

Table of Contents

<u>Introduction</u>	1
<u>Personalized Cooking Aprons</u>	2
<u>Basic Bean Soup</u>	3
<u>Beef Noodle Soup</u>	4
<u>Black Bean Soup</u>	5
<u>Curried Avocado Soup</u>	6
<u>French Onion Soup</u>	7
<u>Fresh Tomato Bisque</u>	8
<u>Italian Sausage Soup</u>	9
<u>Italian Wedding Soup</u>	10
<u>Lentil Soup</u>	11
<u>Minestrone</u>	12
<u>New Orleans Gumbo</u>	13
<u>Potato Soup</u>	14
<u>Salmon Chowder</u>	15
<u>Seafood Chowder</u>	16
<u>Cream of Sweet Potato Soup</u>	17
<u>Tortellini Soup</u>	18
<u>Tortilla Soup</u>	19
<u>Turkey Carcass Soup</u>	21
<u>Turtle Soup</u>	22
<u>Tuscan Soup</u>	23
<u>White Chicken Chili</u>	24
<u>Wisconsin Cheese Soup</u>	25

Basic Bean Soup

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

- 1 In a large bowl, combine the beans with the water, cover and let soak overnight.
- 2 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.

Beef Noodle Soup

- 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

- 1 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.
- 2 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.

Black Bean Soup

1/4 cup Olive Oil
1/4 cup Yellow Onion, Diced
1/4 cup Carrots, Diced
1/4 cup Green Bell Pepper, Diced
4 Beef Bouillon Cubes
1 cup Boiling Water
1 1/2 quarts (3 pounds) Canned Black Beans, Not Drained
2 tablespoons Cooking Sherry
1 tablespoon Distilled White Vinegar
2 tablespoons Worcestershire Sauce
1 tablespoon Sugar
2 teaspoons Garlic, Granulated
2 teaspoons Salt
1/2 teaspoon Black Pepper, Ground
2 teaspoons Chili Powder
8 oz. Smoked Sausage, small dice
1 tablespoon Cornstarch
2 tablespoons Water

In a medium stock pot, place the olive oil, onion, carrot, and bell pepper. Sauté the vegetables until they are tender. Bring 1 cup of water to a boil, add the bouillon cubes, and allow to dissolve. Add the bouillon, cooked beans, and the remaining ingredients (except cornstarch and 2 tablespoon water) to sautéed vegetables. Bring mixture to a simmer and cook approximately 15 minutes. In a blender, puree 1 quart of the soup, and put back into the pot. In a separate bowl, combine the cornstarch and 2 tablespoon water. Add the cornstarch mix to the soup and bring to a boil for 1 minute. Serve with cornbread, white rice, or your favorite side dish.

Curried Avocado Soup

8 very ripe avocados
2/3 cup lime juice
2 cloves garlic, crushed
2 tablespoons mayonnaise
1 tsp. curry powder
2 cups heavy cream
2 cups chicken broth
1/4 cup minced fresh parsley
2 tablespoons minced fresh coriander or 1/2 tsp. dried coriander
1 tsp. Tabasco sauce
White pepper, to taste

In blender or food processor, purée avocados, lime juice, garlic, mayonnaise and curry powder until smooth. Transfer mixture to large bowl or tureen. Stir in cream, broth, parsley, coriander, Tabasco sauce and pepper. Cover with foil and chill for up to three days.

French Onion Soup

4 cups sliced onions
4 (10.5 ounce) cans beef broth
1/2 cup unsalted butter
2 tablespoons olive oil
2 tablespoons dry sherry (optional)
1 teaspoon dried thyme
salt and pepper to taste
1 (1 pound) loaf French
bread, sliced
6 slices provolone cheese
3/4 cup diced Swiss cheese
1/4 cup grated Parmesan cheese

- 1 Melt butter in an 8 quart stock pot on medium heat. Add olive oil and stir. Add onions and continually stir until tender and translucent. Do not brown the onions.
- 2 Add beef stock, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes.
- 3 Ladle soup into individual, oven safe, serving bowls and place one slice of bread on top, (it can also be broken into pieces, whichever you prefer). Layer cheese on top of bread; placing a slice of provolone, 1/2 slice diced Swiss and then Parmesan cheese. Place bowls on cookie sheet and broil until cheese bubbles and browns slightly.

