on medium-high heat. Add onions; cook and stir 5 minutes or until crisp-tender. Stir in curry paste. Gradually add broth, stirring until well blended.

Add squash. Bring to boil. Reduce heat to medium; cover. Simmer 15 minutes or until squash is tender, stirring occasionally.

Pour, in batches, into blender; cover. Blend until pureed. Return to saucepan. Add cream cheese spread and cilantro; cook until cream cheese is melted and mixture is well blended, stirring frequently with wire whisk.

Amy's Mexican Soup

Ingredients

4 (6 ounce) skinless, boneless chicken breast halves
1 (28 ounce) can whole peeled tomatoes, drained
1 (10 ounce) can diced tomatoes with green chile peppers
2 tablespoons olive oil
1 medium onion, chopped
1 tablespoon chopped fresh garlic
1 (32 fluid ounce) container chicken broth
1 (14.5 ounce) can kidney beans, rinsed and drained
1 (14.5 ounce) can black beans, rinsed and drained
cayenne pepper to taste
chili powder to taste
Cheddar cheese, shredded
sour cream, for topping

Directions

Preheat the oven broiler.

Arrange chicken breasts in a large pan, and broil 15 minutes in the preheated oven. Remove chicken, allow to cool, then shred.

In a food processor or blender, puree the drained whole tomatoes and diced tomatoes.

Heat olive oil in a large skillet over medium heat. Stir in onion and garlic; cook until onion is soft and translucent. Stir in chicken broth and pureed tomatoes. Add shredded chicken, kidney beans, and black beans. Season with cayenne pepper and chili powder. Bring to a boil; then cover, leaving the lid slightly ajar, and simmer 2 hours. Ladle into bowls, and top with cheese and dollops of sour cream.

Leek Potato Mushroom Cheddar Soup

Ingredients

2 leeks, finely chopped (white part only)
1 clove garlic, finely chopped
4 medium potatoes (red or Yukon Gold), chopped
2 tablespoons butter, divided
1 tablespoon olive oil
1 1/2 teaspoons ground mustard
2 tablespoons flour
1/2 cup water
3 cups chicken broth
salt, pepper, and celery salt, to taste
1/2 cup shredded Cheddar cheese
2 tablespoons Parmesan cheese
1 cup milk
3 ounces chopped portobello mushrooms
croutons for garnish, if desired

Directions

In a skillet, cook leek, garlic, and potato in 1 tablespoon of butter and the olive oil over medium low heat, stirring often. Do not allow potato to brown.

Place mustard, salt, pepper, celery salt, and flour together in a bowl. Gradually whisk in water and chicken broth until well blended. Stir into potato mixture, and bring to a boil. Reduce to a simmer, and cook for 1 hour.

Mash softened potatoes by hand so they remain lumpy. Stir in Cheddar and Parmesan cheeses until melted, then add milk but do not boil. Cook mushrooms over medium high heat in remaining 1 tablespoon of butter until soft. Add to the soup, and stir. Serve immediately with croutons, if desired.

Sausage Barley Soup

Ingredients

1 pound Italian sausage
1/2 cup diced onion
1 tablespoon minced garlic
1/2 teaspoon Italian seasoning
1 (48 fluid ounce) can chicken broth
1 large carrot, sliced
1 (10 ounce) package frozen chopped spinach
1/4 cup uncooked pearl barley

Directions

In a skillet over medium heat, cook the sausage, onion, and garlic until the sausage is evenly brown. Season with Italian seasoning. Remove from heat, and drain.

In a slow cooker, mix the sausage mixture, chicken broth, carrot, spinach, and barley.

Cover, and cook 4 hours on High or 6 to 8 hours on Low.

Coriander, Barley, Leek Soup

Ingredients

3 cups water
1 cup uncooked pearl barley
2 tablespoons olive oil
2 medium onions, chopped
1 bunch leeks, chopped
1 1/4 pounds ground turkey
2 1/2 quarts beef stock
1 1/2 cups Chinese rice wine
2 1/2 tablespoons ground
coriander
freshly ground black pepper to
taste

Directions

In a saucepan, bring the 3 cups water to a boil. Stir in the barley. Reduce heat, cover, and simmer 30 minutes.

Heat the olive oil in a stock pot over medium-high heat, and saute the onions and leeks until tender. Mix in the turkey, and cook until heated through. Pour the beef stock into the pot, and stir in the cooked barley. Reduce heat to low, cover, and cook 1 hour, stirring occasionally.

Mix the rice wine into the soup, and season with coriander. Continue cooking about 10 minutes. Season with pepper to serve.

Miso Soup II

Ingredients

2 tablespoons olive oil
3/4 cup chopped onion
3 cloves crushed garlic
1 tablespoon minced garlic
1/2 (12 ounce) package firm tofu,
cubed
1 tablespoon soy sauce
1 tablespoon sherry
4 1/2 cups water
2 cups grated carrots
1 (10 ounce) package frozen
chopped spinach
1/4 cup miso paste
ground black pepper to taste

Directions

Pour oil into the bottom of a large saucepan, and place over medium heat. Add onion; saute until tender and almost brown. Add garlic and ginger; saute until fragrant, just a minute or two. Add tofu. Cook, stirring occasionally, until browned; this should take about 5 minutes

Stir in soy sauce, thoroughly coating tofu. Add water and sherry. Bring back up to heat, and add carrots and spinach. Heat through.

Thin miso with some of the soup, and add back into the soup. Simmer over medium low heat for 5 to 10 minutes, stirring occasionally. Season with black pepper to taste. Serve.

Split Pea Soup

Ingredients

2 1/4 cups dried split peas
2 quarts cold water
1 1/2 pounds ham bone
2 onions, thinly sliced
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 pinch dried marjoram
3 stalks celery, chopped
3 carrots, chopped
1 potato, diced

Directions

In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour.

Once peas are soaked, add ham bone, onion, salt, pepper and marjoram. Cover, bring to boil and then simmer for 1 1/2 hours, stirring occasionally.

Remove bone; cut off meat, dice and return meat to soup. Add celery, carrots and potatoes. Cook slowly, uncovered for 30 to 40 minutes, or until vegetables are tender.

Bean and Pasta Soup

Ingredients

8 ounces pork sausage
1 teaspoon onion powder
2 cloves garlic, minced
1 onion, finely diced
1 (10.75 ounce) can condensed minestrone soup
2 1/2 cups water
1 (14.5 ounce) can great Northern beans, undrained
1 (15 ounce) can kidney beans
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/4 teaspoon ground black pepper
1 cup uncooked spinach pasta

Directions

In 4 quart stock pot, cook sausage until lightly browned. Add onion powder, garlic, and onion, and cook until tender.

Stir in minestrone soup, water, great northern beans (undrained), kidney beans (undrained), thyme, basil and pepper.

Bring to a boil and then reduce to low, cover, and simmer for 15 minutes.

Stir in pasta and cook another 15 minutes and then serve.

Mushroom and Artichoke Soup

Ingredients

4 (14 ounce) cans canned quartered artichoke hearts
1 cup olive oil
3 pounds thinly sliced shallots
3 small red onions, chopped
3 cloves garlic, minced
3/4 cup all-purpose flour
1/2 cup rice vinegar
1 gallon water
6 tablespoons vegetable base
1 1/2 teaspoons salt
1/2 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper
1/2 teaspoon ground nutmeg
2 tablespoons dried thyme
6 dried portabella mushrooms, softened in water
3 pounds fresh mushrooms, sliced
3 pounds carrots, sliced
3/4 cup capers
3/4 cup chopped fresh parsley

Directions

Place artichokes in a food processor, slice thinly and set aside. It works well when using a 3 millimeter slicing disk.

Using a extra-large stock pot saute onions, garlic and shallots in olive oil and set on low. Cook for 15 minutes.

Sprinkle flour over onions and cook for 1 minute. Stir in vinegar and cook for approximately 3 minutes, in order for vinegar to evaporate.

Stir in water, vegetable base, salt, pepper, cayenne, nutmeg, thyme and sliced artichokes and cook for 25 minutes.

Add dried mushrooms along with the water they soaked in, fresh mushrooms and carrots. Let cook for 15 minutes.

Stir in capers and parsley, season with salt and serve.

Garlic Spinach Soup

Ingredients

4 cups chicken broth
2 cloves garlic, minced
3 tablespoons grated fresh ginger root
1 cup chopped zucchini
2 cups cubed cooked chicken
1 (2 ounce) package cellophane noodles
4 cups fresh spinach

Directions

Bring the chicken broth, garlic, and ginger to a boil in a large saucepan; reduce heat to medium and cook for 10 minutes. Add the zucchini and cook until the zucchini is tender, about 10 minutes more. Stir in the chicken and cellophane noodles; cook until the chicken is hot and the noodles are soft and transparent, about 3 minutes. Stir in the spinach until wilted.

Martha's Vegetable Beef Soup

Ingredients

1/2 pound ground beef
1 (14.5 ounce) can stewed tomatoes
1 (8 ounce) can tomato sauce
2 cups water
1 (10 ounce) package frozen mixed vegetables
1/4 cup dry onion soup mix
1 teaspoon white sugar

Directions

In a large pot over medium high heat, saute the ground beef for about 5 minutes, or until browned. Drain off excess fat.

Add the tomatoes, sauce, water, vegetables, soup mix and sugar. Bring to a boil and reduce heat to low. Cover and simmer for 20 minutes.

Cabbage Soup II

Ingredients

6 (14.5 ounce) cans chicken broth
4 stalks celery, chopped
6 carrots, chopped
1 onion, chopped
2 cloves garlic, minced
1 medium head cabbage,
shredded
1/2 cup barley
2 cups diced ham
1 tablespoon dried parsley

Directions

Place the chicken broth, celery, carrots, onion, garlic, cabbage, barley, ham and parsley in a large pot over high heat. Bring to a boil, reduce heat to low and simmer for 1 1/2 hours.

Cream of Potato Soup I

Ingredients

1 onion, chopped
1/4 cup margarine
5 baking potatoes, peeled and chopped
8 cups chicken broth
1 teaspoon salt
1/2 teaspoon ground white pepper
2 carrots, cut into 1 inch pieces
4 stalks celery tops
1 (12 fluid ounce) can evaporated milk

Directions

In a stock pot, saute onion in butter until yellow and soft. Add chicken stock, carrots, celery tops and potatoes. Stir in salt and white pepper. Bring to a boil and then reduce heat and cook until vegetables are tender enough to easily pierce with a fork.

Remove carrots and celery tops and discard. Add evaporated milk and heat through.

Using a food processor or blender, puree soup in small batches. Return to stock pot and keep over low heat until ready to serve, making sure soup does not scorch if not serving immediately. Garnish with chives and serve.

Tortilla Soup

Ingredients

1 medium tomato, quartered
1 (14.5 ounce) can whole peeled tomatoes with juice
1 small onion, quartered
1 garlic clove
2 (10.5 ounce) cans condensed chicken broth, undiluted
1/2 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon ground coriander
1/4 teaspoon ground cumin
1 tablespoon minced fresh cilantro
6 (6 inch) corn tortillas
1/4 cup cooking oil
Sour cream
Shredded Cheddar or Monterey Jack cheese

Directions

Place tomatoes, onion and garlic in a blender or food processor; blend until smooth. Transfer to a large saucepan. Add the chicken broth and seasonings; bring to a boil. Reduce heat and simmer for 3 minutes. Cut tortillas into 1/4-in. strips; fry in hot oil until crisp and brown. Drain. Ladle soup into bowls; top with tortilla strips, sour cream and cheese.

Jet Tila's Tom Yum Goong Soup

Ingredients

6 whole Thai chiles
2 quarts Thai chicken broth
1 cup peeled and deveined medium shrimp
1 (15 ounce) can whole straw mushrooms, drained
6 tablespoons fish sauce
6 tablespoons lime juice
3 tablespoons Thai garlic chile paste
6 kaffir lime leaves
6 sprigs fresh cilantro

Directions

Preheat the oven's broiler and set the oven rack at about 6 inches from the heat source. Line a baking sheet with aluminum foil. Place the peppers onto the prepared baking sheet.

Cook under the preheated broiler, turning occasionally until the skin of the peppers has blackened and blistered, about 5 minutes. Place the blackened peppers into a bowl, and tightly seal with plastic wrap. Allow the peppers to steam as they cool, about 20 minutes. Once cool, remove and discard the skin, seeds, and stem. Chop the roasted chiles.

Pour the chicken broth into a large pot, and bring to a simmer over medium-high heat. Stir in the shrimp, mushrooms, and chopped roasted chiles. Return to a simmer, and cook until the shrimp are no longer translucent in the center, about 1 minute. Stir in the fish sauce, lime juice, and chile paste until the chile paste has dissolved. Ladle into bowls, and garnish each bowl with a lime leaf and a sprig of cilantro.

Potato Soup a la Inge

Ingredients

5 potatoes, peeled and cubed
5 cubes chicken bouillon
2 1/2 quarts water
salt and pepper to taste
1 dash garlic powder
1 pinch ground nutmeg
1 pint heavy whipping cream
3 green onions, chopped

Directions

In a large pot over high heat, combine the potatoes, bouillon, water, salt and pepper, garlic powder and nutmeg. Cook for about 15 minutes or until potatoes are tender. Add the heavy cream and the green onions. Stir well and allow soup to bubble up, about 5 minutes. Remove from heat and pour into individual bowls. Garnish with bacon bits and enjoy!

Butternut Squash and Spicy Sausage Soup

Ingredients

2 cups water
1/2 cup long grain white rice
1 unpeeled butternut squash,
halved and seeded
1 tablespoon olive oil
1 large yellow onion, chopped
1 1/4 pounds spicy turkey
sausage, casings removed
1 cup frozen corn
2 (13.75 ounce) cans chicken
broth
salt to taste
1 tablespoon ground black
pepper, or to taste
salt, to taste
1/2 cup heavy cream (optional)

Directions

Preheat oven to 375 degrees F (190 degrees C). Pour 1 cup of water into 9x13 baking dish.

Place the butternut squash into the prepared baking dish, cut side down.

Bake in preheated oven until squash is easily pierced with a fork, about 45 minutes.

Meanwhile, place the rice and remaining 1 cup of water into a saucepan. Bring to a boil, uncovered, over medium-high heat. Reduce heat to low, cover, and simmer until water is absorbed and rice is fluffy, about 20 minutes. Remove from the heat and fluff with a fork.

Heat the olive oil in a large soup pot over medium-high heat. Stir in the onion, and cook until tender and transparent, about 5 minutes. Mix in the turkey sausage; cook until crumbly and evenly browned. Drain any excess fat. Stir in the cooked rice and corn.

Scoop out cooked squash and place in a blender or bowl of a food processor. Discard squash peels. Pour chicken broth into the blender or bowl of a food processor with the squash. Blend until smooth, about 1 minute.

Stir squash mixture into the sausage mixture until well blended. Season with pepper, and salt to taste. If desired, stir in the heavy cream. Simmer soup over medium heat until heated through, about 15 minutes, but do not boil.

Broccoli Cheese Soup VII

Ingredients

1 (10 ounce) package frozen broccoli
2 1/2 cups milk
2 1/2 cups cubed processed cheese
1/3 cup all-purpose flour
1 cup heavy cream
1 cube chicken bouillon
1/2 teaspoon salt
1/2 teaspoon ground black pepper

Directions

Place broccoli in a medium saucepan with just enough water to cover. Cook until tender, about 8 minutes. Set aside and do not drain water.

In a large saucepan, heat milk. Blend in the flour and cheese until smooth. Stir in the cream and bouillon cube. Add the broccoli and it's water to the mixture and season with salt and pepper. Heat soup to warm and serve immediately.

Chicken Soup With Pasta and White Beans

Ingredients

1 recipe Fast Chicken Soup Base
2 (16 ounce) cans white beans,
drained
1 cup small pasta, such as ditalini
1 (14.5 ounce) can diced tomatoes
2 teaspoons minced fresh
rosemary
1/2 cup chopped fresh parsley
1/2 teaspoon salt and pepper to
taste
1/2 cup grated Parmesan cheese

Directions

Prepare Fast Chicken Soup Base. Bring to a simmer.

Add these, then simmer until tender, 10-20 minutes: 2 16-ounce cans white beans, drained; 1 cup small pasta, such as ditalini; 1 14.5-ounce can diced tomatoes; 2 tsps. minced fresh rosemary.

Before removing from heat, stir in: 1/2 cup chopped fresh parsley.

Final touch: Add salt and pepper, to taste. Serve soup with grated Parmesan cheese.

Navy Bean Soup I

Ingredients

1 (16 ounce) package dried navy beans
6 cups water
1 (14.5 ounce) can diced tomatoes
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
1/2 pound chopped ham
1 cube chicken bouillon
2 tablespoons Worcestershire sauce
1 tablespoon dried parsley
2 teaspoons garlic powder
1 bay leaf
1 teaspoon salt
1/2 teaspoon ground black pepper
3 cups water

Directions

Combine beans, water, tomatoes, onion, celery, garlic, ham, bouillon, Worcestershire sauce, parsley, garlic, and bay leaf in a stock pot; bring to a boil. Lower heat, cover, and simmer for two hours.

Add additional water. Season with salt and pepper. Simmer for an additional two hours. Discard bay leaf.

Roasted Chicken Noodle Soup

Ingredients

1 cup chopped onion
1 cup chopped carrots
1 cup chopped celery
1 garlic clove, minced
2 teaspoons olive or canola oil
1/4 cup all-purpose flour
1/2 teaspoon dried oregano
1/4 teaspoon dried thyme
1/4 teaspoon poultry seasoning
6 cups reduced-sodium chicken broth
4 cups diced peeled potatoes
1 teaspoon salt
2 cups diced roasted chicken breast
2 cups uncooked yolk-free wide noodles
1 cup fat-free evaporated milk

Directions

In a Dutch oven or soup kettle, saute the onion, carrots, celery and garlic in oil for 5 minutes or until tender. Stir in the flour, oregano, thyme and poultry seasoning until blended; saute 1 minute longer. Gradually add broth, potatoes and salt; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until potatoes are tender.

