

# TODAY'S COOKING

## Welcome!

[Skip Introduction](#)



## Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastronomy is the joy of all conditions and all ages. It adds wit to beauty.”  
- Monselet

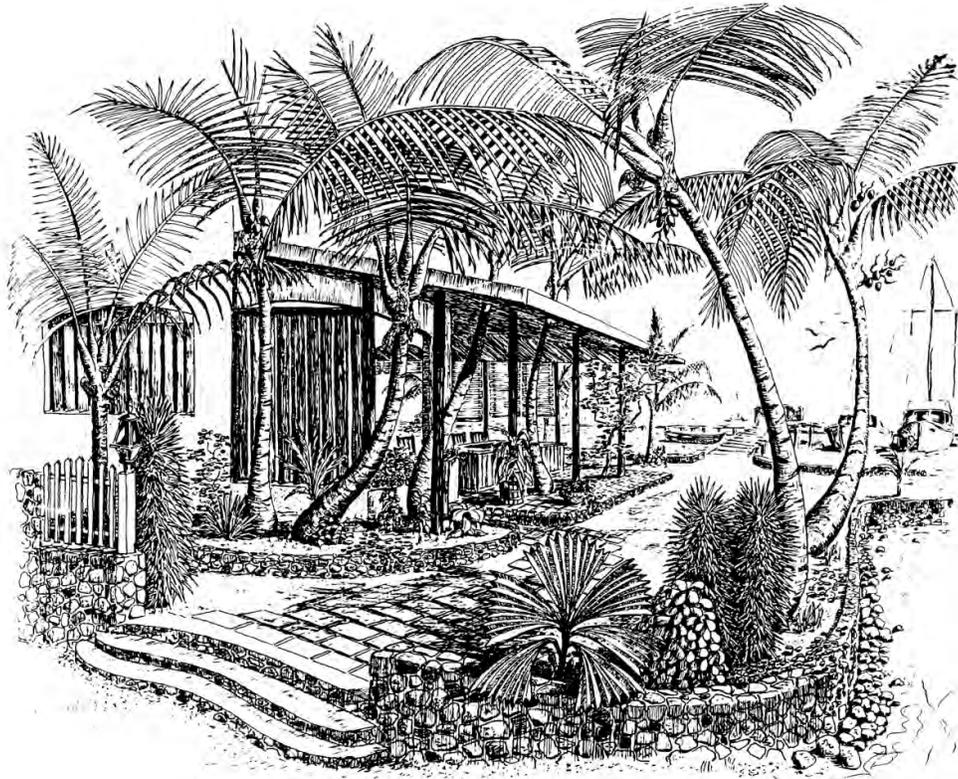
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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HP

R. Michael

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## NOTE ABOUT SOUPS:

1. Dairy-based soups don't freeze very well. They often have a grainy texture after being frozen.
2. Save Parmesan rinds in an airtight container and add to broth-based soups to give extra flavor.
3. Add a splash or two of lemon juice or vinegar to non-dairy soups just before serving to give add body.
4. Top chunky soups with sour cream or Greek yogurt and smooth soups with crispy bacon, chips, fried onions, nuts, or croutons.

## Vegetable Soups

### ACORN SQUASH SOUP - SERVES 6

#### Ingredients

1. 2 lbs. acorn squash, halved and seeded
2. 2 Tbs. butter
3. 2 large leeks, trimmed and washed
- 
4. 5 cups chicken or vegetable stock
5. 1 Tbs. tomato paste
6. 1/2 tsp. thyme
7. 1/2 tsp. each salt and white pepper (OK, black will do)
- 
8. 1/4 cup heavy cream
9. Chopped chives for garnish

#### Preparations

1. In a roasting pan with 1/2" water, bake the squash 30 minutes @ 350°F (180°C) cut side down. Cool and remove the pulp to a bowl.
2. Sauté the leeks in butter, covered for about 5 minutes. Add items 4 through 7 plus the squash pulp. Simmer 20 minutes. Cool.
3. Puree the soup and reheat. Stir in the cream and serve with chive garnish.