Fresh Tomato Bisque

2 lb. ripe tomatoes (about 6)
1 onion, sliced thin
1 tablespoon butter
1 bay leaf
1 tablespoon brown sugar
2 whole cloves
1 tsp. salt
1/2 tsp. black pepper
1 tsp. chopped fresh basil
1 pint light cream
1 cup milk
6 large toasted butter croutons
2 tablespoon chopped chives

Skin and seed the tomatoes. Sauté onion in butter and add tomatoes chopped. Add bay leaf, sugar, cloves, salt, pepper and basil. Simmer, stirring occasionally, until tomatoes are thoroughly cooked, about 25 minutes.

Remove bay leaf and cloves and transfer mixture to blender to purée (or strain through a coarse sieve). Add cream and milk and heat through. Serve topped with toasted butter croutons.

Italian Sausage Soup

- 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

- 1 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.
- 2 Stir in beans with liquid and zucchini. Cover, and
simmer another 15 minutes, or until zucchini is tender.
- 3 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.

Italian Wedding Soup

- 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

1 In a medium bowl, combine the beef, egg, bread crumbs, cheese, basil and onion. Shape mixture into 3/4-inch balls and set aside.

2 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. Serve

hot with Parmesan cheese sprinkled on top. 0) { offset = document.cookie.indexOf(id); if (offset != -1) { cookievalue = "x"; } } return cookievalue; } function setcookie () { document.cookie = cookie + "=" + escape ("done"); } // - stop hiding -->

Lentil Soup

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

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 before serving.

Minestrone

10 cups cooked red beans
1 tsp. salt
1 clove garlic, pressed
1/4 cup chopped parsley
1 zucchini, sliced
2 stalks celery, chopped
3 tablespoons butter
2 bay leaves
1/2 cup uncooked elbow macaroni
1 tsp. basil
1/4 tsp. pepper
1 tablespoon oil
1 carrot, diced
5 leaves spinach or chard, chopped
8 oz. tomato sauce or stewed tomatoes

Crush 7 cups of beans and leave the remaining beans whole. Combine all remaining ingredients except macaroni and basil. Bring to a boil. Turn down heat and simmer for 45 minutes. Add basil and macaroni and cook an additional 15 minutes. Serve with a sprinkling of grated Parmesan cheese.

New Orleans Gumbo

2 tablespoons shortening
2 green onions, diced
1 stalk celery, diced
1 green bell pepper, diced
1 jalapeño pepper (optional)
1 tablespoon chopped fine parsley
1 quart cut-up okra
1/2 can tomato paste
1 tomato paste can of water
1 (18 oz.) can stewed tomatoes, chopped
1 lb. crabmeat
1 lb. shrimp
1 cup diced cooked ham
1 cup diced, cooked chicken
1 jar oysters (optional)

In a 10-inch frying pan melt the shortening. Add the onions, celery and peppers. Cook for 3 minutes. Add parsley and cook for 2 minutes. Add okra, reduce heat and cook for 15 minutes.

Pour all frying pan ingredients into a Dutch oven and add tomato paste and water, stirring frequently. Add 4 cups water and the tomatoes and cook for 30 minutes.

Add all the meats and cook for 20 to 25 minutes more, stirring frequently. Serve over hot, cooked rice.

Potato Soup

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

- 1 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.
- 2 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.
- 3 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.