Stir in the chicken and noodles; simmer for 10 minutes or until noodles are tender. Reduce heat. Stir in the milk; heat through (do not boil).

Quick Country Cupboard Soup

Ingredients

1/2 pound skinless, boneless chicken breast halves - cut into 1 inch cubes
1 teaspoon vegetable oil
1 cup thinly sliced carrots
1 cup thinly sliced potatoes
2 (1 ounce) packages dry onion soup mix
2 tablespoons white sugar
4 cups water
1 (28 ounce) can crushed tomatoes
1/4 teaspoon Italian seasoning
1 dash hot pepper sauce
1/2 cup seashell pasta
ground black pepper to taste

Directions

In a large stock pot, heat oil over medium heat; add meat and brown lightly.

Stir in carrots, potatoes, onion soup mix, sugar, water, tomatoes, Italian seasoning, hot pepper sauce, and pepper. Stir frequently.

Bring to a boil , add pasta and reduce heat. Simmer gently for 30 to 40 minutes or until vegetables are tender.

Lemon Chicken Soup I

Ingredients

4 pounds whole chicken
8 cups water
1/2 (16 ounce) package uncooked
orzo pasta
2 eggs
2 lemons
salt to taste
ground black pepper to taste

Directions

In a large soup pot, cook chicken in water until the meat begins to fall off the bone.

Skim fat off stock. Remove the chicken from pot, and set aside to cool. Add pasta to stock, and cook for about 10 minutes. Shut off heat.

In a medium bowl, beat 2 eggs with the juice of 2 lemons until foamy. Whisk 1 cup stock slowly into the egg/lemon mixture. Repeat with another cup of stock, and pour mixture into soup.

Bone chicken, and add meat to soup. Stir well. Add salt and pepper to taste.

Yellow Dhal - Sweet Potato Soup

Ingredients

1 1/2 cups dry yellow lentils
2 1/2 cups water
1/4 teaspoon ground turmeric
1 sweet potato, peeled and cut into 1-inch cubes
2 tablespoons vegetable oil, divided
1 onion, finely chopped
1 tomato, finely chopped
3 fresh jalapeno peppers, seeded and finely diced
salt and freshly ground black pepper to taste
chopped fresh cilantro, for garnish

Directions

Rinse lentils under running water; drain. Place lentils, 2 1/2 cups water, and turmeric in a medium pot, and bring to a boil. Cover, reduce heat, and cook until lentils are tender, about 30 minutes.

Meanwhile, place cubed sweet potato in a steamer over 1 inch of boiling water. Cover and cook until tender but still firm, about 15 minutes (time may vary depending on size of potato pieces). Once tender, mash sweet potato and lentils together; set aside.

Heat the oil in a skillet over medium heat, and cook the onion until lightly browned. Stir in tomato, jalapenos, salt, and pepper, and continue cooking another 3 to 5 minutes. Place lentils, vegetables, and potatoes in a stockpot over medium heat. Stir in water as needed to attain desired consistency. Serve warm with cilantro or green onions.

Slow Cooker Pumpkin Soup

Ingredients

- 1 tablespoon olive oil
- 1 medium sugar pumpkin, seeded and cubed
- 1 medium onion, chopped
- 3 cups chicken stock, or as needed
- 1 sprig fresh rosemary
- 1 sprig fresh thyme
- 1 sprig fresh sage
- 2 small cinnamon sticks
- 2 bay leaves
- 1/2 cup heavy cream

Directions

Heat the olive oil in a large skillet over medium-high heat. Add pumpkin and onion; cook and stir until lightly browned. Transfer to a slow cooker. Pour in enough chicken broth to cover the pumpkin. Tie the rosemary, thyme, sage, cinnamon, and bay leaves into a piece of cheesecloth, and place in the slow cooker. Cover and cook on Low for 4 hours.

After 4 hours, remove the herb sachet. Stir in the cream, and puree the soup with a hand blender until smooth. Serve.

Lentil and Green Collard Soup

Ingredients

- 1 tablespoon olive oil
- 1 large onion, chopped
- 1 tablespoon salt
- 1 cup dry red lentils, rinsed and drained
- 6 cups water
- 2 tablespoons olive oil
- 1 bunch collard greens - rinsed, stemmed and thinly sliced
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- 2 tablespoons minced garlic
- 1/3 cup lemon juice

Directions

Heat 1 tablespoon olive oil in a large saucepan over medium heat, stir in onion and salt; cook until softened and translucent, about 4 minutes. Stir in lentils, and cook for 1 minute. Pour in water, then bring to a boil over high heat, then turn heat to medium-low, cover, and simmer until the lentils are tender, about 15 minutes.

Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat. Add collard greens, and cook until wilted, about 10 minutes. When the lentils are tender, stir in the collard greens and season with cumin, cinnamon, and garlic; allow to simmer 10 more minutes. Stir in lemon juice before serving.

Tortilla Soup II

Ingredients

4 boneless chicken breast halves,
cooked and shredded
2 (14.5 ounce) cans chicken broth
1 (4 ounce) can diced green chiles
1 (10 ounce) can diced tomatoes
with green chile peppers
1 onion, chopped
2 cloves garlic, minced
1 tablespoon fresh lime juice
2 tablespoons chopped fresh
cilantro
1/2 teaspoon ground cayenne
pepper
1/2 teaspoon ground cumin
4 (10 inch) flour tortillas
1 tablespoon olive oil

Directions

Combine the chicken broth, green chilies, tomatoes with green chilies, onion, and garlic in a soup pot. Add the shredded chicken. Bring to a boil, stirring frequently. Reduce heat and simmer for 30-35 minutes.

Add the lime juice, cilantro, cayenne, and cumin. Simmer for 10-15 minutes longer.

Cut the tortillas into 1/2 x 2-inch strips. Fry in hot olive oil in skillet until golden brown; drain on paper towels.

Ladle the soup into bowls. Garnish with shredded Monterey Jack cheese and the tortilla strips.

Southwestern Bean Soup

Ingredients

4 bacon strips
3/4 cup chopped onion
3/4 cup chopped celery
1/8 teaspoon garlic powder
1 (16 ounce) can refried beans
1/4 cup picante sauce or salsa
1 (14.5 ounce) can chicken broth
1 tablespoon chopped fresh
parsley
Hot pepper sauce
Shredded Cheddar cheese
Tortilla chips

Directions

In a medium saucepan, cook bacon until crisp; remove to paper towel to drain. Crumble and set aside. In the drippings, saute the onion and celery; sprinkle with the garlic powder. Cover and simmer for 10 minutes or until vegetables are tender. Add beans, picante sauce, broth, parsley and bacon; bring to a boil. Reduce heat and simmer, uncovered, for 5-10 minutes. Season to taste with hot pepper sauce if desired. Ladle into bowls and top with cheese. Serve with tortilla chips.

Taco Soup III

Ingredients

1 1/2 pounds lean ground beef
1 onion, chopped
2 (10 ounce) cans diced tomatoes
with green chile peppers
1 (15 ounce) can kidney beans,
drained
1 (15 ounce) can white hominy,
drained
1 (1.25 ounce) package taco
seasoning mix
1 (1 ounce) package ranch
dressing mix
1/4 cup shredded Cheddar
cheese (optional)
1/4 cup sour cream (optional)
1 1/2 cups water

Directions

In a Dutch oven, brown ground beef or turkey with chopped onion, stirring frequently. Once beef is browned drain grease from pan.

Add canned tomatoes, kidney beans, hominy, taco seasoning and ranch salad dressing mix. Mix well and let simmer over low heat for two hours. (Add 1 to 2 cups of water if necessary to make soup the desired consistency)

Ladle into soup bowls and garnish with shredded Cheddar cheese and a dollop of sour cream, if desired.

Cream of Potato Soup III

Ingredients

4 potatoes - peeled and cubed
1 1/2 cups chicken broth
1 tablespoon unsalted butter
1/8 teaspoon salt
ground black pepper to taste
1 tablespoon chopped onion
1/8 teaspoon dried dill weed
1 tablespoon all-purpose flour
1 cup milk

Directions

In a large pot over high heat, boil the potatoes in the broth for 15 minutes, or until potatoes are tender. Carefully separate the potatoes from the broth and transfer to a blender or food processor.

Add 3/4 cup of the broth to the potatoes and puree for 5 seconds or more depending on how smooth you want the soup to be. Add remaining broth and set aside.

Melt the butter in a large saucepan over medium heat. Add the salt, ground black pepper, onion and dill weed to the butter, stir and saute for 2 minutes. Sprinkle with the flour and stir well.

Pour in the milk and heat until the mixture starts to thicken, about 1 to 2 minutes. Stir in the pureed potato mixture. Allow to heat through and serve.

Spanish Garlic and Vegetable Soup

Ingredients

1 tablespoon olive oil
3 large carrots, peeled and diced
1 medium head cabbage,
chopped
1/2 head cauliflower, chopped
2 leeks, sliced
6 cloves garlic, finely chopped
1 (14.5 ounce) can diced tomatoes
with juice
4 teaspoons tomato paste
1 quart water
1/4 cup milk or light cream
1 tablespoon butter
salt and pepper to taste

Directions

Heat oil in a large pot over medium heat. Add carrot, cabbage, cauliflower and leeks. Cook, stirring constantly, for a few minutes until cabbage wilts. Stir in the garlic and tomato paste, and continue to cook for another minute or two, stirring constantly to prevent the garlic from burning. Stir in 2 cups of water, then cover and simmer for 10 minutes.

Pour in the diced tomatoes and the remaining 2 cups of water, and return to a boil. Reduce heat to low, cover and simmer for 20 minutes.

Reserve 2 cups of the liquid, and puree the remaining soup in a blender or food processor. Return the blended mixture to the reserved liquid, and stir in milk and butter. Return to a boil, and cook for 1 minute. Season to taste with salt and pepper, and serve.

Beef and Barley Soup III

Ingredients

1 tablespoon vegetable oil
1 1/2 cups chopped onion
1 cup chopped celery
1 cup chopped carrots
2 cloves garlic, minced
10 cups beef stock
3/4 cup barley
1 bay leaf
3 sprigs fresh thyme, chopped
1/2 cup red wine
2 cups cubed potatoes
2 cups diced cooked beef
1 teaspoon browning sauce
(optional)
1 1/2 cups chopped cabbage
salt and pepper to taste

Directions

In a large pot over medium heat, combine the oil, onions, celery, carrots, and garlic. Saute for 5 minutes, or until tender. Add the beef stock, barley, bay leaf and thyme and simmer until barley is softened but not mushy. Add the wine, potatoes and beef.

Add the browning and seasoning sauce now if you want your soup to have more of a brown color. Simmer another 15 minutes and add the cabbage. Allow to simmer another 15 minutes, or until all vegetables are tender. Salt and pepper to taste.

Ten Bean Soup I

Ingredients

1 (16 ounce) package dry mixed beans
4 slices bacon
1/2 onion, chopped
2 cloves garlic, minced
3 stalks celery, chopped
salt to taste
ground black pepper to taste

Directions

Soak beans in water overnight.

Fry bacon slightly, then add onion, garlic, and celery. Cook until onion is tender.

Place drained beans in large pot. Add water to cover beans. Add bacon, onions, garlic, and celery. Cook until beans are tender (this takes a while...at least 1 1/2 hours). Add salt and pepper to taste.

Ian's Potato-Vegetable Soup

Ingredients

2 1/2 cups water
2 potatoes, peeled and cubed
1 tablespoon salt, or to taste
1 carrot, chopped
1 stalk celery, chopped
1/4 onion, chopped
1 cube beef bouillon
1 tablespoon olive oil
1/2 cup frozen mixed vegetables
1 (10.75 ounce) can condensed
cream of celery soup
1/4 tablespoon dried parsley
1/2 teaspoon onion powder
ground black pepper to taste

Directions

In a large stock pot boil potatoes in water and add salt. Cook potatoes until tender and soft and then add carrots, celery, chopped onions, vegetable of your choice, oil and beef bouillon. Mix together and cook until all vegetables are soft.

Add cream of celery soup and season with parsley, onion powder and pepper. If you desire a thinner type of soup you may want to add 1/2 cup of water.

Heat soup through, stirring occasionally, and serve.

Scottie's Chicken Tortilla Soup

Ingredients

1 (49.5 fluid ounce) can chicken broth
1 (14 ounce) can whole kernel corn, drained
1 (14 ounce) can black beans, drained
1 cube beef bouillon
3/4 cup chopped broccoli
1 (28 ounce) can stewed tomatoes (crushed)
2 tablespoons olive oil
8 corn tortillas, cut into 1-inch strips
2 tablespoons olive oil
2 boneless skinless chicken breasts, cut into 1/2 inch cubes
2 tablespoons lime juice
1 tablespoon tequila
1 tablespoon onion powder
1 tablespoon garlic salt
1 tablespoon cayenne pepper
2 tablespoons Cajun seasoning
1 cup shredded white Cheddar cheese

Directions

Combine the chicken broth, corn, black beans, beef bouillon, broccoli, and tomatoes in a large pot over medium heat.

While the broth mixture simmers, heat 2 tablespoons olive oil in a skillet. Fry the tortilla strips in the hot oil until crisp. Remove from skillet and drain on paper towels. Pour 2 tablespoons olive oil into the skillet. Once the oil is hot, add the chicken; cook and stir until cooked through, about 5 minutes. Stir in the lime juice, tequila, onion powder, garlic salt, cayenne pepper, and Cajun seasoning; cook another 2 minutes.

Transfer the chicken mixture to the pot with the broth mixture. Cook on medium 45 minutes; reduce heat to low and simmer another 45 minutes; ladle into bowls and top with tortilla strips and cheese to serve.

My Navy Bean Soup

Ingredients

1 (16 ounce) package dried navy beans
water to cover
7 cups chicken stock
1/2 cup margarine
4 carrots, chopped
1 onion, chopped
1/2 pound bacon

Directions

Clean and sort the beans. Place them in a large bowl with water to cover and soak for 3 hours.

In a large pot over medium heat, combine the beans and the chicken stock and allow to simmer.

Meanwhile, melt the butter or margarine in a large skillet over medium heat. Add the carrots and onion and saute for 10 minutes, or until onion is caramelized. Add this mixture to the pot.

In the same skillet over medium high heat, saute the bacon for 10 to 15 minutes, or until it is crisp. Drain the grease and add the bacon to the pot. Continue to simmer the soup over medium heat, stirring frequently, until the beans are tender and the soup has thickened.

Weeknight Wonton Soup

Ingredients

4 cups chicken broth
1 cup beef broth
1 (4 ounce) can water chestnuts,
drained and chopped
3 green onions, chopped (tops
included)
1 package frozen wontons
1 (5 ounce) bag fresh baby
spinach leaves
1/2 teaspoon Chinese five-spice
powder
salt to taste
1 pinch cayenne pepper (optional)

Directions

Pour the chicken and beef broths into a large saucepan and bring to a boil over high heat. Add the water chestnuts, green onions, and frozen wontons and cook until the wontons are cooked through and floating, 2 to 3 minutes.

Remove from the heat and stir in the fresh spinach. Cover the soup and let the spinach steam and soften in the hot soup for 2 minutes.

Season with Chinese five spice, salt, and cayenne pepper.

Tortilla and Bean Soup

Ingredients

6 cups water
4 skinless, boneless chicken breasts
1 onion, chopped
1 (15 ounce) can kidney beans
1 (15 ounce) can ranch-style beans
1 (15 ounce) can pinto beans
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can white hominy
2 (10 ounce) cans diced tomatoes with green chile peppers
1 (1.25 ounce) package taco seasoning mix
1 (1 ounce) package ranch dressing mix

Directions

Combine the chicken and water in a large pot over high heat. Cook for 30 minutes to 1 hour, or until chicken is done. Remove chicken from the pot, and cut into bite-size pieces.

Return the meat to the pot. Add the onion, kidney beans, ranch style beans, pinto beans, black beans, hominy, tomatoes, taco seasoning and ranch dressing mix. Mix well, reduce heat to low, and simmer for 30 minutes or until heated through.

Turkey Soup with Root Vegetables

Ingredients

1 roast turkey carcass, cut into pieces
12 cups cold water
3 stalks celery, chopped
2 carrots, chopped
1 Spanish onion, chopped
1/4 bunch Italian parsley
2 bay leaves
12 whole black peppercorns

2 tablespoons olive oil
1 red onion, chopped
2 stalks celery, diced
2 carrots, diced
1 large parsnip, peeled and diced
1/2 pound rutabagas, peeled and diced
2 cloves garlic, minced
2 tablespoons minced Italian parsley
salt and black pepper to taste
1 cup uncooked orzo pasta

Directions

Bring the turkey carcass and water to a boil in a large pot over high heat. Skim off and discard any scum that forms. Add the chopped celery, chopped carrots, chopped Spanish onion, 1/4 bunch parsley, bay leaves, and peppercorns and return to a simmer. Reduce heat to medium-low and simmer uncovered for 3 hours. Strain the turkey broth through a mesh sieve and skim off any fat that floats to the surface.

Heat the olive oil in a large pot over medium heat. Stir in the red onion; cook until the onion has softened and turned translucent, about 5 minutes. Add the diced celery, diced carrots, parsnip, and rutabaga; cook 5 minutes more. Stir in the garlic and chopped parsley, and cook for 1 minute more. Pour in the turkey broth, season to taste with salt and pepper, and bring to a simmer over high heat.