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## ACORN SQUASH SOUP - SERVES 8 TO 10

### Ingredients

1. 3 whole acorn squash, approximately 8 cups when cooked
2. 6 shallots, 1 cup diced, 3 peeled and cut in half
3. 6 garlic cloves, peeled
4. 2 Tbs. olive oil\*
5. 1 Tbs. salt
6. 1 Tbs. freshly ground pepper, plus more for serving
- 
7. 1 Tbs. olive oil, plus more for serving\*
8. 1 stick unsalted butter, in all
9. 4 cups chicken or vegetable stock
- 
10. 1/4 tsp. cayenne
11. 1/4 tsp. white pepper
12. 1 tsp. sage, dry
13. 1 tsp. savory
14. 1 cup heavy cream
15. 1 Tbs. Worcestershire sauce
16. 1/3 cup grated Parmesan

### Preparations

1. Preheat the oven @ 350° F (180° C).
2. Cut the squash in half crosswise and remove the seeds and strings. Trim the bottom on each half so the squash will stand upright. Line a baking sheet with foil or parchment and place the squash, cut side up. Add a piece of shallot and a garlic clove to each half. Drizzle with 2 Tbs. of olive oil and season with the salt and freshly ground pepper. Roast approximately 1 hour or until they start to caramelize,. Remove from oven; let cool and scoop out the flesh. Set aside along with the roasted shallots. All this can be done ahead of time.
3. In a large saucepan or pot, heat the olive oil and 2 Tbs. of the butter over medium-high until the butter starts to foam. Add the diced shallots and sauté until they are starting to caramelize, about 5 to 6 minutes. Deglaze with 1/2 cup of the chicken stock and stir. Reduce the heat to medium-low and add the squash, roasted shallots, garlic and the remaining chicken stock. Stir to combine, then puree the soup until smooth using an immersion blender. Stir in items 10 through 15 and heat slowly over medium-low heat. When the mixture comes to a low simmer, reduce heat to low and mix again with the immersion blender.

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4. Stir in 1/4 cup of the Parmesan; ladle into soup bowls and top each serving with freshly ground black pepper, a drizzle of olive oil and a sprinkle of the remaining Parmesan.

## ASPARAGUS BISQUE - SERVES 6

### Ingredients

1. 3 Tbs. butter
2. 1 large onion, sliced
3. 2 cloves garlic, minced
- 
4. 2 medium-sized potatoes, peeled & cubed
5. 1-1/2 lbs. asparagus, chopped
6. 1 Tbs. chives, chopped
7. 4 cups chicken or vegetable stock
8. 1/2 cup white wine
- 
9. 1/2 tsp. dill
10. 1/2 tsp. Worcestershire sauce
11. 1/2 cup milk

### Preparations

1. Heat butter and sauté item 2 for 5 minutes
2. Add item 3 and sauté another 5 minutes
3. Add items 4 through 8; cover and simmer 12 minutes.
4. Add items 9 & 10. Cover and remove from heat for 15 minutes. Cool.
5. In a blender process until smooth. Pour into a bowl and add item 11. Cover and chill in the refrigerator for 2 hours before serving.

## ASPARAGUS CREAM SOUP - SERVES 4

### Ingredients

1. 1 Tbs. butter
2. 1 medium onion, diced
3. 2 cloves garlic, minced

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- 
- 4. 1 medium potato, peeled & diced
- 5. 1 lb. fresh white asparagus, remove tips and set aside. Cut stalks into chunks
- 6. 3 cups chicken or or vegetable stock
- 7. 1 tsp. thyme
- 8. 1/4 tsp. white pepper
- 
- 9. 4 oz. heavy cream or half-and-half (see cashew cream alternative)

## Preparations

1. Heat butter in a large saucepan over medium heat and sauté item 2 for 5 minutes
2. Add item 3 and sauté another 5 minutes
3. Add items 4 through 8; cover and bring to a boil. Reduce heat to low and simmer 25 to 30 minutes. Remove from heat and let cool
4. Bring 1 cup of water to a boil in a small saucepan and cook the asparagus tips until just tender. Remove from heat and let cool
5. In a blender process the stock mixture until smooth. Return to large saucepan and add item 9 and the tips. Heat thoroughly and serve.