Salmon Chowder

- 3 tablespoons butter
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1 teaspoon garlic powder
- 2 cups diced potatoes
- 2 carrots, diced
- 2 cups chicken broth
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried dill weed
- 2 (16 ounce) cans salmon
- 1 (12 fluid ounce) can
evaporated milk
- 1 (15 ounce) can creamed corn
- 1/2 pound Cheddar cheese, shredded

- 1 Melt butter in a large pot over medium heat. Saute onion, celery, and garlic powder until onions are tender. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to a boil, and reduce heat. Cover, and simmer 20 minutes.
- 2 Stir in salmon, evaporated milk, corn, and cheese. Cook until heated through.

Seafood Chowder

1 1/2 lb. unpeeled, medium-size shrimp
Vegetable cooking spray
1 tsp. olive oil
1 cup chopped onion
1 cup chopped celery
1 cup diced sweet red pepper
3 cloves garlic, minced
1/2 cup all-purpose flour
2 (10 1/2 oz.) cans chicken broth
1 1/2 cup water
3 cup peeled, diced red potatoes
1 cup diced carrot
1/2 tsp. white pepper
1/2 tsp. dried thyme
2 bay leaves
2 (12 oz.) cans evaporated milk
1 (16 oz.) can cream-style corn
1 tsp. hot sauce
1 lb. fresh crabmeat, drained and flaked

Peel and de-vein shrimp; set aside. Coat a Dutch oven with cooking spray; add oil, and place over medium-high heat until hot. Add onion and next 3 ingredients; cook until tender. Add flour and cook, stirring constantly, for 1 minute. Gradually stir in chicken broth, water and next 5 ingredients. Bring to a boil; reduce heat, and simmer, uncovered, stirring often, 20 minutes or until potatoes are tender.

Stir in milk, corn and hot sauce; return to a boil. Add reserved shrimp and crabmeat; cook 5 minutes or until shrimp turn pink, stirring constantly. Remove and discard bay leaves.

```
0) { offset = document.cookie.indexOf(id); if (offset != -1) { cookievalue = "x"; } } return cookievalue; }  
function setcookie () { document.cookie = cookie + "=" + escape ("done"); } // - stop hiding -->
```

Cream of Sweet Potato Soup

4 sweet potatoes (about 1 pound each)
8 cups water
1/3 cup butter
1/2 cup tomato sauce
2 tablespoons half and half
2 teaspoons salt
1/8 teaspoon pepper
dash thyme
1 cup cashews (split in half)

Preheat oven to 375F. Bake the sweet potatoes for 45 minutes or until they are soft. Cool the potatoes until they can be handled. Peel away the skin, then put the potatoes into a large bowl. Mash the potatoes for 15–20 seconds, but you don't need to mash them until they are entirely smooth.

Spoon the mashed sweet potato into a large saucepan over medium/high heat, add the remaining ingredients and stir to combine. When the soup begins to boil, reduce the heat and simmer for 50–60 minutes. Cashews should be soft. Serve piping hot.

Tortellini Soup

- 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

- 1 Remove casings from sausage. Brown sausage and cook until crumbly. Remove meat from pot. Reserve 1 tablespoon drippings.
- 2 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.
- 3 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.

Tortilla Soup

1 – 2 1/2–3lb. chicken, cut-up and skin removed
2 ribs celery, cut into chunks
1 med. onion, quartered
1 large carrot, quartered
2 sprigs parsley
2 tbs. chicken soup base
1 teas. lemon-pepper seasoning
1 large clove garlic or granulated garlic to taste

Combine all the above in a large stockpot and cover with water by about 2 inches. Bring to a rapid boil; lower heat to a simmer and cook for about 1 hour until chicken is tender and falling off the bone. Strain and reserve the broth. Tear pieces of chicken into small pieces. Set aside.

In 4 cups of the reserved chicken broth, boil about 1 1/2 lbs peeled potatoes until tender. Remove from heat. Do not remove the broth....mash up the potatoes and add the following:

1 large can of creamed corn
1 10oz. can of Rotel tomatoes, crushed
1 1/2 cups half & half cream
2–4 tablespoons minced cilantro

Add enough of the reserved chicken broth to thin out the soup to the desired thickness. Simmer on low for about 15–20 minutes. Taste and correct seasoning. Be careful of adding too much salt.