Reduce heat to medium-low and simmer until the vegetables are nearly tender, 15 to 20 minutes. Stir in the orzo and cook until just tender, about 7 minutes. Cover and remove the pot from the heat. Let stand until the orzo is tender, about 5 minutes.

Black Bean Soup II

Ingredients

2 (15 ounce) cans black beans,
rinsed and drained
1 onion, chopped
2 cloves garlic, chopped
1 green bell pepper, chopped
7 cups water
1 teaspoon olive oil
salt to taste
ground black pepper to taste
1/8 teaspoon ground cumin

Directions

In a Dutch Oven saute onion, garlic and green pepper in oil over medium heat till tender.

Add beans and water and season with salt, pepper and cumin to your desired taste. Mix well and simmer for 25 minutes.

Pour soup into blender and puree. Once soup is to your desired consistency return to Dutch Oven and return to medium-low heat.

Pour a few drops of olive oil in bowl for added flavor and dish up soup.

Easy Potato Sausage Soup

Ingredients

2 onions, chopped
1/2 cup margarine
4 cups diced potatoes
1 (10 ounce) package frozen diced carrots
1 pound Polish sausage, sliced
1 green bell pepper, chopped
3 cups water
1 teaspoon salt
1/2 teaspoon ground black pepper
3 cups milk
3/4 cup dry potato flakes

Directions

Using a large saucepan, brown onion in butter.

Add potatoes, carrots, green peppers, sausage, water, salt and pepper. Cook on low, for about 45 minutes or until the potatoes are creamy.

Add milk and cook until heated through and then add instant potato flakes. If you want a creamy potato soup add a 1/2 cup potato flakes, or if you want your soup thick like stew add 1 cup of potato flakes.

Let soup sit for approximately 5 minutes in order to thicken and then serve.

Cream of Tomato Gorgonzola Soup

Ingredients

1 (26 ounce) can tomato soup
2 (14.5 ounce) cans Italian-style
diced tomatoes, undrained
1/2 cup water
1 cup milk
4 ounces crumbled Gorgonzola
cheese
2 tablespoons minced garlic
1 tablespoon dried basil
1 teaspoon onion powder

Directions

Combine the tomato soup, diced tomatoes, water, and milk in a large saucepan over medium heat. Stir in Gorgonzola cheese, garlic, basil, and onion powder. Reduce heat to low; simmer 15 to 20 minutes, stirring often.

Chilled Tomato Soup with Seared Scallops,

Ingredients

2 pounds tomatoes, chopped
2 tablespoons balsamic vinegar
2 tablespoons avocado oil
1 teaspoon salt

1 tablespoon vegetable oil
16 fresh sea scallops
1 avocado - peeled, pitted and diced
freshly ground black pepper to taste
8 basil leaves, torn into pieces

Directions

Place the tomatoes, balsamic vinegar, avocado oil, and 1 teaspoon of salt into a blender. Puree on high until smooth, then strain through a mesh strainer, and refrigerate until cold, at least 2 hours.

Heat the oil in a skillet over high heat until it begins to smoke. Place the scallops into the hot oil. Cook until the scallops are golden brown on each side, and the center has turned opaque, 1 to 2 minutes per side.

To serve, pour the chilled soup into shallow bowls. Scatter the diced avocado into the soup, and place 4 scallops in each bowl. Sprinkle the soup with ground pepper and torn basil leaves to serve.

Meatball and Pasta Soup

Ingredients

For the meatballs:

- 1/2 pound lean ground beef
- 1/2 pound bulk Italian sausage
- 1/3 cup grated Parmesan cheese
- 1/3 cup seasoned bread crumbs
- 1/4 cup milk
- 1 egg
- 2 tablespoons dried parsley
- 1 clove garlic, minced
- 1/8 teaspoon ground black pepper
- 2 tablespoons minced onion
- 1 tablespoon olive oil, or as needed

For the soup:

- 1 tablespoon butter
- 1 large carrot, chopped
- 2 stalks celery, chopped
- 3/4 cup chopped yellow onion
- 7 cups beef stock
- 2 tablespoons Italian-style tomato paste
- 1 (14.5 ounce) can chopped tomatoes
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper, or to taste
- 6 ounces uncooked tri-color wagon wheel pasta

Directions

Mix together in a bowl the ground beef, sausage, Parmesan cheese, bread crumbs, milk, egg, parsley, garlic, pepper, and onion. Roll into small meatballs, about 1 to 2 teaspoons each. Heat olive oil in a large skillet over medium-high heat. Brown meatballs in batches and drain on paper towels, wiping out pan between batches and adding more oil as needed.

Melt butter in a large pot over medium heat. Add carrots, celery, and onion and cook until slightly softened, about 8 minutes. Stir in the meatballs, stock, tomato paste, tomatoes, salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 30 minutes. Skim fat from surface.

Bring a large pot of salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes. Drain. Cover and set aside.

Soup-erb Chicken Casserole

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup
1 cup milk
1/2 cup shredded mozzarella cheese
1/4 teaspoon garlic powder
1/8 teaspoon ground black pepper
2 cups hot cooked elbow pasta
2 cups cubed cooked chicken or turkey
1 (10 ounce) package frozen peas and carrots, cooked and drained
1/2 cup Pepperidge Farm® Herb Seasoned Stuffing, crushed
2 tablespoons grated Parmesan cheese
2 tablespoons butter or margarine

Directions

Preheat oven to 400 degrees F.

Mix soup, milk, mozzarella cheese, garlic powder and black pepper in 2-quart baking dish. Stir in pasta, chicken and peas and carrots.

Bake 20 minutes. Stir.

Mix stuffing, Parmesan cheese and butter. Sprinkle on top. Bake 5 minutes or until hot.

Chicken Noodle Soup III

Ingredients

12 shallots, thinly sliced
1/4 cup vegetable oil
6 ounces egg noodles
1 cup bean sprouts
3 quarts chicken broth
3 cups shredded, cooked chicken breast meat
1/2 cup chopped green onion
salt and pepper to taste

Directions

In a small skillet over medium heat, cook shallots in oil until brown and fragrant. Remove from heat and set aside.

Bring a large pot of water to a boil. Cook noodles in boiling water until just tender, 8 to 10 minutes; drain and rinse under cold water. Set aside.

Bring a small pot of water to a boil; have ready a bowl of ice water. Blanch bean sprouts by plunging them into boiling water for 1 minute, then into cold water. Drain and set aside.

In a large saucepan over medium heat, bring chicken broth to a simmer.

Divide noodles evenly between 6 bowls. Top with bean sprouts and shredded chicken. Pour the heated broth into the bowls. Drizzle with the shallot mixture and garnish with the green onion. Season with salt and pepper. Serve at once.

Tomatillo Soup

Ingredients

2 skinless, boneless chicken breast halves - pounded thin
3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 pound chopped tomatillos
2 jalapeno peppers, seeded and minced
4 cups chicken stock
1/4 teaspoon cayenne pepper
1/2 teaspoon hot pepper sauce
2 tablespoons chopped fresh cilantro
1/4 cup sour cream (optional)
salt to taste
ground black pepper to taste

Directions

Heat oil over high heat in a large saucepan or Dutch oven. Saute chicken in oil until both sides are browned, approximately 2 minutes per side. Remove the chicken, and set aside.

Add onions and garlic to saucepan, and saute until golden. Stir in the tomatillos, jalapeno peppers, and broth. Bring to a boil. Reduce heat, cover the pot, and simmer for about 15 minutes.

Puree vegetables in batches in a blender or food processor. Return to pot, and reheat. At this point taste the soup; if not piquant enough, add cayenne pepper or pepper sauce.

Slice the chicken into thin slices, and then shred. Stir into soup. Season to taste with salt and pepper.

When ready to serve, stir in the minced cilantro and ladle into bowls. Put a dollop of sour cream on top of each portion, and let it melt a bit. Top each dollop with a single cilantro leaf, and serve immediately.

Sausage Soup

Ingredients

1 pound Italian sausage
2 onions, chopped
1 (28 ounce) can whole peeled tomatoes with juice
6 cups chicken broth
2 teaspoons dried basil
2 cups bow tie pasta
1/2 teaspoon garlic salt
1 cup chopped celery
1 cup chopped carrots
1 1/2 cups shredded cabbage

Directions

In a soup pot, cook sausage over medium heat until no pink remains.

Add onions, celery, and carrots. Cook uncovered for 5 minutes, or until onions are soft.

Add tomatoes, chicken broth, cabbage, and basil. Bring to a boil. Stir in macaroni, and cover. Simmer for 10 minutes, or until pasta is tender. Season with garlic salt. Serve.

German Potato Cheese Soup

Ingredients

4 cups water
2 1/2 cups chicken broth
4 tablespoons chicken soup base
1/2 teaspoon ground black pepper
2 large carrots, finely chopped
4 potatoes, peeled and diced
1 large onion, diced
2 stalks celery, finely chopped
1 red bell pepper, diced
1 cup mayonnaise
8 ounces processed cheese food (eg. Velveeta)
1 cup shredded sharp Cheddar cheese
1/2 cup shredded Swiss cheese
1/4 cup dry potato flakes

Directions

In a large stock pot, combine water, chicken broth, chicken soup base, black pepper, carrots, diced potatoes, and onions. Bring to a boil, and then reduce heat. Simmer 15 minutes, or until vegetables are tender, stirring occasionally.

Add celery and red bell pepper, and simmer for 5 minutes.

Gradually add mayonnaise to hot soup, whisking until smooth. Reduce heat to medium low. Gradually stir in processed cheese, sharp Cheddar cheese, and Swiss cheese; continue stirring until cheese melts, about 5 minutes.

Mix in potato flakes. Remove from heat, and let sit for 15 minutes before serving.

Curried Pumpkin Soup

Ingredients

4 Macintosh apples - peeled,
cored and chopped
1 tablespoon butter
1 onion, finely chopped
2 cloves garlic, crushed
1 tablespoon curry powder
1 teaspoon ground cumin
1 (15 ounce) can pumpkin puree
4 cups chicken broth
1 cup water
1 teaspoon white sugar

Directions

Melt butter in a large saucepan over medium heat. Add onion, garlic, curry, and cumin; saute, stirring often, until onion is soft and fragrant.

Stir in apples, pumpkin, broth, water, and sugar. Bring to a boil, stirring often. Cover, and reduce heat to low. Simmer for 25 minutes, stirring occasionally.

Puree soup in a food processor or a blender.

Return soup to saucepan; reheat, covered, over low heat.

Lentil Frankfurter Soup

Ingredients

1 cup dry lentils, rinsed
2 slices bacon, diced
1/2 cup chopped onion
1 cup chopped celery
1/2 cup chopped carrots
8 cups water
2 cups canned tomatoes
1 bay leaf
6 frankfurters, sliced
salt to taste
ground black pepper to taste

Directions

Saute bacon and onion.

Place lentils, bacon, onion, celery, carrots, water or stock, tomatoes, and bay leaf together in a large pot and simmer until tender, about 45 minutes.

Add sliced wieners and salt and pepper to taste, and continue cooking for about 10 minutes.

Roasted Garlic Soup with Thyme Croutons

Ingredients

4 whole heads garlic
1 tablespoon olive oil
1 (8 ounce) loaf French bread,
cubed
2 tablespoons olive oil
1 tablespoon chopped fresh
thyme
salt and pepper to taste

3 cups milk
1 cup heavy cream
1 tablespoon chopped fresh
thyme
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Coat the heads of garlic with 1 tablespoon of olive oil, and place them in a baking dish or on a cookie sheet. Bake for about 40 minutes, or until golden brown.

While the garlic is roasting, stir together 2 tablespoons of olive oil, 1 tablespoon of thyme, salt and pepper in a medium bowl. Add the bread cubes, and stir to coat. Spread the cubes out on a baking sheet. Bake for about 10 minutes in the oven with the garlic, or until golden brown. Stir occasionally for even toasting.

Once the garlic is roasted, cut the heads in half horizontally, so that all of the cloves are exposed. Squeeze both halves to release the roasted cloves into a medium bowl. Pick out any pieces of skin that fall in.

In a large saucepan, combine the roasted garlic, milk, cream and thyme. Bring to a simmer over medium heat. Simmer for 10 minutes, then puree in a blender. Strain through a sieve back into the pan. Season with salt and pepper. Ladle into bowls, and top with croutons to serve.

Korean-style Seaweed Soup

Ingredients

1 (1 ounce) package dried brown seaweed
1/4 pound beef top sirloin, minced
2 teaspoons sesame oil
1 1/2 tablespoons soy sauce
1 teaspoon salt, or to taste
6 cups water
1 teaspoon minced garlic

Directions

Soak seaweed in water to cover. When soft, drain, and cut into 2 inch pieces.

Heat a saucepan over medium heat; add beef, sesame oil, 1/2 tablespoon soy sauce, and a little salt, and cook for 1 minute. Stir in seaweed and remaining 1 tablespoon soy sauce; cook for 1 minute, stirring frequently. Pour in 2 cups water, and bring to a boil. Stir in garlic and remaining 4 cups water. Bring to a boil, cover, and reduce heat. Simmer for 20 minutes. Season to taste with salt.

Mimi's Tomato Soup Cake

Ingredients

3/4 cup shortening
1 1/2 cups white sugar
1 (10.75 ounce) can tomato soup
3/4 cup water
1 teaspoon baking soda
3 cups all-purpose flour
1/4 teaspoon salt
3 teaspoons baking powder
1 1/2 teaspoons ground cinnamon
1 teaspoon ground cloves
1 1/2 teaspoons ground nutmeg
1 1/2 cups raisins
1 1/2 cups chopped walnuts

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 10 inch Bundt pan. Sift together the flour, salt, baking powder, cinnamon, cloves and nutmeg. Set aside.

In a large bowl, cream together the shortening and sugar until light and fluffy. In a separate bowl, combine tomato soup, water and baking soda. Add to creamed mixture alternately with the flour mixture. Stir in the raisins and nuts.

Pour batter into a 10 inch Bundt or tube pan. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the cake comes out clean. Cool for 10 minutes in the pan, then turn out onto a wire rack.

Avocado Soup

Ingredients

2 avocado - peeled, pitted and diced
1 tablespoon chopped shallots
1 tablespoon olive oil
2 cups chicken stock
1 cup heavy cream
salt and pepper to taste
1/4 teaspoon ground nutmeg
1 tomato - peeled, seeded and diced

Directions

Puree avocado in a blender or food processor until smooth. Sauté chopped shallots in olive oil until tender but not brown; set aside to cool.

In a large bowl, whisk together avocado with chicken stock, heavy cream and shallots until smooth. Stir in salt, pepper and nutmeg; adjust seasonings to taste.

Chill for at least half an hour before serving. Garnish with diced tomato.

Cream of Broccoli Soup

Ingredients

2 cups water
4 teaspoons chicken bouillon granules
2 (10 ounce) packages frozen chopped broccoli
2 tablespoons finely chopped onion
2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
2 cups evaporated milk
2 cups sour cream
1 teaspoon dried parsley flakes
1/4 teaspoon pepper

Directions

In a large saucepan, combine the water and bouillon. Add broccoli and onion. Bring to a boil; reduce heat. Simmer for 10 minutes or until broccoli is crisp-tender. Combine soup, milk, sour cream, parsley and pepper; add to broccoli mixture. Cook and stir for 3-5 minutes or until heated through.

Cream of Chicken Soup From Scratch

Ingredients

1 1/2 cups chicken stock, divided
1 teaspoon finely chopped onion
1 clove garlic, finely chopped
1/2 cup milk
1/4 teaspoon salt
1/4 teaspoon black pepper
1/4 teaspoon chopped fresh parsley
1/8 teaspoon lemon pepper seasoning
1 pinch ground allspice
1 pinch ground paprika
1 cup milk
3/4 cup all-purpose flour

Directions

Place 1 tablespoon of chicken stock in a saucepan over medium-low heat, and cook and stir the onion and garlic in the broth until they are softened, about 3 minutes. Pour in the rest of the broth and 1/2 cup of milk, and whisk in the salt, black pepper, parsley, lemon pepper seasoning, allspice, and paprika. Bring the mixture to a boil, reduce heat, and allow to simmer for 1 to 2 minutes.

Whisk together the remaining milk and the flour until smooth, and whisk the milk mixture into the hot stock mixture. Keep whisking continuously to avoid lumps until the soup comes almost to a boil and thickens.

Luscious Lima Bean Soup

Ingredients

1 pound dry lima beans
4 cups water
5 carrots, chopped
1 leek, bulb only, chopped
2 tablespoons minced shallots
2 stalks celery, chopped
4 cubes vegetable bouillon
8 cups water
2 tablespoons olive oil

Directions

Bring 4 cups of water to a boil. Add dry lima beans, and boil for 2 to 3 minutes. Remove from heat, and allow the beans to sit, covered, for 1 to 2 hours to soften. Drain and rinse until water runs clear, discarding bean water.

In a soup pot, saute vegetables in olive oil until onions and celery are translucent. Add lima beans, and saute for another 2 to 3 minutes.

In the meantime, bring 4 cups of water to a boil. Add the vegetable bouillon to the boiling water, and stir until dissolved. Add broth to the sauteed vegetables and beans. Add remaining water, and allow soup to simmer over a low flame for 1 to 1 1/2 hours. Serve steaming hot.

Chayote Soup

Ingredients

2 cubes chicken bouillon,
crumbled
2 cups hot water
1 tablespoon unsalted butter
1 small yellow onion, minced
3 cloves garlic, minced
1/4 teaspoon crushed red pepper
flakes
2 chayote squashes, peeled and
cut into 1/2-inch pieces
2 tablespoons chopped fresh
cilantro
salt and ground black pepper to
taste
1 tablespoon chopped fresh
cilantro

Directions

Dissolve the bouillon in the hot water.