## ASPARAGUS CREAM SOUP - SERVES 6

### Ingredients

1. 3 Tbs. butter
2. 1 small onion, diced
3. 1 medium-sized leek (green & white), chopped
- 
4. 1/2 tsp. powdered garlic with herbs
5. 2 medium-sized potatoes, peeled & diced
6. 1 lb. fresh asparagus, remove tips and set aside. Break stalks and separate the edible from the tough ends. Process the tough ends as per prep 1 below. Set edible stalks aside.
7. 2 cups chicken or vegetable stock
8. 2 cups asparagus stock
9. 1/2 cup dry white wine
10. 1/2 tsp. each thyme and dill
11. 1/2 tsp. Worcestershire sauce
12. 1 tsp. chili powder
13. Hot sauce to taste

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14. Salt & pepper to taste
- 
15. 1/4 cup milk and 1/4 cup 'half-n-half'

## Preparation

1. In a small saucepan bring 2 cups of water to a boil. Add the tough asparagus ends; return to a boil and simmer 15 minutes. Reserve the stock and discard the ends.
2. Heat butter in a large saucepan over medium heat and sauté item 2 for 5 minutes
3. Add item 3 and sauté another 5 minutes
4. Add items 4 through 14; cover and bring to a boil. Reduce heat to low and simmer 25 to 30 minutes. Remove from heat and let cool
5. Bring 1 cup of water to a boil in a small saucepan and cook the asparagus tips until just tender. Remove from heat and let cool
6. In a blender process the stock mixture until smooth. Return to large saucepan and add item 15 and the tips. Heat thoroughly and serve.

## WHITE ASPARAGUS GARLIC SOUP - SERVES 8

### Ingredients

1. 4 Tbs. butter
2. 3 leeks, washed and diced
3. 2 cloves garlic, minced
- 
4. 1 cup dry white wine
- 
5. 3 lbs. fresh white asparagus, remove tips and set aside. Cut stalks into chunks
6. 6 cups clear vegetable stock
- 
7. 2 cups heavy cream or half-and-half (see cashew cream alternative)
8. 2 tsp. thyme
9. 1/2 tsp. white pepper
- 
10. Chives, chopped for garnish

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## Preparations

1. Heat butter in a large saucepan over medium heat and sauté item 2 for 5 minutes - do not brown.
2. Add item 3 and sauté another 5 minutes. Add item 4 and reduce until almost dry.
3. Stir in items 5 & 6 and simmer until the stalks are tender.
4. Add item 7, 8 & 9 and simmer 10 minutes. Let cool and puree in batches. Strain and return to the saucepan.
5. Add the asparagus tips; adjust seasonings and simmer until tips are tender. Garnish with the chives and serve.

## GREEN ASPARAGUS SOUP - SERVES 4

### Ingredients

1. 3 Tbs. butter
2. 1 medium-sized onion, diced
3. 2 cloves garlic, minced or pressed
- 
4. 2 medium-sized potato, peeled & diced
5. 1 lb. fresh green asparagus, cut into 1" pieces.
6. 4 cups chicken or vegetable stock
7. 1/2 cup dry white wine
8. 1 Tbs. chopped chives
- 
9. 1/2 tsp. dill
10. 1/2 tsp. Worcestershire sauce
- 
11. 1/2 cup milk

### Preparations

1. Heat butter in a large saucepan over medium heat and sauté onion for 5 minutes
2. Add garlic and sauté another 5 minutes
3. Add items 4 through 8; cover; reduce heat to low and simmer 12 minutes. Add items 9 & 10. Cover and remove from heat. Let cool 15 minutes.
4. Process in a blender until smooth and add the milk. Chill 2 hours or more and serve.