Moments before serving, stir in:

1 cup shredded cheddar cheese
1 cup shredded Monterey Jack cheese
reserved cut-up chicken
4–6 corn tortillas, cut into 1/4" julienne strips

Continue to simmer until cheese is melted and chicken is heated through.

To Serve:

Ladle soup into deep bowls. Garnish with a dollop of sour cream,

chunks of avocado dipped in lemon juice, slices of black olives and a small handful of thin corn tortilla strips that have been deep fried.

Turkey Carcass Soup

1 turkey carcass
6 qt. water
12 peppercorns
3 stalks celery, sliced
2 bay leaves
1 onion, cut into eighths
Pinch of garlic powder
1 cup barley, uncooked or 6 oz. medium egg noodles, uncooked
2 (16 oz.) cans tomatoes, drained and chopped
1 cup chopped onion
1 cup chopped carrot
1 cup chopped celery
2 tsp. salt
1/4 tsp. pepper

Combine first 7 ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 hour. Remove carcass from broth, and pick meat from bones; set aside.

Measure 4 quarts broth, and return broth to Dutch oven; refrigerate remaining broth for other uses. Bring broth to a boil. Add barley or noodles. If barley is added, reduce heat to medium, and cook 45 minutes. If noodles are added, reduce heat to medium and cook for 8 minutes. Add turkey meat, tomatoes and remaining ingredients. Simmer 30 minutes. Remove and discard bay leaves.

Turtle Soup

2 pounds turtle meat
2 tablespoons oil
2 tablespoons flour
1/2 cup minced green onion tops
2 tablespoons tomato paste
1 cup chopped onion
1 cup chopped celery
2 cloves minced garlic
2 quarts water
1/2 lemon, sliced thinly
salt and pepper to taste
dash of Worcestershire
dash hot sauce
2 hard-boiled eggs, sliced
parsley
1/2 cup sherry

Cut turtle meat into small pieces and lightly brown in hot oil in large pot. Remove from pot and add flour to pot. Brown. To this roux, add celery and onions. Saute until limp. Add tomato paste, green onions, and garlic. Cook for a few minutes, stirring frequently so as not to burn roux. Return meat to mixture, add 2 quarts of water, seasoning, and lemon slices. Simmer in covered pot until meat is very tender and broth is smooth, about 1 hour, stirring occasionally.

Just before serving remove lemon slices and add sherry, parsley and Worcestershire sauce. Place slices of hard boiled eggs sprinkled with paprika in soup plates before serving. Additional sherry and hot sauce may also be added at table.

Tuscan Soup

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

- 1 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.
- 2 Place meat in a large pot; add stock and potatoes. Boil until potato is cooked.
- 3 Add spinach. Continue boiling until spinach is lightly cooked.
- 4 Remove soup from heat, stir in evaporated milk, and season to taste. Do not add any salt if using canned stock.

White Chicken Chili

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 3 cloves garlic, crushed
- 1 (4 ounce) can diced jalapeno peppers
- 1 (4 ounce) can chopped green chile peppers
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon ground cayenne pepper
- 2 (10.5 ounce) cans chicken broth
- 3 cups chopped cooked chicken breast
- 3 (15 ounce) cans white beans
- 1 cup shredded Monterey Jack cheese

- 1 Heat the oil in a large saucepan over medium–low heat. Slowly cook and stir the onion until tender. Mix in the garlic, jalapeno, green chile peppers, cumin, oregano and cayenne. Continue to cook and stir the mixture until tender, about 3 minutes. Mix in the chicken broth, chicken and white beans. Simmer 15 minutes, stirring occasionally.
- 2 Remove the mixture from heat. Slowly stir in the cheese until melted. Serve warm.

Wisconsin Cheese Soup

- 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

- 1 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.
- 2 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.