Melt the butter in a large saucepan over medium heat. Cook and stir the onion, garlic, and red pepper in the butter until the onion is soft. Add the squash, 2 tablespoons cilantro, salt, and pepper and stir continually for 5 minutes. Stir in the bouillon mixture and 1 tablespoon cilantro; cover. Simmer about 20 minutes.

Pour the mixture into a blender and puree until smooth. Pour into bowls and garnish with a sprig of cilantro to serve.

Slow Cooker Cream of Potato Soup

Ingredients

8 potatoes, chopped
3 leeks, white and light green parts only, cut into 1/4-inch rounds
1 onion, diced
3 tablespoons margarine
2 chicken bouillon cubes
1 tablespoon salt
1/2 teaspoon ground black pepper
1 (12 ounce) can evaporated milk

Directions

Place the potatoes, leeks, onion, margarine, chicken bouillon, salt, and pepper in a slow cooker. Pour enough water over mixture to cover. Cook on High 4 hours.

Stir in the evaporated milk. Ladle soup into a blender and blend until smooth. Serve hot.

Zucchini Soup IV

Ingredients

1 pound lean ground beef
1 tablespoon butter
1 large tomato, diced
1 red onion, chopped
1 pound zucchini, thinly sliced
salt and pepper to taste
1 tablespoon hot pepper sauce, or
to taste
1 cup grated Romano cheese

Directions

In a large saucepan or stockpot, cook the ground beef in the butter until brown. Stir in the tomato and onion; simmer for a minute or so then add zucchini, hot pepper sauce and salt and pepper to taste. Cover the pot and cook over medium heat until zucchini is tender.

Serve hot with a generous helping of Romano cheese and a fresh loaf of crusty bread for soaking up the tasty juices.

Delicious Mushroom Soup

Ingredients

2 tablespoons vegetable oil
4 cups fresh sliced mushrooms
1 onion, chopped
1 stalk celery, chopped
5 cups chicken broth
1/4 cup uncooked white rice
3 tablespoons soy sauce
salt and pepper to taste

Directions

Heat oil in a wok over medium heat, and saute mushrooms, onion, and celery or carrot in the oil for 10 minutes.

Add chicken or vegetable stock, rice, and soy sauce. Bring to a boil, and simmer for at least an hour.

Take mushrooms, onion, celery and rice out of the soup. Using a blender or food processor, blend until smooth. Stir back into wok. Season with salt and pepper, and serve hot.

Watercress Soup II

Ingredients

1/4 cup butter
1/2 cup all-purpose flour
1 quart chicken broth
12 ounces chopped watercress
2 cups half-and-half cream

Directions

Melt butter in a saucepan over medium heat. Whisk in flour, and cook stirring constantly for a few minutes. Remove from heat, and gradually whisk in the chicken broth so that no lumps form.

Return to medium heat, and bring to a simmer. Add watercress, cover, and cook over low heat for 20 minutes. Puree in small batches using a blender, or blend in the pan using an immersion blender. Return to the saucepan, and stir in the half-and-half cream. Heat until warm, but do not boil.

Greek Lentil Soup (Fakes)

Ingredients

8 ounces brown lentils
1/4 cup olive oil
1 tablespoon minced garlic
1 onions, minced
1 large carrot, chopped
1 quart water
1 pinch dried oregano
1 pinch crushed dried rosemary
2 bay leaves
1 tablespoon tomato paste
salt and pepper to taste

Directions

Place lentils in a large saucepan, cover with 1 inch of water. Place over medium-high heat and bring to a boil; cook for 10 minutes, then drain lentils into a strainer.

Dry saucepan, pour in olive oil, and place over medium heat. Add garlic, onion, and carrot; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in lentils, 1 quart water, oregano, rosemary, and bay leaves. Bring to a boil. Reduce heat to medium-low, cover, and simmer for 10 minutes.

Stir in tomato paste and season to taste with salt and pepper. Cover and simmer until the lentils have softened, 30 to 40 minutes, stirring occasionally. Add additional water if the soup becomes too thick.

Apricot Lentil Soup

Ingredients

3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1/3 cup dried apricots
1 1/2 cups red lentils
5 cups chicken stock
3 roma (plum) tomatoes - peeled,
seeded and chopped
1/2 teaspoon ground cumin
1/2 teaspoon dried thyme
salt to taste
ground black pepper to taste
2 tablespoons fresh lemon juice

Directions

Saute onion, garlic, and apricots in olive oil. Add lentils and stock. Bring to a boil, then reduce heat and simmer 30 minutes.

Stir in tomatoes, and season with cumin, thyme, and salt and pepper to taste. Simmer for 10 minutes.

Stir in lemon juice. Puree 1/2 of the soup in a blender, then return to the pot. Serve.

Portuguese Soup

Ingredients

1/4 cup vegetable oil
2 cups chopped onion
1 pound smoked sausage, sliced
1 medium head cabbage,
chopped
6 potatoes, peeled and cubed
2 (15 ounce) cans kidney beans
2 cups ketchup
1 (10.5 ounce) can beef
consomme
2 2/3 quarts water
2 teaspoons garlic powder
2 teaspoons ground black pepper
1 teaspoon salt
1/2 cup vinegar

Directions

In a large pot over medium heat, cook onions in oil until just tender. Stir in sausage and cook 5 minutes more. Place cabbage, potatoes, beans, ketchup, consomme and water in the pot. Season with garlic powder, pepper and salt. Bring to a boil, then reduce heat and simmer 30 to 45 minutes.

Stir in vinegar and simmer 1 hour more. Add more water if needed.

Rosy Potato Soup

Ingredients

1 large onion, chopped
3/4 cup chopped celery
3 tablespoons butter or margarine
1 tablespoon all-purpose flour
1/2 teaspoon salt
3 cups milk
3 medium potatoes - peeled,
cooked and sliced
1 tablespoon minced fresh parsley
1 tablespoon paprika

Directions

In a large saucepan, saute onion and celery in butter until tender. Stir in flour and salt until blended. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Reduce heat. Add potatoes, parsley and paprika; heat through.

Hamburger Soup I

Ingredients

- 1 pound lean ground beef
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped onion
- 6 cubes beef bouillon
- 5 cups water
- 1 (8 ounce) can tomato sauce
- 1 (16 ounce) can diced tomatoes
- 1 teaspoon salt
- 1 (10 ounce) package frozen corn kernels
- 1 teaspoon dried basil
- 3 tablespoons ketchup

Directions

In a medium skillet, brown hamburger over medium heat. Drain off fat.

Combine beef, carrots, celery, onions, bouillon, water, tomato sauce, chopped tomatoes, salt, corn, basil, and ketchup in a large stock pot. Bring to a boil. Reduce heat, and simmer for at least 1 1/2 hours.

Creamy String Bean Soup

Ingredients

1 (15 ounce) can cut green beans
4 potatoes, diced
2 tablespoons distilled white vinegar
1 clove garlic
1 cup sour cream
salt and pepper to taste
2 tablespoons all-purpose flour
1/4 cup water
1 yellow onion, chopped

Directions

Cook potatoes in salted water. When half done, add beans, vinegar, pepper and garlic (spear on toothpick for easy finding). Add onion. Simmer until potatoes are done. Remove garlic glove.

Combine the flour and 1/4 cup water and make a smooth paste. Thicken soup with the flour paste.

Remove from heat. Slowly stir in sour cream. Do not cook any further. Stir in cooked and diced Mettwurst or other German sausage just before serving.

Cream of Pumpkin Soup

Ingredients

3 tablespoons margarine,
softened
1 tablespoon brown sugar
1/4 teaspoon ground cinnamon
4 slices whole wheat bread
1 cup chopped onion
2 tablespoons butter, melted
2 (14.5 ounce) cans chicken broth
1 (15 ounce) can pumpkin puree
1 teaspoon salt
1/4 teaspoon ground cinnamon
1/8 teaspoon ground ginger
1/8 teaspoon ground black
pepper
1 cup heavy whipping cream

Directions

Preheat oven to 400 degrees F(200 degrees C). Combine butter, brown sugar, and cinnamon. Spread butter mixture evenly over one side of each bread slice. Place bread, buttered side up, on a baking sheet. Bake 8 to 10 minutes, or until bread is crisp and topping is bubbly. Cut each slice of bread into 8 small triangles or squares.

Saute onion in butter in a medium saucepan until tender. Add 1 can chicken broth; stir well. Bring to a boil; cover, reduce heat, and simmer 15 minutes.

Transfer broth mixture into the container of a blender or processor. Process until smooth.

Return mixture to saucepan. Add remaining can of broth, pumpkin, salt, ground cinnamon, ground ginger, and ground pepper; stir well. Bring to a boil; cover, reduce heat, and simmer 10 minutes, stirring occasionally..

Stir in whipping cream and heat through. Do not boil. Ladle into individual soup bowls. Top each serving with Cinnamon Croutons.

Whole Yellow Pea Soup

Ingredients

2 cups dry yellow split peas
8 cups chicken stock
1/2 medium onion, chopped
1 smoked ham shank
Salt and freshly ground pepper to taste

Directions

Cover the peas with at least 3 inches of cold water and soak overnight.

Drain the peas from the water. In a large kettle or stockpot, bring the chicken stock and peas to a hard boil for 5 minutes. Reduce the heat to a simmer. Add the chopped onion and ham shank, and cook for an additional two hours. Season to taste with salt and pepper. Remove the ham shank before serving.

Lentil Soup

Ingredients

1 cup dried lentils, rinsed
6 cups chicken broth
2 cups chopped onion
1 garlic clove, minced
1 tablespoon vegetable oil
2 1/2 cups chopped fresh tomatoes
1 cup sliced carrots
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram

Directions

In a large saucepan, bring lentils and chicken broth to a boil. Reduce heat; simmer for 30 minutes.

Meanwhile, in a large skillet, saute onion and garlic in oil; add to saucepan. Add the tomatoes, carrots, thyme and marjoram. Cook 30 minutes longer or until lentils and vegetables are tender.

Cream Of Green Chile Soup

Ingredients

2 (6 inch) corn tortillas
1/4 cup margarine
2 cups chopped onion
1 clove garlic, minced
1/2 teaspoon dried oregano
2 bay leaves
3 1/2 cups chicken broth
3 (4 ounce) cans chopped green chile peppers
2 potatoes, peeled and chopped
1/2 teaspoon salt
1/3 teaspoon ground cumin
1/4 teaspoon ground black pepper
1/3 cup heavy whipping cream
2 cups shredded Monterey Jack cheese

Directions

Cut the tortillas into 1/4 inch-wide strips and leave them uncovered at room temperature until they are dry and crisp, about 24 hours (OR: Heat in iron skillet until dry and hot).

In a 4-quart saucepan over low heat, melt the butter. Add the onions, garlic, oregano, and bay leaves and cook, covered, stirring once or twice, for 10 minutes. Stir in the chicken broth, green chiles and potatoes. Season with salt, cumin and black pepper, and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, for about 25 minutes (or until the potatoes are very tender).

Stir in the cream and adjust the seasoning if necessary. (The soup can be prepared up to 3 days ahead. Cool it completely and refrigerate, covered. Reheat it over low heat, stirring often, until steaming.)

Ladle the soup into wide bowls, sprinkle the cheese over the soup, and scatter the tortilla strips over the cheese. Serve immediately.

Cheese Soup II

Ingredients

5 cups cubed potatoes
2 cups carrots, sliced diagonally
2 cups chopped celery
1 cup chopped onion
2 1/2 cups water
1 tablespoon salt
1 (16 ounce) package frozen
chopped broccoli
6 cubes chicken bouillon
1/2 cup margarine
1 tablespoon ground mustard
1/2 teaspoon ground black
pepper
2 pounds processed cheese food
(eg. Velveeta), cubed
2 cups milk
1/2 cup all-purpose flour

Directions

In a 4 quart casserole dish combine cubed potatoes, carrots, celery, onion, water and salt. Microwave on high for 15 minutes or until vegetables are crisp tender.

Stir in broccoli, bouillon cubes, margarine, dry mustard, pepper, and processed cheese. Set aside.

In a small bowl combine the milk and flour and blend until smooth. Slowly add to cheese mixture, stirring until blended. Microwave on medium-high (70 percent) for 20 minutes, or until temperature reaches 160 degrees.

Hearty Sausage Soup

Ingredients

1 1/2 pounds bulk mild Italian sausage
1 onion, chopped
1 green bell pepper, chopped
1 (10.75 ounce) can tomato soup
1 cup water
2 (16 ounce) cans pork and beans
1/2 cup barbeque sauce
1 (16 ounce) garbanzo beans, drained
3/4 cup instant white rice

Directions

Cook and stir the sausage, onion, and bell pepper in a large skillet over medium-high heat until the sausage is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.

Stir the tomato soup, water, pork and beans, barbeque sauce, and garbanzo beans into the sausage mixture; reduce heat to low and simmer another 15 minutes. Add the instant rice and continue cooking until the rice is tender, about 5 minutes.

Department Store Onion Soup

Ingredients

1/2 cup butter
5 pounds onions, thinly sliced
1 1/2 teaspoons ground black pepper
2 teaspoons salt
2 tablespoons paprika
1 bay leaf
1/4 cup all-purpose flour
3 quarts beef broth
1 cup white wine (optional)
1 dash browning sauce
1 loaf French bread, cut into 1 inch slices
2 cups shredded Swiss cheese

Directions

Melt the butter in a large pot over low heat. Add the onions; cook, stirring occasionally for 1 1/2 hours.

When the onions are ready, add the pepper, salt, bay leaf and flour. Stir over low heat for 10 minutes. Pour in the beef broth and white wine. Simmer for 2 hours over low heat. Adjust the coloring to a rich brown with the browning sauce. Taste, and adjust salt if needed.

Preheat your oven's broiler. Ladle the soup into oven-proof bowls, and place them on a baking sheet. Float a slice of French bread in each bowl, and top with some Swiss cheese. Broil until cheese is browned. Serve immediately.

Chinese Chicken Soup

Ingredients

2 tablespoons sesame oil
1/2 teaspoon ground turmeric
2 teaspoons chopped fresh ginger root
2 tablespoons chile paste
1 pound chopped cooked chicken breast
1 quart chicken broth
2 teaspoons sugar
1/4 cup soy sauce
1 cup chopped celery
1 (3 ounce) package ramen noodles
1 cup shredded lettuce
1/2 cup chopped green onion

Directions

In a large pot, heat oil over medium heat. Cook turmeric, ginger and chile paste in oil until fragrant, 1 to 2 minutes. Stir in chicken, broth, sugar, soy sauce and celery. Bring to a boil, then introduce noodles and cook 3 minutes. Stir in lettuce and remove from heat. Serve garnished with green onions.

Bologna Potato Soup

Ingredients

1 onion, peeled
2 (15 ounce) cans cut green beans, with liquid
1 1/2 pounds bologna, cut into pieces
8 potatoes, peeled and cubed
4 quarts water
salt to taste
ground black pepper to taste
1/2 cup cornstarch
1/2 cup cold water

Directions

Place water in a 6-quart (or larger) pot. Bring to a boil. Place whole onion and bologna into the water and boil for 30 minutes, adding more water as needed.

Add potatoes and cook until tender.

Remove onion and add the beans. Whisk the cornstarch and cold water together and also add. Cook until thickened.

Lyn's Chill Chaser Soup

Ingredients

1 cup macaroni
1/2 pound bulk hot pork sausage
1 (28 ounce) can crushed tomatoes with Italian herbs
2 (14.5 ounce) cans beef broth
1 (4 ounce) package sliced fresh mushrooms
4 tablespoons butter
3 ounces chopped pepperoni
onion powder to taste
garlic powder to taste
black pepper to taste
2 tablespoons grated Parmesan cheese

Directions

Bring a large pot of lightly salted water to a boil; add the macaroni and cook until al dente, 8 to 10 minutes; drain.

Crumble the sausage into a large, deep skillet over medium heat; cook and stir the sausage until completely browned, 5 to 7 minutes.

Combine the cooked sausage, tomatoes, broth, mushrooms, butter, pepperoni, onion powder, garlic powder, and pepper in a large pot over medium heat and simmer 50 minutes; add the cooked macaroni and cook another 10 minutes. Sprinkle with Parmesan cheese to serve.

Wild Rice Soup

Ingredients

1 pound ground beef
2 cups chopped celery
2 cups chopped onion
3 cups water
1 (14.5 ounce) can chicken broth
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1 (6.1 ounce) box quick-cooking
long grain and wild rice mix
5 bacon strips, cooked and
crumbled

Directions

In a 3-qt. saucepan, cook beef, celery and onion until beef is browned and vegetables are tender; drain. Add water, broth, soup and rice with contents of the seasoning packet. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Garnish with bacon.

Bean & Pasta Soup

Ingredients

1 tablespoon vegetable oil
1/2 pound ground beef
1 large onion, chopped
1 clove garlic, minced
1 envelope dry vegetable soup mix
1 cup water
1 (28 ounce) can diced tomatoes
1 (14.5 ounce) can red kidney beans, drained
1/4 cup uncooked star-shaped pasta

Directions

Heat oil in a large stockpot over medium-high heat. Crumble ground beef into pot and cook, stirring frequently, until well browned. Remove meat, leaving excess oil in pot.

Cook onion and garlic in oil over medium-high heat until translucent. Stir in tomatoes, kidney beans, vegetable soup mix, and water. Reduce heat, and simmer 40 minutes.

Add pasta stars, cover, and simmer 20 minutes more, or until pasta is tender. You may add more water at any time to adjust consistency.