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## ASPARAGUS SOUP W/ LEMON CREM FRAICHE - SERVES 6

### Soup Ingredients

1. 1 Tbs. ea. butter & olive oil
2. 1 small onion, chopped
3. 4 cups cut fresh asparagus (1" pieces)
4. 3 medium red potatoes, peeled and cubed
- 
5. 2 cans (14-1/2 oz. ea.) vegetable broth
6. 2 tsp. grated lemon zest
7. 1/2 tsp. ea. ground coriander, salt & pepper
8. 1/4 tsp. ground ginger

### Garnish Ingredients

1. 1/4 cup minced chives
2. 1/4 cup creme fraiche or sour cream
3. 1 Tbs. lemon juice
4. 1/2 tsp. grated lemon zest

### Preparations

1. In a large saucepan over medium-high heat, melt the butter and add the oil. Sauté the onion until tender.
2. Add the next 2 items and cook 3 minutes. Stir in items 5 through 8 and bring to a boil. Reduce heat; simmer, covered, until potatoes are tender, 15 to 20 minutes.
3. Cool slightly. Process soup in batches in a blender until smooth. Return all to pan and heat through. Combine garnish ingredients. Place a dollop on each serving.

## BUTTERNUT & CURRY SOUP - SERVES 6

### Ingredients

1. 3 lbs. butternut squash, peeled, seeded & cut into 1 inch cubes
2. 2 Tbs. olive oil
3. 1 medium onion, chopped

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4. 2 cloves garlic, minced
- 
5. 1" piece ginger, grated (use powdered ginger to taste)
6. 1 Tbs. curry powder
- 
7. 1 can (14.5 oz.) coconut milk
8. 4 cups chicken or vegetable stock
- 
9. 1 lime, juiced (3 Tbs.)
10. 1 tsp. salt
- 
11. 1/3 cup unsalted peanuts, chopped
12. 1/3 cup scallions, sliced

## Preparations

1. In a large pot with a lid, add items 2 through 4 and sauté 5 minutes.
2. Add item 5 and cook 1 minute. Add item 6 and cook another minute.
3. Add items 7 & 8. Stir well and add the squash. Bring to a boil; reduce heat and simmer partially covered for 20 minutes. Cool
4. Puree the soup and reheat. Stir in items 9 & 10. Served garnished with items 11 & 12.

## GOLDEN SQUASH SOUP - SERVES 6

### Ingredients

1. 5 medium-sized leeks (white portion only), sliced
2. 2 Tbs. butter
- 
3. 4 cups cubed peeled butternut squash
4. 4 cups vegetable or chicken stock
5. 1/4 tsp. ea. dried thyme & pepper
- 
6. 1-3/4 cups shredded cheddar cheese
7. 1/4 cup sour cream
8. 1 green onion, thinly sliced

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## Preparations

1. In a large saucepan, sauté leeks in butter until tender. Stir in items 3, 4 & 5. Bring to a boil. Reduce heat; cover and simmer until squash is tender, 10 to 15 minutes. Cool slightly.
2. In a blender, cover and process squash mixture in small batches until smooth; return all to the pan. Bring to a boil. Reduce heat to low. Add cheese; stir until soup is heated through and cheese is melted. Garnish with sour cream and onion.

## VEGAN SQUASH SOUP - SERVES 8 - MAKES 2-3/4 QTS.

## Ingredients

1. 1 large butternut squash, peeled and cut into 1" cubes (about 8 cups)
2. 3 Tbs. olive oil, divided
3. 1 tsp. salt, divided
4. 1/4 tsp. pepper
- 
5. 1 medium onion, chopped
- 
6. 1 Tbs. minced fresh ginger root (or 1 tsp. ground ginger)
7. 2 garlic cloves, minced
8. 1 tsp. ground turmeric
9. 1/2 tsp. ground cumin
- 
10. 1 carton (32 oz.) vegetable broth
11. 1 can (15 oz.) pumpkin
12. 1 can (13.66 oz.) coconut milk
13. Minced fresh cilantro
14. Croutons

## Preparations

1. Preheat oven @ 400° F (200° C).
2. Place squash in a shallow roasting pan; drizzle with 1 tablespoon oil. Sprinkle with 1/2 teaspoon salt and the pepper. Roast until tender, 25 to 30 minutes, turning once. Reduce oven setting @ 350° F (180° C).
3. In a large stock pot over medium-high heat, add 1 Tbs. oil and the onion. Cook, stirring, until tender, 5 to 7 minutes. Add items 6 through 9 and remaining 1/2 teaspoon salt; cook 1 minute.

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Stir in items 10 and 11 and the roasted squash. Bring to a boil; reduce heat. Simmer, uncovered, 15 to 20 minutes. Add coconut milk; cook 5 minutes longer.

4. Cool slightly. In a blender, cover and process soup in batches until smooth. Return the pureed mixture to the pot and cook, stirring, until heated through. Top each serving with croutons and cilantro.

## BUTTERNUT SQUASH SOUP - SERVES 6

### Ingredients

1. 2 Tbs. olive oil
2. 2 cups cubed peeled butternut squash
3. 2 medium carrots, chopped
4. 1 medium sweet red or yellow pepper, chopped
5. 1 medium Gala apple, peeled and chopped
6. 1 small onion, chopped
- 
7. 2 cups water
8. 2 tsp. vegetable base
9. 1/2 tsp. ea. salt & dried oregano
10. 1/4 tsp. ea. ground nutmeg & black pepper
11. 1-1/2 cups unsweetened almond milk

### Preparations

1. Add the oil to a large saucepan over medium heat. When hot, add items 2 through 6 and cook, stirring for 8 to 10 minutes.
2. Stir in items 7 through 10. Bring to a boil; reduce heat and simmer, uncovered, until vegetables are tender, 8 to 10 minutes. Stir in the almond milk.
3. Puree soup using an immersion blender. Or, cool soup slightly and puree in batches in a blender; return to pan and heat through.

# TODAY'S COOKING

## ROASTED BUTTERNUT & PEAR SOUP - SERVES 6

### Ingredients

1. 2 ripe pears, peeled, cored & quartered
2. 2 lbs. butternut squash, peeled, seeded & cut into 2" chunks
3. 2 medium-sized tomatoes, cored & quartered
4. 1 large leek (pale green and white parts only), washed and sliced
5. 2 cloves garlic, minced or pressed
6. 2 Tbs. olive oil
7. Black pepper to taste
8. 1/2 tsp. salt
- 
9. 4 cups vegetable or chicken stock
10. 2/3 cup Stilton cheese (or other blue cheese), crumbled
11. 2 Tbs. thinly sliced scallions or chives

### Preparation

1. Heat oven to 400° F (200° C). In a large bowl combine ingredients 1 through 8. Toss well and spread evenly on a large, rimmed baking sheet. Roast 45 to 50 minutes, turning occasionally. Let cool slightly. Place half the roasted vegetables and half of the stock in a blender and puree until smooth. Transfer to a large saucepan. Repeat.
2. Simmer the soup over medium/low heat for about 10 minutes, stirring often.
3. Garnish each serving with the cheese and greens.

## BEAN & CABBAGE SOUP - SERVES 4

### Ingredients

1. 1 Tbs. olive oil
2. 1 garlic clove, minced
3. 1 onion, sliced
- 
4. 1 celery, sliced
5. 2 carrots, sliced
-

# TODAY'S COOKING

6. 6 cups chicken or vegetable stock
7. 1 can (14.5 oz.) of diced tomatoes
8. Salt and pepper to taste
9. 2 Tbs. Worcestershire sauce
10. 1 Tbs. parsley, chopped
11. 1 tsp. garlic powder
12. 1 bay leaf
13. 1 tsp. celery seed
- 
14. 1 can (16 oz.)beans (navy, pinto or mixed)
15. 1 cup or more green cabbage, shredded
16. Water if needed to thin the soup

## Preparations

1. Heat oil and sauté items 2 & 3 for 5 minutes
2. Add items 4 and 5 and sauté another 5 minutes
3. Add items 6 through 13 and simmer 30 minutes.
4. Add items 14 & 15. Simmer an additional 15 minutes. Thin with water if necessary.