Escarole and Bean Soup

Ingredients

6 cloves garlic, minced
1 sweet onion, chopped
2 (15 ounce) cans navy beans
1 quart chicken broth
1 teaspoon adobo seasoning
(optional)
4 cups chopped escarole

Directions

Cook and stir onion and garlic in a large pot with a little stock or olive oil. Do not brown.

Add the rest of the stock, adobo spice, navy beans, and chopped escarole. Cook until the escarole is tender, It is best when it is a little crispy.

Tomato Basil Soup II

Ingredients

4 pounds tomatoes, chopped
1/3 cup fresh basil leaves
3 tablespoons vinegar
2 teaspoons garlic salt
3 cups chicken broth
1/4 cup olive oil

Directions

In a blender or food processor, combine tomatoes, basil, vinegar and garlic salt. Puree until smooth. Transfer to a serving dish and stir in broth and olive oil. Chill in refrigerator until cold.

Mushroom Spinach Soup

Ingredients

3 tablespoons butter
3 leeks, chopped
2 onions, chopped
2 cloves garlic, minced
2 pounds chopped mushrooms
2 teaspoons dried savory
1/4 teaspoon dried oregano
1/3 cup sherry
9 cups chicken stock
2 tablespoons tomato paste
1 bay leaf
salt to taste
ground black pepper to taste
10 leaves fresh spinach

Directions

Saute butter, leeks, onion, and garlic until clear. Add mushrooms (except the 8 reserved chopped mushrooms), savory, oregano, sherry, stock, tomato paste and bay leaf. Simmer for 30 minutes or so.

Strain out the vegetables.

Stir the reserved mushrooms and spinach leaves into the broth, and cook until spinach is wilted. Add salt and pepper to taste. Serve garnished with Parmesan cheese if desired.

Curry Carrot-Leek Soup

Ingredients

1 pound thinly sliced leeks, white parts only
1 pound carrots, coarsely chopped
2 teaspoons butter or stick margarine
1 medium potato, peeled and diced
1/2 teaspoon curry powder
4 cups reduced-sodium chicken broth
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

In a large saucepan, saute leeks and carrots in butter until leeks are tender. Add potato and curry powder; cook and stir for 2 minutes. Add broth, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until the vegetables are very tender. Cool slightly. Process in batches in a food processor or blender until pureed. Return to the pan; heat through.

Lemony Chicken Noodle Soup

Ingredients

1 small onion, chopped
2 tablespoons olive or vegetable oil
1 tablespoon butter or margarine
1/4 pound skinless, boneless chicken breast halves - cubed
1 garlic clove, minced
2 (14.5 ounce) cans chicken broth
1 medium carrot, cut into 1/4-inch slices
1/4 cup frozen or fresh peas
1/2 teaspoon dried basil
2 cups uncooked medium egg noodles
1 tablespoon lemon juice

Directions

In a small saucepan, saute onion in oil and butter until tender. Add the chicken and garlic. Cook and stir until chicken is lightly browned. Stir in the broth, carrot, peas and basil. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Add the noodles. Cover and simmer for 8-10 minutes or until noodles are tender. Stir in lemon juice.

Creamy Carrot Soup

Ingredients

1 cup chopped onion
1/4 cup butter, cubed
4 1/2 cups sliced carrots
1 large potato, peeled and cubed
2 (14.5 ounce) cans chicken broth
1 teaspoon ground ginger
2 cups heavy whipping cream
1 teaspoon dried rosemary,
crushed
1/2 teaspoon salt
1/8 teaspoon pepper

Directions

In a Dutch oven, saute onion in butter until tender. Add carrots, potato, broth and ginger. Cover and cook over medium heat for 30 minutes or until vegetables are tender. Cool for 15 minutes.

Transfer to a blender or food processor in small batches; cover and process until smooth. Return all to the pan; stir in the cream, rosemary, salt and pepper. Cook over low heat until heated through.

Cream of Broccoli Soup I

Ingredients

4 cups water
4 cups broccoli florets
2 tablespoons margarine
1 onion, chopped
1 large stalk celery, chopped
1/3 cup all-purpose flour
2 tablespoons chicken bouillon powder
2 1/2 cups whole milk
1/4 teaspoon ground nutmeg
1/4 teaspoon ground black pepper
1/2 cup shredded sharp Cheddar cheese

Directions

In a medium-sized cooking pot, add water and broccoli florets and bring to boil; reduce heat and cook for about 3 minutes. Drain, reserving all of the water.

In a food processor or blender, process half the cooked broccoli until fairly smooth. Chop remaining broccoli and set aside.

In a heavy-bottomed cooking pot, melt butter or margarine, add onion and celery and cook for about 3 to 4 minutes until soft. Stir in flour; cook, stirring constantly for about 1 to 2 minutes. Add reserved water and chicken bouillon granules, and bring to boil, stirring constantly. Reduce heat to medium; simmer, stirring constantly until thickened.

Stir in milk, nutmeg, pepper, and processed and chopped broccoli, and heat through. Adjust seasonings to taste. Serve garnished with grated cheddar cheese.

Cajun Potato Soup

Ingredients

2 tablespoons butter
2 tablespoons olive oil
1/2 onion, diced
5 cloves garlic, minced
2 pounds andouille sausage,
sliced into rounds
6 russet potatoes, peeled and cut
into bite-sized pieces
3 cups chicken broth
2 cups milk
1 3/4 cups heavy cream
2 teaspoons Italian seasoning
1 bunch fresh spinach, chopped
1/4 cup grated Parmesan cheese

Directions

Heat the butter and oil together in a large stock pot over medium heat. Cook the onion and garlic in the butter and oil until the onions are translucent, about 5 minutes. Add the sausage slices; cook and stir another 5 minutes. Stir in the potatoes; cook and stir 15 minutes. Pour in the chicken broth, milk, heavy cream, and Italian seasoning. Bring to a simmer and cook 10 to 12 minutes until the potatoes are tender. Mix in the spinach. Remove from heat. Top with Parmesan cheese.

Mushroom and Leek Soup

Ingredients

4 ounces fresh mushrooms, sliced
1 cup sliced leeks
2 tablespoons margarine
2 tablespoons olive oil
1/2 cup dry sherry
3 (10.5 ounce) cans condensed
beef broth
3 3/4 cups water
1/2 teaspoon ground black
pepper
1/2 cup uncooked orzo pasta

Directions

In a large pot over medium high heat, saute the mushrooms and leeks in the butter or margarine and olive oil until tender. Add the sherry and reduce liquid by half.

Then add the beef broth, water and ground black pepper. Bring to a boil and add the pasta. Boil gently for 10 minutes, or until the pasta is tender. Garnish with sliced mushrooms if desired.

White Wine Chicken Soup

Ingredients

1/2 (2 to 3 pound) whole chicken
2 parsnips, peeled and chopped
1 medium head garlic, peeled
2 large onions, chopped
5 carrots, chopped
2 zucchini, chopped
1/2 cup chopped fresh parsley
2 stalks celery, chopped
2 potatoes, peeled and chopped
1 sweet potato, peeled and cubed
1 packet chicken vegetable soup mix
1 tablespoon dried oregano
1 teaspoon paprika
8 cups water
1/2 (750 milliliter) bottle white wine
salt and pepper to taste

Directions

In a large soup pot or Dutch oven, combine chicken, parsnips, garlic, onions, carrots, zucchini, parsley, celery, potatoes, sweet potato, soup mix, oregano, paprika, water, wine, salt and pepper. Cover and bring to a boil over high heat. Boil 30 minutes, partially covered, then reduce heat to low and simmer another 90 minutes.

Home-Made Cream of Chicken Soup

Ingredients

4 cups milk
2 tablespoons all-purpose flour
2 tablespoons canola oil
2 tablespoons white sugar
2 cups finely chopped, cooked chicken meat
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 teaspoon garlic powder

Directions

Make a white sauce of milk or cream, flour, and oil. Add chicken. Add sugar, salt, pepper, and garlic powder (may use more or less as desired). Mix well and simmer for 20 minutes over low heat.

If soup is not as thick as desired, mix a small amount of cornstarch with a small amount of water and add to soup. Simmer for 10 minutes.

Bean, Pasta and Roasted Pepper Soup

Ingredients

1 tablespoon olive oil
2 large carrots, diced
2 stalks celery, diced
1 large onion, chopped
1 tablespoon chopped fresh parsley
3 cloves garlic, minced
1 (49.5 fluid ounce) can SwansonB® Chicken Broth (regular or Natural GoodnessB„Ÿ)
1 (15 ounce) can black beans, rinsed and drained
1 (14.5 ounce) can diced tomatoes
1/2 cup uncooked ditalini pasta
1/2 cup roasted sweet red pepper strips
1 tablespoon red wine vinegar

Directions

Heat oil in saucepot. Add carrots, celery, onion, parsley and garlic and cook until tender. Add broth, beans, tomatoes and pasta. Heat to a boil. Cover and cook 15 minutes or until pasta is done.

Add peppers and vinegar. Heat through.

Avocado Soup with Chicken and Lime

Ingredients

4 (6 inch) corn tortillas, julienned
1 1/2 tablespoons olive oil
1 white onion, sliced thinly
8 cloves garlic, thinly sliced
4 fresh jalapeno peppers, sliced
8 ounces skinless, boneless
chicken breast halves - cut into
thin strips
1 quart chicken broth
1/4 cup fresh lime juice
1 tomato, seeded and diced
salt and pepper to taste
1 avocado - peeled, pitted and
diced
1/4 cup chopped fresh cilantro

Directions

Preheat oven to 400 degrees F (200 degrees C).

Arrange tortilla strips on a baking sheet and bake in preheated oven until lightly browned, 3 to 5 minutes.

In a large saucepan over medium heat, cook onion, garlic and jalapenos in olive oil until lightly browned, 4 to 5 minutes. Stir in chicken, chicken broth, lime juice, tomato, salt and pepper. Gently simmer until chicken is cooked, 3 to 5 minutes. Stir in avocado and cilantro and heat through. Adjust seasonings.

Ladle soup into bowls and sprinkle with tortilla strips to serve.

Rosemarie's Italian Style Soup

Ingredients

2 tablespoons olive oil
1 small onion, chopped
3 stalks celery, chopped
1 (28 ounce) can whole peeled tomatoes, with liquid
2 cups water
1/4 teaspoon dried basil
1 (15 ounce) can chickpeas (garbanzo beans), drained
1/4 pound cooked pasta

Directions

Heat the oil in a large pot over medium heat. Add the onion and celery and saute for 5 to 10 minutes, or until tender.

Reduce heat to medium low, add the tomatoes and the water and break the tomatoes apart with your hands in the pot. Then simmer for 10 minutes.

Stir in the basil, chickpeas and pasta and simmer for 15 to 20 more minutes, or until all ingredients are heated through.

Southern Style French Onion Soup

Ingredients

4 tablespoons butter
1 onion, sliced
1/2 teaspoon dried thyme
5 (10.5 ounce) cans beef
consomme
6 bay leaves
1/2 cup white wine (optional)
1 French baguette, cut into 1/2
inch slices
2 cups shredded mozzarella
cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Melt the butter in a large skillet over medium high heat. Place the onion in the butter and saute for 5 to 10 minutes, or until tender. Stir in the thyme and remove from heat.

In a large pot over high heat, combine the consomme, bay leaves and white wine, if desired. Bring to a boil, reduce heat to low, stir in the sauteed onions and allow to heat through, about 10 to 15 minutes.

Ladle soup into 4 individual oven-safe bowls, filling each about 3/4 of the way. Top each bowl with 2 slices of baguette bread and then cover each with the cheese.

Bake at 375 degrees F (190 degrees C) for 10 to 15 minutes, or until cheese is melted and bubbly.

Wonton Soup without Ginger

Ingredients

- 1 teaspoon white sugar
- 1 teaspoon cornstarch
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1 pound lean ground pork
- 1/4 pound diced raw shrimp
- 1 green onion, chopped
- 40 wonton wrappers
- 2 green onions
- 1 egg, beaten
- 9 cups chicken stock
- 1/4 cup soy sauce
- 2 tablespoons sesame oil
- 2 cups chopped bok choy
- 1 cup green onions, chopped (optional)

Directions

Whisk together sugar, cornstarch, oyster sauce, and 1 tablespoon sesame oil in a large bowl; add the ground pork, shrimp, and 1 chopped green onion and mix to combine.

Lay one wonton skin like a baseball diamond in front of you. Using your finger, brush beaten egg around the outer edge of the wonton skin. Place 1 tablespoon of pork mixture onto the middle of the wonton skin. Fold 'home run' corner to '2nd base' corner and press down creating a triangle. The meat filling lump is at the bottom of the triangle. Brush egg mixtures at the '1st base' and '3rd base' corners of the triangle. Fold each base corner over the meat filling lump and over each other. Brush egg mixture at the '2nd base/homerun' corner of the triangle and fold behind the meat filling lump. This is one wonton. Repeat until there are no more mixture or wrapper skins. Keep the wontons covered with a wet towel to prevent from drying.

Mix together the chicken stock, soy sauce, 2 tablespoons sesame oil, and 2 green onions in a pot over medium-high heat. Bring this to a boil; reduce heat to medium-low and simmer for 15 minutes. Add the bok choy and return to a boil until the bok choy is tender, about 5 minutes.

Bring a large pot of salted water to a boil; boil wontons for 3 to 5 minutes, stirring occasionally to prevent wontons from sticking to each other or to the edges of the pot.

Place wontons in a soup bowl and ladle soup over wontons to serve. Garnish with chopped green onions.

Winter Solstice Soup

Ingredients

2 tablespoons margarine
2 onions, chopped
2 carrots, shredded
2 potatoes, peeled and cubed
3 cups water
1 teaspoon salt
1 tablespoon dried parsley
1/2 teaspoon dried thyme
1 bay leaf
2 cups milk
salt and pepper to taste

Directions

In a large pot over medium heat, melt the butter or margarine and saute the onions for 5 to 10 minutes, or until tender. Add the carrots, potatoes, water, salt, parsley, thyme and bay leaf.

Reduce heat to low and simmer for 30 minutes, stirring occasionally. Remove the bay leaf.

Puree the soup in a blender or food processor in small batches and return to the pot. Stir in the milk, mixing well, and season with salt and pepper to taste.

Creamy Cauliflower Soup

Ingredients

1 head cauliflower, broken into small florets
2 (10.75 ounce) cans condensed cream of chicken soup, undiluted
1 (10.75 ounce) can condensed cheddar cheese soup, undiluted
1 (14.5 ounce) can chicken broth
2 cups milk

Directions

Place cauliflower in a saucepan with 1 in. of water; bring to a boil. Reduce heat; cover and simmer for 5-10 minutes or until crisp-tender.

Meanwhile, in another saucepan, combine soups, broth and milk; heat through. Drain the cauliflower; stir into soup.

Mashed Potato Soup

Ingredients

1 1/2 pounds ground beef
1 large onion, diced
6 medium potatoes, peeled and cubed
3 cups water
1 cup diced celery
4 cups milk
2 cups cold mashed potatoes (prepared with milk and butter)
1 (12 ounce) can evaporated milk
salt and pepper to taste

Directions

In a soup kettle or Dutch oven, cook beef and onion over medium heat until meat is no longer pink; drain. Add the cubed potatoes, water and celery; bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until vegetables are tender. Add milk, mashed potatoes, evaporated milk, salt and pepper. Heat through but do not boil.

Pork Vegetable Soup

Ingredients

7 cups water
6 cups Roma (plum) tomatoes,
quartered
2 carrots, chopped
1 onions, quartered
2 pounds boneless pork loin, cut
into 1 inch cubes
2 teaspoons salt

Directions

In a large pot, bring water to a boil. Add the tomatoes, carrots, onions and pork. Reduce heat to low. Cover and simmer for at least 2 hours. Add salt and bring to a boil for 5 minutes. Remove from heat and serve.

Red Pepper Potato Soup

Ingredients

1 red bell pepper
1/2 cup butter
1 1/2 cups chopped onion
1 1/2 cups chopped celery
6 cloves garlic, minced
8 cups chicken stock, divided
1 teaspoon salt
1 teaspoon ground black pepper
1 1/2 cups chopped carrot
1/4 teaspoon ground nutmeg
1/4 teaspoon cinnamon
3 large potatoes, peeled and cut into 1/2-inch cubes
1/2 teaspoon dried sage
1/4 teaspoon ground ginger

Directions

Preheat an oven to 425 degrees F (220 degrees C). Grease a baking sheet.

Place the red bell pepper on the prepared baking sheet and roast in the preheated oven until the skin blisters, 15 to 20 minutes.

Handling carefully, cut small slits with a knife into each of the 4 sides of the hot pepper. Immediately plunge the pepper a small bowl full of ice water for 2 minutes. Slice the pepper in half. Remove and discard the skin. Chop the flesh into small pieces. Set aside.

While the pepper roasts, melt the butter in a large pot over medium heat. Cook the onion, celery, and garlic in the melted butter until tender, about 5 minutes. Pour 3 cups of the chicken stock into the pot; season with salt and pepper. Add 3 more cups of the chicken stock, the carrots, nutmeg, and cinnamon. Stir the potatoes into the soup along with the remaining 2 cups of stock; bring to a boil for 10 minutes. Add the roasted pepper, sage, and ginger. Continue boiling until the potatoes and carrots are tender, another 10 to 15 minutes. Serve hot.