## BEET SOUP - SERVES 4

### Ingredients

1. 3 Tbs. olive oil
2. 1 medium onion, chopped
3. 3 cloves garlic, minced
- 
4. 6 medium-sized beets, peeled & chopped
5. 2 cups beef or vegetable stock
6. Salt & pepper to taste
- 
7. Sour cream (at room temperature)
8. Chopped parsley

### Preparations

1. Over medium heat sauté the onions and garlic in the oil for about 5 minutes.

# TODAY'S COOKING

2. Add ingredients 4, 5 & 6; bring to boil; cover and simmer 30 minutes. Remove from heat and let cool.
3. Using a blender, puree the mixture in batches until smooth. Return to pan and heat. Fill soup bowls and garnish with the sour cream and parsley.

**Easy:** use 2 cans of sliced beets, chopped. Reserve the liquid and add beef stock to make 2 cups.

## BEEF & DILL SOUP - SERVES 4 TO 6

### Ingredients

1. 3 lbs. beets, peeled and quartered
2. 1 large onion, quartered
3. 3 cups ea. stock (chicken or vegetable) & water
4. 1 tsp. salt
5. 1/4 tsp. black pepper
- 
6. 1 Tbs. lemon juice
7. 2 Tbs. fresh dill, finely chopped
8. Additional dill for garnish

### Preparation

1. In a 6 qt. slow cooker combine items 1 through 5; cover and cook on low 8 hours.
2. Cool and in a blender, puree the soup in batches. Reheat; stir in items 7 & 8 and serve with garnish.

## BORSCHT - SERVES 8

### Ingredients

1. 6 cups water
2. 3/4 tablespoon salt
3. 1/2 cup finely chopped carrots
4. 1/8 cup chopped green bell pepper\*
5. 1/2 stalk celery, chopped

# TODAY'S COOKING

6. 1 medium-sized beet
7. 1/2 cup canned peeled and diced tomatoes
8. 3 potatoes, quartered ^
- 
9. 1/3 cup butter 1/2 cup chopped onion
10. 1-1/2 cups canned tomatoes
11. 1-1/2 cups finely shredded cabbage#
12. 1/4 cup heavy cream
13. 3/4 cup diced potatoes ^
14. 1/2 cups finely shredded cabbage#
15. 1/8 cup chopped green bell pepper\*
16. 1 tablespoon dried dill weed
17. Salt and freshly ground black pepper to taste

## Preparations

1. Place ingredients 1 through 8 in a large stock pot over high heat. Bring to a boil.
2. Melt half of the butter in a separate skillet over medium heat. Sauté onions in butter until tender, approximately 5 minutes. Stir in tomatoes, reduce heat to medium low, and simmer for 15 minutes. Remove 1/2 cup of sauce from skillet, and set aside. Stir half of the cabbage into the skillet with remaining sauce, and continue simmering 5 minutes more, or until tender.
3. Remove beet from boiling liquid and discard. Remove potatoes with a slotted spoon or tongs, and place in a bowl with remaining 1 Tbs. of butter and the cream. Mash together until smooth.
4. Return the 1/2 cup of reserved onion-tomato sauce to the stock pot. Stir in diced potatoes, and simmer until just tender but still firm, approximately 5 minutes. Increase heat to a low boil, and stir in remaining cabbage, tomato sauce, bell pepper and mashed potatoes. Reduce heat and simmer a few minutes more. Season with black pepper, and serve.