My Mum's Spaghetti Soup

Ingredients

1 (1 pound) beef marrow bone
1 tablespoon tomato puree
1 large onion, chopped
3 cloves garlic, minced
2 bay leaves
2 quarts water
2 potatoes, diced
2 (14.5 ounce) cans diced tomatoes
1 tablespoon chopped fresh parsley
2 teaspoons chopped fresh oregano
1 teaspoon chopped fresh rosemary
1 tablespoon Worcestershire sauce
1 (14 ounce) can baked beans (such as Heinz®)
1 cup uncooked spaghetti, broken into 1 inch pieces
salt and ground black pepper to taste

Directions

Place the marrow bone, tomato puree, onion, garlic, and bay leaves into a large pot. Pour in the water, and bring to a boil over high heat. Reduce the heat to medium, and simmer 45 minutes. After 45 minutes, stir in the potatoes, diced tomatoes, parsley, oregano, and rosemary. Cook, stirring occasionally until the potatoes are just tender, 15 to 20 minutes.

Stir in the Worcestershire sauce, baked beans, and spaghetti. Return to a simmer, and cook until the spaghetti is tender, 15 to 20 minutes. Season to taste with salt and pepper before serving.

Hearty Meatball Soup

Ingredients

2 eggs
1 cup soft bread crumbs
1 teaspoon salt
1/2 teaspoon pepper
1 pound lean ground beef
1 pound ground pork
1/2 pound ground turkey
4 cups beef broth
1 (46 ounce) can tomato juice
2 (14.5 ounce) cans stewed tomatoes
8 cups shredded cabbage
1 cup thinly sliced celery
1 cup thinly sliced carrots
8 green onions, sliced
3/4 cup uncooked long grain rice
2 teaspoons dried basil
3 tablespoons minced fresh parsley
2 tablespoons soy sauce

Directions

In a large bowl, combine the egg, bread crumbs, salt and pepper. Crumble meat over mixture and mix well. Shape into 1 in. balls.

In a soup kettle, bring broth to a boil. Carefully add the meatballs. Add the tomato juice, tomatoes, vegetables, rice and basil. Cover and simmer for 30 minutes.

Add the parsley and soy sauce. simmer, uncovered, for 10 minutes or until meatballs are no longer pink and vegetables are tender.

Avocado Corn Soup

Ingredients

2 Chilean Hass avocados
1 (14 ounce) can chicken broth,
reduced sodium
1 tablespoon lime juice
1 (14.5 ounce) can corn kernels
Cilantro, mint or basil leaves for
garnish

Directions

Cut avocados in half, remove pit, and peel. Put avocado into blender. Add broth, lime juice and salt. Blend until smooth. Pour into medium saucepan. Stir in corn. Heat over medium-high heat until just steaming. Garnish with your choice of fresh herbs. Season to taste with salt and pepper.

Simple Cauliflower Soup

Ingredients

2 tablespoons unsalted butter
1 onion, chopped
1 head cauliflower, broken into small florets
1 potato, peeled and diced
2 cups vegetable stock
2 cups milk
salt and pepper to taste

Directions

Melt the butter in a large pot over medium heat. Saute the onion in the butter for 5 minutes. Stir in the cauliflower and potato and saute for 5 more minutes.

Pour in the stock, bring to a boil, reduce heat to low and simmer for 20 minutes, or until all vegetables are tender. Add the milk, stirring well to blend. Season with salt and pepper to taste.

MullaKinVowles Soup

Ingredients

2 cups chicken broth
2 cups milk
3 1/2 tablespoons all-purpose flour
1/2 cup skinless, boneless chicken breast halves - chopped
1 teaspoon curry powder
2 cups cooked white rice
1 stalk celery, finely chopped
1 small onion, finely chopped
1/2 cup cooked chopped broccoli (optional)
1/2 cup cooked cauliflower (optional)
1/2 cup cooked, sliced mushrooms
3/4 cup shredded Cheddar cheese

Directions

In a large saucepan, heat chicken broth.

Place milk in a jar with lid, and add flour; shake until well blended. Add milk/flour mixture to chicken broth; stir until boiling. Stir in curry powder, and reduce heat to medium low.

Place chopped chicken breast, onion, and celery into skillet. Cook at medium heat until chicken is cooked and vegetables are soft; add to soup. Stir rice and optional vegetables into the soup. Simmer for 30 minutes, stirring.

Stir in grated cheese before serving.

Reva's Potato Cheese Soup

Ingredients

4 cups diced potatoes
1 cup chopped celery
1/4 cup chopped parsnip
1 cup chopped onion
1 cup chopped carrot
1 quart chicken broth
1/4 teaspoon dried marjoram
1/2 teaspoon salt
ground black pepper to taste
1/2 pound Cheddar cheese,
cubed

Directions

In a large pot over medium heat, combine potatoes, celery, parsnips, onion, carrots and broth. Stir in marjoram, salt and pepper and simmer until vegetables are tender, about 20 minutes.

Puree in batches in a blender or food processor or using an immersion blender. Return to pan, adjust seasonings, and bring to a boil. Stir in cheese until just melted. Remove from heat and serve.

Chickpea Soup II

Ingredients

1/8 cup olive oil
1 onion, chopped
1 clove garlic, minced
1 green bell pepper, chopped
5 button mushrooms, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried parsley
1/2 teaspoon dried basil
1 pinch crushed red pepper flakes
1 (15 ounce) can tomato sauce
1 (15 ounce) can garbanzo beans,
drained
4 cups water

Directions

In a large saucepan over medium heat, combine the olive oil, onion, garlic, bell pepper, mushrooms, oregano, parsley, basil and red pepper flakes. Saute for about 5 minutes, or until onions are tender. Add the tomato sauce, chickpeas and water. Reduce heat to low, cover and simmer for 30 minutes.

Creamy Green Bean Soup

Ingredients

8 cups water
2 pounds chopped fully-cooked ham
4 cups fresh green beans, trimmed and cut into 3/4-inch pieces
3 cups cubed potatoes
2 onions, sliced
1 cup cream
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste

Directions

Place the water, ham, green beans, potatoes, and onions into a large saucepan or soup pot, bring to a boil, and reduce heat to medium-low. Simmer until the ham and vegetables are very tender, about 45 minutes. Skim off any excess fat. Pour in the cream, season to taste with salt and pepper, and serve.

Spicy Fish Soup

Ingredients

1/2 onion, chopped
1 clove garlic, minced
1 tablespoon chili powder
1 1/2 cups chicken broth
1 (4 ounce) can canned green chile peppers, chopped
1 teaspoon ground cumin
1 1/2 cups canned peeled and diced tomatoes
1/2 cup chopped green bell pepper
1/2 cup shrimp
1/2 pound cod fillets
3/4 cup plain nonfat yogurt

Directions

Spray a large saucepan with the vegetable cooking spray over medium high heat. Add the onions and saute, stirring often, for about 5 minutes. Add the garlic and chili powder and saute for 2 more minutes.

Then add the chicken broth, chile peppers and cumin, stirring well. Bring to a boil, reduce heat to low, cover and simmer for 20 minutes.

Next, add the tomatoes, green bell pepper, shrimp and cod. Return to a boil, then reduce heat to low, cover and simmer for another 5 minutes. Gradually stir in the yogurt until heated through.

Turkey Wild Rice Soup II

Ingredients

2/3 cup uncooked wild rice
2 cups water

6 tablespoons butter
1/4 cup finely chopped onion
1/4 cup finely chopped celery
1/3 cup all-purpose flour
4 cups turkey broth
1/3 cup shredded carrot
2 cups chopped cooked turkey
1/2 teaspoon kosher salt, or to taste
1/2 teaspoon ground black pepper, or to taste
1/4 cup chopped slivered almonds
1/2 teaspoon lemon juice
3/4 cup half-and-half cream

Directions

Bring the wild rice and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 40 to 45 minutes. Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more. Set the cooked rice aside.

Melt the butter in a soup pot over medium heat. Cook and stir the onion and celery until the onion is translucent, about 5 minutes. Stir in the flour, and cook until it turns a pale yellowish-brown color, 3 to 5 minutes. Gradually whisk in the turkey stock until no lumps of flour remain. Stir in the carrot. Bring the mixture to a simmer, and cook, whisking constantly, until the stock is thick and smooth and the carrot is tender, about 2 more minutes.

Stir in the wild rice, turkey, salt, pepper, and almonds. Return to a simmer, and cook 2 more minutes to heat the ingredients. Stir in the lemon juice and half-and-half; bring the soup almost to a boil, and serve hot.

Chicken and Wild Rice Soup

Ingredients

1 (4.5 ounce) package quick cooking wild rice and chicken flavor mix
2 boneless chicken breast halves, cooked and cubed
3 cups chicken broth
1 (16 ounce) package frozen pearl onions
1 cup sliced mushrooms
1 stalk celery, diced
2 tablespoons chopped fresh parsley
salt and pepper to taste
1 cup half-and-half cream

Directions

Prepare rice mix according to package directions.

In a large pot, combine 1 1/2 cups prepared rice mix, cooked chicken, broth, onions, mushrooms, celery, parsley, salt and pepper. Bring to a boil, then reduce heat and simmer 20 minutes.

For a thicker soup, stir in half-and-half and cook 5 minutes more.

Echo Valley Bean Soup

Ingredients

10 bacon strips, diced
1 medium onion, diced
2 garlic cloves, minced
1 (14.5 ounce) can stewed tomatoes
2 (15 ounce) cans pork and beans
2 (14.5 ounce) cans beef broth

Directions

In a saucepan, cook bacon until crisp. Set bacon aside; drain, reserving 1-2 tablespoons drippings. In the drippings, saute the onion and garlic until tender.

Meanwhile, in a blender or food processor, process tomatoes until smooth. Add to the onion mixture. Stir in pork and beans and broth. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through. Stir in bacon.

Spinach Lentil Soup

Ingredients

1 cup shredded carrots
1 large onion, chopped
1 tablespoon olive oil
6 cups water
1 (16 ounce) jar salsa
1 1/4 cups dried lentils, rinsed
3/4 teaspoon salt
1 (10 ounce) package fresh
spinach, torn

Directions

In a large saucepan or Dutch oven, saute carrots and onion in oil until tender. Add the water, salsa, lentils and salt. Bring to a boil. Reduce heat; cover and simmer for 50-60 minutes or until lentils are tender. Stir in spinach; simmer 5-10 minutes longer or until spinach is wilted.

Creamy Italian White Bean Soup

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 stalk celery, chopped
1 clove garlic, minced
2 (16 ounce) cans white kidney beans, rinsed and drained
1 (14 ounce) can chicken broth
1/4 teaspoon ground black pepper
1/8 teaspoon dried thyme
2 cups water
1 bunch fresh spinach, rinsed and thinly sliced
1 tablespoon lemon juice

Directions

In a large saucepan, heat oil. Cook onion and celery in oil for 5 to 8 minutes, or until tender. Add garlic, and cook for 30 seconds, continually stirring. Stir in beans, chicken broth, pepper, thyme and 2 cups water. Bring to a boil, reduce heat, and then simmer for 15 minutes.

With slotted spoon, remove 2 cups of the bean and vegetable mixture from soup and set aside.

In blender at low speed, blend remaining soup in small batches until smooth, (it helps to remove the center piece of the blender lid to allow steam to escape.) Once blended pour soup back into stock pot and stir in reserved beans.

Bring to a boil, occasionally stirring. Stir in spinach and cook 1 minute or until spinach is wilted. Stir in lemon juice and remove from heat and serve with fresh grated Parmesan cheese on top.

Cream of Onion and Potato Soup

Ingredients

12 potatoes, peeled and cubed
12 onions, chopped
6 tablespoons all-purpose flour
6 tablespoons butter
9 cups milk
3 tablespoons chopped fresh parsley
salt and pepper to taste

Directions

In a large pot over high heat, combine the potatoes, onions and water to cover and boil for 30 to 45 minutes, or until tender. Drain the mixture, reserving 3 cups of the water. Transfer this in small batches to a blender and puree until smooth.

In the same pot over medium heat, combine the flour and the butter, stirring together well, to form a roux. Slowly add the milk, stirring constantly, until well blended. Reduce heat to low and add the pureed potato mixture. Let simmer, stirring occasionally for 5 to 10 minutes. Add the parsley and season with salt and pepper to taste.

Oriental Spicy and Sour Soup

Ingredients

3 tablespoons vegetable oil
2 red bell peppers, julienned
1 bunch green onions, sliced diagonally into 1/2 inch pieces
2 cups chicken broth
2 cups vegetable stock
2 tablespoons soy sauce
2 teaspoons red wine vinegar
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons cornstarch
3 tablespoons water
1 teaspoon sesame oil
1/2 pound snow peas
1 pound firm tofu, cubed
1 (8 ounce) can sliced water chestnuts, drained

Directions

Heat oil in large saucepan over medium-high heat. Add peppers and onion; stir-fry about 5 minutes.

Add chicken broth, vegetable stock, and soy sauce. Bring to boiling. Lower heat; simmer for about 5 minutes.

Stir together vinegar, red pepper flakes, salt, pepper, cornstarch, water, and sesame oil in a small bowl until smooth. Add to soup with fresh snow peas (if using); cook for about 5 minutes or until thickened and bubbly.

Add tofu, frozen snow peas (if using), and water chestnuts. Gently heat through.

Melanie's Beef Barley Soup

Ingredients

2 pounds beef stew meat, diced
into 1 inch pieces
salt and pepper to taste
4 tablespoons vegetable oil
1 cup chopped onion
1 cup sliced carrots
1/2 cup fresh sliced mushrooms
1/2 teaspoon minced garlic
1/4 teaspoon dried thyme
1 (14.5 ounce) can chicken broth
3 cups water
1 (16 ounce) package frozen
mixed vegetables
4 small red potatoes, cut into
chunks
1/2 cup barley

Directions

Season beef stew chunks with salt and pepper to taste. Place seasoned beef in a large soup pot. Add 2 tablespoons of oil and saute for 5 minutes on high heat. Remove meat. Add 2 more tablespoons of oil to pot and add onions, carrots and mushrooms. Saute for 5 minutes, stirring often. Add garlic and thyme to pot and saute for 3 more minutes.

Add the chicken broth and 3 cups of water to pot. Add the frozen mixed vegetables, potatoes and barley. Season with salt and pepper to taste. Stir all together and bring to a boil. Cover pot, reduce heat to low and simmer for 1 to 1 1/2 hours.

Collard-Kielbasa Soup

Ingredients

1 quart water
2 (16 ounce) packages kielbasa
sausage, sliced into 1/2 inch
pieces
4 medium potatoes, peeled and
diced
2 pounds frozen, chopped collard
greens, thawed
3 (14.5 ounce) cans great
Northern beans
1/4 cup diced bacon
1 clove garlic, minced
1 small onion, diced
1 green bell pepper, diced
salt and pepper to taste

Directions

Place water and kielbasa into a soup pot, cover, and bring to a boil over high heat. Reduce heat to low, and simmer for 30 minutes. Stir in diced potatoes, and simmer 15 to 20 minutes more. Add greens and beans, simmer for 20 minutes longer.

While the greens and beans are cooking, place a saute pan over medium heat. Stir in the bacon, and cook to melt out some of the fat. Stir in the garlic, onions, and bell pepper; cook until the bacon is almost crisp. Drain off as much grease as you can, and add the mixture to the simmering soup, and cook an additional 15 to 20 minutes. Season to taste with salt and pepper.

Hearty Lentil Soup

Ingredients

- 2 tablespoons vegetable oil
- 1 bunch green onions, chopped
- 1 leek, sliced
- 1 carrot, diced
- 1 parsnip, scrubbed and diced
- 1 potato, peeled and diced
- 1 stalk celery, sliced
- 1 cup dry lentils, rinsed
- 1 (14.5 ounce) can diced tomatoes
- 3 cups vegetable stock
- 2 bay leaves
- 1 dash soy sauce
- 2 teaspoons vegetarian Worcestershire sauce
- 1/2 cup red wine
- 1 bunch fresh cilantro, chopped

Directions

Heat the oil in a large saucepan and mix in the onions, carrot, parsnip, celery, potato, and leek. Stir over a medium heat.

Place lentils, tomatoes, stock, bay leaves, a splash of the soy and Worcestershire sauces and wine in the saucepan. Stir and bring the mixture to a boil. Cover and simmer for 25 to 30 minutes, or until the lentils are cooked.

Remove the bay leaves from the soup. Stir in the cilantro and serve.

Lettuce and Tarragon Soup

Ingredients

1/4 cup unsalted butter
2 leeks, chopped
1 clove garlic, finely chopped
4 cups chicken broth
2 teaspoons salt
1 head romaine lettuce - rinsed,
dried, and chopped
1/4 cup chopped fresh tarragon
salt and pepper to taste

Directions

Melt the butter in a medium saucepan over medium heat. Place leeks and garlic in the pan and slowly cook and stir 10 minutes, or until tender and lightly browned. Mix in the chicken broth and salt. Reduce heat and simmer approximately 15 minutes.

Increase heat to medium low and stir in the romaine lettuce. Cook 5 minutes. Stir in the tarragon. Remove from heat.

In a blender, blend the soup until smooth.

Return soup to the saucepan and warm over medium heat. Season with salt and pepper to taste.

Ultimate Potato Soup

Ingredients

6 cups diced potatoes
3 stalks celery, diced
1 cup chopped onion
3 (14.5 ounce) cans chicken broth, divided
4 cups half-and-half cream
6 tablespoons butter, melted
6 tablespoons all-purpose flour
4 cubes chicken bouillon
1/2 teaspoon ground black pepper

Directions

In a large pot, bring potatoes, celery and onion to a boil in 2 cups of broth. Cook until potatoes are tender, 15 minutes. Drain and reserve liquid.

Combine reserved broth and half-and-half in pot. In a bowl, combine melted butter and flour. Stir into half-and-half mixture over medium heat. Stir until thickened. Stir in reserved vegetables, remaining broth, bouillon and pepper. Heat through and serve.

Quick, Homemade Hamburger Soup

Ingredients

1 pound lean ground beef
4 potatoes, peeled and cubed
1 (14.5 ounce) can sliced carrots, undrained
1 (14.5 ounce) can French style green beans, undrained
1 (15.25 ounce) can sweet corn, undrained
1 (28 ounce) can diced tomatoes
3 1/2 cups water
1 (14 ounce) can tomato sauce
salt and black pepper to taste

Directions

Heat a large pot over medium-high heat, and stir in the ground beef. Cook until the beef is crumbly, evenly browned, and no longer pink. Drain, and discard any excess grease.

Stir in the potatoes, carrots, green beans, corn, tomatoes, tomato sauce, and water. Bring the soup to a boil over high heat. Reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 20 minutes. Season to taste with salt and pepper.

After-Thanksgiving Turkey Soup

Ingredients

1 leftover turkey carcass
3 medium onions, chopped
2 large carrots, diced
2 celery ribs, diced
1 cup butter, cubed
1 cup all-purpose flour
2 cups half-and-half cream
1 cup uncooked long grain rice
2 teaspoons salt
1 teaspoon chicken bouillon granules
3/4 teaspoon pepper

Directions

Place turkey carcass in a soup kettle or Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Remove carcass; cool. Set aside 3 qt. broth. Remove turkey from bones and cut into bite-size pieces; set aside.

In a soup kettle or Dutch oven, saute the onions, carrots and celery in butter until tender. Reduce heat; stir in flour until blended. Gradually add 1 qt. of reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened.

Add cream, rice, salt, bouillon, pepper, remaining broth and reserved turkey. Reduce heat; cover and simmer for 30-35 minutes or until rice is tender.

Cheese Soup V

Ingredients

1/2 cup chopped celery
1/3 cup chopped carrot
3/4 cup water
2 tablespoons butter
1/2 onion, chopped
1/3 cup all-purpose flour
2 cups whole milk
1 1/3 cups chicken broth
1 3/4 cups shredded Cheddar
cheese

Directions

In a small saucepan, combine celery, carrot and water. Bring to a boil, then reduce heat and simmer until tender.

Meanwhile, in a large saucepan over medium heat, melt butter. Cook onion in butter until tender. Stir in flour and milk and cook until thickened. Stir in broth, cheese and vegetables with their liquid. Stir until cheese is melted and elements are well combined. Serve hot.

Irresistible Broccoli Cheese Soup

Ingredients

2 cups chopped broccoli
1/2 cup butter
12 ounces shredded Cheddar cheese
12 ounces shredded mozzarella cheese
1/2 cup cashews
2 tablespoons soy sauce
1 pint sour cream
5 cups chicken broth

Directions

In a large pot, cook broccoli in butter over medium heat until tender. Meanwhile, combine Cheddar, mozzarella, cashews, soy sauce and sour cream in a blender or food processor and process until smooth. Pour blended mixture into broccoli pot with chicken broth and stir. Simmer 40 minutes before serving.

Mom's Italian Beef Barley Soup

Ingredients

2 pounds cubed beef chuck roast
5 cups water
4 cubes beef bouillon, crumbled
1/2 onion, chopped
1 (8 ounce) can tomato sauce
3/4 cup uncooked pearl barley
salt and pepper to taste

Directions

In a slow cooker, combine beef, water, bouillon, onion, tomato sauce, barley, salt and pepper.

Cover, and cook on Low for 5 hours.

One-Egg Egg Drop Soup

Ingredients

1 egg
1/4 teaspoon salt
2 tablespoons tapioca flour
1/4 cup cold water
4 cups chicken broth
1/8 teaspoon ground ginger
1/8 teaspoon minced fresh garlic
2 tablespoons chopped green onion
1/4 teaspoon Asian (toasted) sesame oil (optional)
1 pinch white pepper (optional)

Directions

Beat the egg and salt together in a bowl until well mixed. In a separate bowl, combine the tapioca flour with the cold water and stir to dissolve.

Bring the chicken broth, ginger, and garlic to a full rolling boil, remove from the heat, and stir in the dissolved tapioca starch. Boil until the soup has thickened and is no longer cloudy, about 1 minute; remove from the heat. Pour the egg into the soup in a thin line, and gently stir the egg in a figure 8 shape, making sure not to overmix the egg too much. Sprinkle the soup with the chopped onions, sesame oil, and white pepper, and serve.

Potato Leek Soup

Ingredients

2 cups water
2 medium potatoes, peeled and diced
2 bacon strips, cooked and crumbled
2 cups milk
3/4 cup instant mashed potato flakes
1 (1.8 ounce) package leek soup and dip mix
Shredded Cheddar cheese

Directions

In a large saucepan, bring the water, potatoes and bacon to a boil. Reduce heat; cover and simmer for 10-15 minutes or until potatoes are tender. Reduce heat to low. Stir in the milk, potato flakes and soup mix. Cook and stir for 5 minutes or until heated through. Garnish with cheese.

Bean Soup With Kale

Ingredients

1 tablespoon olive oil or canola oil
8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups chopped raw kale
4 cups low-fat, low-sodium chicken or vegetable broth
2 (15 ounce) cans white beans, such as cannellini or navy, undrained
4 plum tomatoes, chopped
2 teaspoons dried Italian herb seasoning
Salt and pepper to taste
1 cup chopped parsley

Directions

In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Tim Perry's Soup (Creamy Curry Cauliflower and

Ingredients

1 quart chicken broth
1 onion, finely chopped
1 head cauliflower, finely chopped
1/2 head broccoli, finely chopped
1 teaspoon curry powder
1 tablespoon chicken bouillon granules
salt and pepper to taste
1/4 cup all-purpose flour
1/2 cup milk
2 cups shredded Cheddar cheese

Directions

In a stockpot, combine chicken broth, onion, cauliflower, and broccoli. Bring to a boil and reduce heat to low. Continue to simmer until vegetables are tender. Season with curry powder, chicken bouillon, salt, and pepper.

In a bowl, combine flour and 1/2 cup of the milk. Whisk briskly until there are no lumps. Add mixture to soup, stirring continuously as soup thickens. Stir in Cheddar cheese until completely melted.

Hearty Turkey Soup with Parsley Dumplings

Ingredients

1 picked over turkey carcass
12 cups water
1 1/2 cups chopped celery
5 carrots
1 yellow onion, cut into wedges
2 teaspoons salt
3/4 teaspoon dried thyme
1 cube chicken bouillon
1 bay leaf
6 tablespoons all-purpose flour
1/2 cup milk
1 small rutabaga, cubed
1/2 teaspoon ground black pepper
1 1/2 pounds cooked turkey, cubed
1/2 cup chopped fresh parsley
2 slices white bread, quartered
1 1/4 cups all-purpose flour
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup milk
4 tablespoons butter, melted

Directions

Combine turkey carcass, water, 1 cup celery, 2 carrots, onion, 2 teaspoons salt, thyme, bouillon, and bay leaf in large 4 quart stockpot. Bring to boiling. Lower heat, and cover. Simmer for 1 1/2 hours. Strain stock, and discard solids. Skim off fat using ladle or fat separator. Pick meat off bones when cooled. Reserve meat.

Combine 6 tablespoons flour and 1/2 cup milk in a jar with a tight fitting lid. Shake to combine. Pour stock into pot. Bring to simmering. Strain flour mixture through sieve into stock, stirring.

Slice remaining 3 carrots. Add rutabaga, ground pepper, remaining 1/2 cup celery, and sliced carrots. Simmer 20 minutes, or until vegetables are tender.

While the soup is simmering, prepare the dumplings. Combine parsley and bread in processor; whirl until medium size crumbs. Add 1 1/4 cups flour, baking powder, and salt; process just until combined. Add 1/2 cup milk and butter; process using on-off pulses just until blended.

Drop mounded tablespoons of dumpling mixture into simmering soup. Place cover on pot. Cook for 12 minutes, or until dumplings are dry in center. Add turkey meat; cook 3 minutes, or until heated through.

Yellow Split Pea and Frankfurter Soup

Ingredients

1 tablespoon olive oil
1 Spanish onion, finely chopped
1 large carrot, finely chopped
2 ribs celery, diced
2 cloves garlic, minced
1/2 teaspoon ground mace
2 1/2 cups dried yellow split peas
5 cups chicken stock
8 frankfurters, sliced
salt and pepper to taste

Directions

Heat olive oil in a large pot over medium heat. Stir in onion, carrot, celery, and garlic; cook to soften, but not brown, about 7 minutes.

Mix in the mace and split peas. Stir in the stock; cover, and simmer for 1 hour, or until the peas are soft.

Season with salt and pepper. Stir in frankfurters, and heat through.

Tomato Green Bean Soup

Ingredients

1 cup chopped onion
1 cup chopped carrots
2 teaspoons butter or stick
margarine
6 cups chicken broth
1 pound fresh green beans, cut
into 1 inch pieces
1 garlic clove, minced
3 cups diced fresh tomatoes
1/4 cup minced fresh basil
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

In a large saucepan, saute onion and carrots in butter for 5 minutes. Stir in the broth, beans and garlic; bring to a boil. Reduce heat; cover and simmer for 20 minutes or until vegetables are tender. Stir in the tomatoes, basil, salt and pepper. Cover and simmer 5 minutes longer.

Garden Tomato Soup

Ingredients

3 (16 ounce) cans whole peeled tomatoes
2 tablespoons vegetable oil
2 zucchini, cubed
2 large onions, chopped
2 cups sliced fresh mushrooms
2 teaspoons salt, or to taste
3 bay leaves
1/2 teaspoon dried thyme
2 teaspoons dried basil
1/2 teaspoon ground white pepper

Directions

In a blender or food processor, puree whole tomatoes until smooth.

In a large pot over medium heat, cook zucchini, onions and mushrooms in oil until tender. Pour in pureed tomatoes. Season with salt, bay leaves, thyme, basil and white pepper. Bring to a boil, then reduce heat and simmer 15 minutes. Remove bay leaves before serving.

Yam Soup

Ingredients

3 cups chicken broth
2 pounds yams, diced
1 medium onion, chopped
1 tablespoon curry powder
1/4 teaspoon black pepper
1/2 teaspoon salt
1/2 cup uncooked wild rice
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

Directions

Pour chicken broth into a saucepan, with curry powder, salt, pepper, onion powder and garlic powder. Bring to a boil over medium heat. Add yam and onion, and simmer for about 20 minutes. Add rice, and cook for another 20 minutes, or until rice is tender.

Creamy Vidalia Onion Soup

Ingredients

4 Vidalia onions, thinly sliced
3 tablespoons margarine
1 tablespoon all-purpose flour
1/2 teaspoon salt
2 cups chicken broth
1 cup milk
1/2 cup heavy whipping cream
3 egg yolks, beaten
1 1/2 teaspoons paprika
ground black pepper to taste
1/8 tablespoon hot pepper sauce
2 tablespoons chopped fresh parsley

Directions

In a saucepan, melt butter or margarine over medium heat. Add onions: saute until golden brown, about 10 minutes.

Stir in flour and salt, and mix thoroughly. Gradually add chicken broth, stirring constantly. Cover, and simmer over low heat for about 10 minutes.

When onions are very tender, stir in milk and cream. Heat through. Remove 1/2 cup soup, and mix in egg yolks. Slowly stir egg yolk mixture into soup in pan. Heat through, but do not allow soup to boil. Stir in paprika, black pepper, and red hot pepper sauce. Serve hot, and garnish with chopped parsley.

Easy Egg Drop Soup

Ingredients

1 (49.5 fluid ounce) can chicken broth
1 bunch chopped green onions
1/4 teaspoon white sugar
2 tablespoons soy sauce
3 tablespoons cornstarch
1/3 cup cold water
3 eggs
2 tablespoons cold water

Directions

Heat chicken broth and green onions in a large pot over medium-high heat. Mix sugar, soy sauce, cornstarch, and 1/3 cup of cold water in a bowl until smooth. Reduce heat and stir soy sauce mixture in to the broth. Boil soup on high for 1 minute, then reduce heat to medium-low.

Beat 3 eggs with 2 tablespoons of cold water. Using a fork, stir egg mixture in to soup and cook until eggs are opaque, about 2 minutes.

Tomato Garbanzo Soup with Rice

Ingredients

2 (14.5 ounce) cans diced tomatoes with juice
1 cup water
1/2 cup uncooked long grain white rice
2 large carrots, thinly sliced
1 1/2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon crushed red pepper
1/2 teaspoon salt
1/2 teaspoon black pepper
1 (15 ounce) can garbanzo beans

Directions

Place the diced tomatoes with juice and water in a large pot, and bring to a boil. Mix in the rice and carrots, and season with cumin, chili powder, red pepper, salt, and black pepper. Reduce heat to low, cover, and simmer 25 minutes, or until rice and carrots are tender.

Mix the garbanzo beans into the pot, and continue cooking 5 minutes, until heated through.

Roasted Beet, Crab and Vegetable Soup

Ingredients

4 beets, scrubbed, stems trimmed to 1 inch
2 tablespoons olive oil
salt and freshly ground pepper, to taste
2 tablespoons fresh lemon juice, or to taste

2 tablespoons olive oil
1 onion, chopped
2 tablespoons garlic, minced
1/2 cup chopped celery
1 (8 ounce) can sliced mushrooms
2 (13.75 ounce) cans chicken broth
1/2 (9 ounce) package frozen baby lima beans
1/2 (14 ounce) package frozen mixed vegetables
2 (14.4 ounce) cans diced tomatoes
1/2 (15 ounce) can peas
1/2 pound imitation crab meat, flaked
2 teaspoons dried thyme
1 dash Louisiana-style hot sauce, or to taste
salt and freshly ground pepper, to taste
2 teaspoons fresh lemon juice, or to taste

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place beets into a 9x13 inch baking dish. Drizzle with 2 tablespoons olive oil and lemon juice. Season with salt and pepper to taste.

Cook beets in preheated oven, turning occasionally, until fork tender, about 45 minutes. Remove from oven, cool, peel, and cut into 1/2 inch pieces.

Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in the onion, garlic, celery, and mushrooms; cook and stir until the onion becomes transparent, about 5 minutes. Pour in the chicken broth, and heat 5 minutes. Add the lima beans and mixed vegetables; bring soup to a boil over high heat. Reduce heat to medium-low, and stir in the tomatoes, peas, beets, and crab meat. Season with thyme, hot sauce, salt, and pepper, to taste. Simmer 10 minutes more, and turn off the heat. Just before serving, stir in 2 teaspoons lemon juice.

Beef Barley Lentil Soup

Ingredients

1 pound lean ground beef
1 medium onion, chopped
2 cups cubed red potatoes (1/4 inch pieces)
1 cup chopped celery
1 cup diced carrots
1 cup dry lentils, rinsed
1/2 cup medium pearl barley
8 cups water
2 teaspoons beef bouillon granules
1 teaspoon salt
1/2 teaspoon lemon-pepper seasoning
2 (14.5 ounce) cans stewed tomatoes

Directions

In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Layer with the potatoes, celery, carrots, lentils and barley. Combine the water, bouillon, salt and lemon-pepper; pour over vegetables. Cover and cook on low for 6 hours or until vegetables and barley are tender. Add the tomatoes; cook 2 hours longer.

Broccoli Cheese Soup V

Ingredients

3 (10 ounce) packages frozen
chopped broccoli
3 (14.5 ounce) cans chicken broth
6 tablespoons margarine
1 onion, chopped
1/2 cup all-purpose flour
2 cups milk
1 1/2 pounds processed cheese
food (eg. Velveeta), cubed
1 pinch ground white pepper

Directions

In a large pot over medium heat, simmer the broccoli in the broth for 15 minutes. In a separate skillet over medium heat, melt the butter or margarine, add the onions and saute for 5 minutes, or to desired tenderness.

Add the flour to the onions and stir well, forming a pasty substance. Gradually add the milk and stir until thick. Add this mixture to the broccoli mixture in the pot and stir well. Then add the cheese, stirring until melted. Finally, add the pepper. (Note: Be careful not to let the soup boil, or the cheese will break down.)

Turkey Noodle Soup

Ingredients

2 (14.5 ounce) cans chicken broth
3 cups water
1 3/4 cups sliced carrots
1/2 cup chopped onion
2 celery ribs, sliced
1 (12 ounce) package frozen egg noodles
3 cups chopped cooked turkey
1 (10 ounce) package frozen peas
2 (1 ounce) packages instant chicken gravy mix
1/2 cup cold water

Directions

In a large saucepan, bring the broth, water, carrots, onion and celery to a boil. Reduce heat; cover and simmer for 4-6 minutes or until vegetables are crisp-tender. Add the noodles. Simmer, uncovered for 20 minutes or until noodles are tender.

Stir in turkey and peas. Combine gravy mixes and cold water until smooth; stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened.

Cajun Style Corn Soup

Ingredients

4 cups water
1 1/3 (6 ounce) cans tomato paste
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon ground cayenne pepper
1 green bell pepper, chopped
1 red bell pepper, chopped
2 cups fresh corn kernels
1 tablespoon vegetable oil
1/2 onion, chopped
4 cloves garlic, minced
1/2 pound ground beef

Directions

In a large pot over high heat, combine the water, tomato paste, salt, ground black pepper, cayenne pepper, green bell pepper, red bell pepper and corn. Bring to a boil, reduce heat to medium low and allow to simmer at a slow boil for 35 minutes.

In a large saucepan over medium heat, combine the oil, onion and garlic and saute for 3 to 5 minutes. Add to the simmering soup. In the same saucepan over medium heat, saute the ground beef for 10 minutes or until well browned, and add to the soup. Stir well and simmer for 10 more minutes.

Fennel Carrot Soup

Ingredients

1/2 teaspoon fennel seed
1 tablespoon butter or stick margarine
1 1/2 pounds carrots, sliced
1 medium sweet potato, peeled and cubed
1 medium apple, peeled and cubed
3 (14.5 ounce) cans vegetable broth
2 tablespoons uncooked long grain rice
1/4 teaspoon curry powder
1 bay leaf
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon white pepper
2 tablespoons minced fresh parsley

Directions

In a large saucepan, saute fennel seed in butter for 2-3 minutes or until lightly toasted. Add the carrots, sweet potato and apple; saute for 5 minutes. Stir in the broth, rice, curry powder and bay leaf; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until rice and vegetables are very tender.

Remove from the heat and cool slightly. Discard bay leaf. In a blender or food processor, process soup in batches until pureed. Return to saucepan. Stir in the lemon juice, salt and pepper. Cook for 5 minutes or until heated through. Sprinkle with parsley.

She Crab Soup I

Ingredients

1 onion, chopped
1 1/2 tablespoons margarine
2 teaspoons all-purpose flour
1 1/2 teaspoons margarine
1 quart whole milk
1 pound crabmeat, flaked
4 ounces crab roe
1/8 teaspoon ground white pepper
1/8 teaspoon ground mace
2 cups milk
1/2 cup dry sherry

Directions

Using a saute pan melt 1 1/2 tablespoons butter, over low heat, and saute onions.

Using a double broiler melt 1 1/2 tablespoons of butter. Add flour and stir until well blended.

Combine sauteed onions and flour mixture into a large stock pot. Add 1 quart whole milk and stir constantly until soup is well blended.

Add the crab meat and roe and stir well; add pepper and mace and cook slowly for 20 minutes. Add 1 pint of milk and stir.

Remove from heat and add wine.

Serve in soup bowls which have been heated and garnish with sour cream, parsley sprigs or a sprinkle of paprika.

Potpourri Soup

Ingredients

1 pound ground beef
2 onions, chopped
6 cups water
1 (28 ounce) can whole peeled tomatoes, with liquid
1/3 cup barley
3 carrots, chopped
3 stalks celery, chopped
1 (16 ounce) can chili beans, drained
1 tablespoon salt
1/2 teaspoon ground black pepper
1 teaspoon Worcestershire sauce
1 teaspoon steak sauce
1 dash hot pepper sauce

Directions

In a large pot over medium heat, combine the ground beef and onions and saute for 10 minutes, or until the beef is browned and the onions are tender.

Add the water, tomatoes, barley, carrots, celery, beans, salt, ground black pepper, Worcestershire sauce, steak sauce and hot pepper sauce to taste.

Bring to a boil, reduce heat to low and simmer for 1 hour, or until all vegetables and barley are tender.

Beefy Tomato Pasta Soup

Ingredients

1 pound ground beef
2 medium green peppers, cut into 1-inch pieces
1 medium onion, cut into chunks
2 garlic cloves, minced
5 cups water
2 (14.5 ounce) cans diced Italian tomatoes, undrained
1 (6 ounce) can tomato paste
1 tablespoon brown sugar
2 teaspoons Italian seasoning
1 teaspoon salt
1/4 teaspoon pepper
2 cups uncooked spiral pasta
Croutons

Directions

In a Dutch oven or soup kettle, cook the beef, green peppers, onion and garlic over medium heat until meat is no longer pink; drain. Add the water, tomatoes, tomato paste, brown sugar, Italian seasoning, salt and pepper. Bring to a boil. Add pasta. Cook for 10-14 minutes or until pasta is tender, stirring occasionally. Serve with croutons if desired.

Ginger Carrot Soup by Jean Carper

Ingredients

1 tablespoon olive oil
2 large yellow onions, chopped
1 pound carrots, cut in chunks
2 cups low-fat chicken broth
2 tablespoons crystallized ginger, minced
1 teaspoon cinnamon
1 1/2 cups orange juice
1/2 cup fat-free half-and-half
Chives for garnish

Directions

In a large pot, saute onions in olive oil until soft. Add carrots, broth, ginger and cinnamon. Simmer until carrots are thoroughly cooked, 30-40 minutes. Transfer to a blender or food processor and process until smooth. Stir in juice and half-and-half. Serve warm or chilled, garnished with snippets of chives.

Mad's Peach-Curry Soup

Ingredients

5 tablespoons olive oil
2 tablespoons Madras curry powder
1 large onion, minced
3 cloves garlic, minced
1 (15 ounce) can sliced peaches in syrup, chopped
1 (14.5 ounce) can chopped plum tomatoes
1 teaspoon ground ginger
1 cup cream
1 cup vegetable broth
salt and black pepper to taste
2 cups lettuce, chopped
2 cups shelled, cooked shrimp

Directions

Heat the oil in a large saucepan over medium heat; stir in the curry and cook 1 minute. Add the onion and garlic; cook 8 to 10 minutes, or until the onion becomes transparent. Stir in the peaches, including their syrup, with the tomatoes, ginger, cream, broth, salt, and pepper. Simmer over low heat for 45 minutes. Serve hot, topped with shrimp and lettuce.

Sausage 'n Stout Cheese Soup

Ingredients

4 potatoes, peeled and diced
6 cups water
2 (12 fluid ounce) bottles cream
stout beer
2 pounds kielbasa sausage, sliced
thin
4 green onions, diced
2 teaspoons salt
1/2 teaspoon ground black
pepper
1/4 teaspoon liquid smoke
flavoring
1/2 teaspoon cayenne pepper
1/2 teaspoon dried mustard
powder
1 pound shredded Cheddar
cheese
2 cups milk

Directions

Bring potatoes, water, and beer to a boil in a large saucepan over high heat. Reduce heat to medium-low, cover, and simmer 5 minutes. Stir in the sausage, green onions, salt, black pepper, cayenne pepper, mustard powder, and liquid smoke. Cover and simmer until the potatoes are completely tender, about 15 minutes.

When the potatoes are tender, stir in the Cheddar cheese until completely melted, then add the milk. Heat through, stirring until cheese has melted but do not boil.

Fast Chicken Soup Base

Ingredients

2 quarts chicken broth
1 quart water
1 store-bought roast chicken
3 tablespoons vegetable oil
2 large onions, cut into medium dice
2 large carrots, peeled and cut into rounds or half rounds, depending on size
2 large stalks celery, sliced 1/4 inch thick
1 teaspoon dried thyme leaves

Directions

Bring broth and water to a simmer over medium-high heat in a large soup kettle. Meanwhile, separate chicken meat from skin and bones; reserve meat. Add skin and bones to the simmering broth. Reduce heat to low, partially cover and simmer until bones release their flavor, 20 to 30 minutes.

Strain broth through a colander into a large container; reserve broth and discard skin and bones. Return kettle to burner set on medium-high.

Add oil, then onions, carrots and celery. Saute until soft, about 8 to 10 minutes. Add chicken, broth and thyme. Bring to a simmer. (Can be refrigerated up to 3 days in advance. Return to a simmer before adding the extras of your choice.)

Italian Style Soup

Ingredients

- 1 pound ground beef
- 1 pound ground pork sausage
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 2 cups Italian green beans
- 3 1/2 cups diced zucchini
- 1 (29 ounce) can tomato sauce
- 1 (14.5 ounce) can canned tomatoes, drained and chopped
- 1 1/2 tablespoons Italian-style seasoning
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 cup grated Parmesan cheese

Directions

In a heavy skillet, cook ground beef and pork sausage with the onion, garlic and green pepper until the meat is cooked through., about 15 minutes. Drain and transfer the mixture to a stockpot. Add the green beans, zucchini, tomato sauce and canned tomatoes. Season with Italian style seasoning, salt and pepper. Bring to a boil then reduce heat and simmer for 1/2 hour. Serve hot topped with a sprinkle of Parmesan cheese.

Italian Sausage Soup with Tortellini

Ingredients

1 pound sweet Italian sausage, casings removed
1 cup chopped onion
2 cloves garlic, minced
5 cups beef broth
1/2 cup water
1/2 cup red wine
4 large tomatoes - peeled, seeded and chopped
1 cup thinly sliced carrots
1/2 tablespoon packed fresh basil leaves
1/2 teaspoon dried oregano
1 (8 ounce) can tomato sauce
1 1/2 cups sliced zucchini
8 ounces fresh tortellini pasta
3 tablespoons chopped fresh parsley

Directions

In a 5 quart Dutch oven, brown sausage. Remove sausage and drain, reserving 1 tablespoon of the drippings.

Saute onions and garlic in drippings. Stir in beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat; simmer uncovered for 30 minutes.

Skim fat from the soup. Stir in zucchini and parsley. Simmer covered for 30 minutes. Add tortellini during the last 10 minutes. Sprinkle with Parmesan cheese on top of each serving.

Easy Mac and Cheese Soup

Ingredients

1 (14 ounce) package uncooked
macaroni and cheese
1 cup chopped broccoli
1/2 cup chopped onion
1 cup water
2 1/2 cups milk
1 (11 ounce) can condensed
cream of Cheddar cheese soup
1 cup cubed cooked ham

Directions

Cook macaroni according to package directions; drain. Do not stir in the sauce.

In a medium saucepan, combine broccoli, onion and water. Bring to a boil and cook until broccoli is tender. Stir in macaroni, cheese mixture from package, milk, soup and ham. Return to a boil briefly. Serve hot.

Outback Onion Soup

Ingredients

2 quarts water
8 cubes beef bouillon, crumbled
2 large onions, quartered and sliced
1 teaspoon salt
1 teaspoon coarsely ground black pepper
3/4 cup all-purpose flour
1/2 cup cold water
1 cup heavy cream
1 1/2 cups shredded Colby-Monterey Jack cheese

Directions

In a large, heavy pot over medium heat, bring 2 quarts water to a boil. Stir in bouillon cubes and let boil 10 minutes, until dissolved. Place onions in boiling water, reduce heat and simmer 30 minutes.

Stir in salt and pepper and simmer 30 minutes more.

Stir the flour into 1/2 cup cold water to make a paste. Gently whisk this mixture into the simmering soup, being careful not to break the onions. Simmer 30 minutes more.

Stir in cream and cheese until cheese is melted and mixture is thoroughly heated. Thin with water if necessary. Serve hot, garnished with croutons, if desired.

Slow Cooker Lentil and Ham Soup

Ingredients

- 1 cup dried lentils
- 1 cup chopped celery
- 1 cup chopped carrots
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/2 cups diced cooked ham
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 bay leaf
- 1/4 teaspoon black pepper
- 32 ounces chicken broth
- 1 cup water
- 8 teaspoons tomato sauce

Directions

In a 3 1/2 quart or larger slow cooker combine the lentils, celery, carrots, onion, garlic and ham. Season with basil, thyme, oregano, the bay leaf and pepper. Stir in the chicken broth, water and tomato sauce. Cover and cook on Low for 11 hours. Discard the bay leaf before serving.

French Onion Soup VIII

Ingredients

- 1 tablespoon butter
- 1 tablespoon olive oil
- 4 large onion, thinly sliced
- 1 tablespoon all-purpose flour
- 2 (14 ounce) cans beef broth
- 1/2 cup white wine
- 1 1/2 cups water
- 2 bay leaves
- 6 slices French bread
- 1 cup shredded Swiss cheese

Directions

In a large saucepan over low heat, melt butter with olive oil. Cook onions in mixture, stirring occasionally, for 30 minutes, until very soft, translucent and brown on the edges.

Sprinkle the flour over the onions and stir to combine. Pour in beef broth, wine and water with bay leaves. Bring to a boil, then reduce heat and simmer, uncovered, 20 to 30 minutes.

Preheat oven broiler.

Toast the bread slices. Ladle the soup into 6 ovenproof bowls and place the bowls on a baking sheet. Place a toasted slice of bread over each bowl and top with Swiss cheese.

Place bowls under broiler until cheese is melted.

Brussels Sprouts and Barley Soup

Ingredients

12 cups chicken broth
1 cup chopped fresh green beans
1 1/4 cups cubed turnips
1/2 cup chopped leeks
1/2 cup chopped carrots
1/3 cup barley
1 1/2 pounds Brussels sprouts,
trimmed and cut in half
1/2 cup chopped green bell
pepper
1 teaspoon salt
1/2 teaspoon ground black
pepper
1/4 cup butter
1/2 cup all-purpose flour

Directions

Measure the chicken broth into a large soup pot. Bring to a boil. Add the beans, turnips, leeks, carrots and barley; simmer over medium heat for 30 minutes. Add the Brussels sprouts and green pepper. Season with salt and pepper. Simmer until the sprouts are tender, about 30 minutes more.

Melt the butter in a small saucepan over medium heat, stirring until it starts to brown. Whisk in the flour until smooth. Stir this into the soup and simmer until thickened, about 10 minutes.

Barley Broccoli Soup

Ingredients

3 cups water
3 beef bouillon cubes
1/2 cup medium pearl barley
2 cups chopped fresh broccoli,
cooked and chilled
4 cups milk
5 slices American cheese
1/4 teaspoon ground nutmeg
1/4 teaspoon pepper
4 bacon strips, cooked and
crumbled

Directions

In a saucepan, bring water, bouillon and barley to a boil. Reduce heat; cover and simmer for 50-60 minutes or until barley is tender and nearly all liquid is absorbed. Stir often but do not drain. Add broccoli or asparagus. Stir in milk, cheese, nutmeg and pepper. Add bacon if desired. Heat through, stirring often, until soup is hot and cheese is melted.

Spicy Vegetable Beef Soup

Ingredients

1 pound rump roast
2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 (14 ounce) can beef broth
1 (14 ounce) can stewed tomatoes
1 quart water
1 (16 ounce) package frozen mixed vegetables, thawed
4 mushrooms, sliced
2 stalks celery, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon dried parsley
1/4 teaspoon ground cayenne pepper
6 ounces rotelle pasta

Directions

Trim fat from roast and cut into 1 inch cubes. Place meat in a large pot over medium heat with oil, onion and garlic and cook, stirring, until meat is browned and onion is tender. Pour in broth, tomatoes and water. Stir in mixed vegetables, mushrooms and celery. Season with oregano, thyme, basil, parsley and cayenne. Bring to a boil, then reduce heat, cover and simmer 75 minutes.

Stir in pasta and cook 10 minutes more, until pasta is tender.

Chicken Tortilla Soup IV

Ingredients

2 1/2 teaspoons vegetable oil
6 (6 inch) corn tortillas, cut into 1/2 inch strips
3 cups chicken broth
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
1/2 teaspoon dried oregano
1 (15 ounce) can black beans, rinsed and drained
1 (15 ounce) can whole kernel corn, drained
2 skinless, boneless chicken breast halves, cut into bite size pieces
1/2 cup salsa
1/2 cup chopped fresh cilantro

Directions

Heat 2 teaspoons of the oil in a large pot over medium heat. Add half of the tortilla strips, stirring often, until crisp. Drain on paper towels. Repeat with remaining 1/2 teaspoon of oil and remaining tortilla strips and set aside.

Add the broth, cumin, chili powder and oregano to the pot. Raise heat to high and bring to a boil. Add the beans, corn, chicken and salsa. Reduce heat to low, stir and simmer for about 2 minutes, or until chicken is cooked through and no longer pink inside.

Add the cilantro and half of the reserved tortilla strips. Ladle into individual bowls and garnish each bowl with some of the remaining strips.

Creamy Kielbasa and Potato Soup

Ingredients

4 potatoes, cubed
1 onion, chopped
1 stalk celery, cut into 1/2 inch pieces
1 (14 ounce) can beef broth
1 (14.5 ounce) can chicken broth
1 cup water
3/4 pound kielbasa sausage, sliced into 1/2 inch pieces
1 (10.75 ounce) can condensed cream of chicken soup
ground black pepper to taste

Directions

In a large pot over medium heat, combine potatoes, onion, celery, beef broth, chicken broth, and water. Bring to a boil, then reduce heat and simmer until potatoes are tender, 15 minutes. Stir in sausage and condensed soup and continue to simmer until heated through and slightly thickened. Season with pepper. Serve hot.

Smoky Southwest Chicken and Wild Rice Soup

Ingredients

1 tablespoon olive oil
1/2 cup chopped onion
1/2 cup thinly sliced celery
1 (10.75 ounce) can low-sodium cream of chicken soup
1 cup low-sodium chicken broth
1 cup cooked wild rice
1 cup canned, sliced carrots, drained
2 (3 ounce) cans premium chunk chicken breast in water, drained
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1 pinch ground chipotle chile
1 cup shredded pepper jack cheese, divided
1/3 cup whipping cream
3 tablespoons chopped cilantro
Cilantro sprigs for garnish

Directions

In a large saucepan, heat oil over medium-high heat; add onion and celery. Saute, stirring occasionally, 8 to 10 minutes or until softened. Stir in soup and broth. Add rice, carrots, chicken, chili powder, cumin, chipotle chile and 3/4 cup cheese; bring to a boil, stirring occasionally. Reduce heat and simmer 10 minutes to blend flavors; stir in cream and chopped cilantro. Garnish with remaining cheese and cilantro sprigs.

Silky and Creamy Wild Rice Soup

Ingredients

1/3 cup wild rice
1 cup water
1/2 teaspoon salt
1/2 cup butter
3/4 cup chopped onion
1 cup chopped celery
2 teaspoons salt
1/4 teaspoon ground white pepper
1/4 cup all-purpose flour
5 cups milk

Directions

Thoroughly rinse wild rice. In a saucepan bring to a boil wild rice, 1/2 teaspoon salt, and water. Reduce heat and simmer 30 to 45 minutes or until tender.

Melt butter, add onions and celery. Cover and cook gently for 5 minutes until vegetables are tender (avoid browning vegetables). Stir in 2 teaspoons salt, pepper, and flour. Remove from heat and add milk, stirring until flour is well blended.

Return to low heat. Cook, stirring constantly, until soup thickens. Add the cooked wild rice and simmer a few minutes to blend flavor. Serve hot, garnished with chopped chives.