## RUSSIAN CABBAGE BORSCHT - SERVES 4

### Ingredients

1. 3/4 cups thinly sliced potatoes
2. 1/2 cup thinly sliced beets
3. 2 cups vegetable stock or water
- 
4. 2 Tbs. butter
5. 3/4 cups chopped onions
6. 1/2 tsp. caraway seed (optional)

# TODAY'S COOKING

7. 1 tsp. salt
- 
8. 1 celery stalk, chopped
9. 1 large carrot, sliced
10. 1-1/2 cups coarsely chopped red cabbage
- 
11. Black pepper to taste
12. 1/8 tsp. fresh chopped dill
13. 1/2 Tbs. cider vinegar
14. 1/2 Tbs. honey
15. 1/2 cup tomato puree
- 
16. Sour cream, for topping
17. Chopped tomatoes, for garnish

## Preparations

1. Place items 1, 2 & 3 in a medium saucepan over high heat; cover with stock, and boil until vegetables are tender. Remove potatoes and beets with a slotted spoon, and reserve stock.
2. Melt butter in a large skillet over medium heat. Stir in items 5, 6 & 7; cook until onions become soft and translucent. Then stir in items 8, 9 & 10 and the reserved stock; cook, covered, until all vegetables are tender, about 10 minutes.
3. Add potatoes and beets to the skillet. Add items 11 through 15. Cover, reduce heat to medium low, and simmer at least 30 minutes. Serve topped with sour cream, extra dill weed, and chopped fresh tomatoes.

To serve 8, simply double the recipe.

## COLD SPRING GREENS BORSCHT - SERVES 4

### Ingredients

1. 2 cups chicken or vegetable stock
2. 2 medium-sized potatoes, peeled & diced
3. 2 medium-sized beets, peeled & diced
- 
4. 1 Tbs. butter
5. 1/2 medium onion, chopped
6. 1 clove garlic, minced

# TODAY'S COOKING

- 
- 7. 1/2 bunch green onions, chopped
- 8. 1 bunch fresh spinach or Swiss Chard leaves, chopped
- 9. 1/2 stalk celery and 1/2 carrot, sliced
- 10. 1/2 small green cabbage, shredded
- 
- 11. 1 egg, beaten
- 
- 12. Salt & pepper to taste
- 13. 1/2 Tbs. each honey and white balsamic vinegar
- 14. 1/8 tsp. fresh dill, chopped
- 15. 1 Tbs. fresh mint, chopped
- 16. 1/2 cup diced tomato
- 17. 1 cup water
- 
- 18. 1/2 cucumber, diced (garnish)
- 19. 1/8 cup sour cream (garnish)
- 20. 1 sprig fresh dill weed, chopped (garnish)

## Preparations

1. Bring stock to a boil in a large saucepan; add the potatoes and beets; cover and cook until fork tender, 8 to 10 minutes. Remove the vegetables with a slotted spoon and mash.
2. In a small skillet, sauté the onions and garlic about 10 minutes and add to the stock. To the stock, add items 7 through 10 and cook 2 to 3 minutes; remove from the heat. Pour the beaten egg into the mixture in a slow and steady stream while stirring until the soup thickens. Add items 12 through 17 and puree. Allow soup to cool and place in the refrigerator to chill completely. Garnish with the cucumber, sour cream, and dill.

## QUICK BORSCHT - SERVES 8 TO 10

### Ingredients

1. 2 cups onions, finely chopped
2. 2 cups carrots, finely chopped
- 
3. 4 cans (16 oz.ea.) beets, julienned - about 4 cups (reserve the liquid from one can)
4. 2 Tbs. butter

# TODAY'S COOKING

5. 4 cups beef bouillon or consommé
6. 2 cups finely shredded red cabbage
- 
7. 2 Tbs. lemon juice
8. Salt and freshly ground black pepper to taste
- 
9. Sour cream (at room temperature)
10. Chopped parsley

## Preparations

1. Place items 1 & 2 in soup pot and add boiling water to just barely to cover.
2. Gently boil, covered for 20 minutes.
3. Add items 3 through 6 and gently boil an additional 15 minutes. Add more water if necessary.
4. Add items 7 & 8; stir well.
5. This soup may be served hot or cooled and then chilled.
6. Fill soup bowls and garnish each with the sour cream and parsley.

## QUICK BLACK BEAN SOUP - SERVES 4

### Ingredients

1. 1 16oz. can black beans, undrained
2. 1 cube beef bouillon
3. 1/3 cup chicken or vegetable stock
4. touch of Kitchen Bouquet
5. 1 medium-sized onion, chopped
6. 1 stalk celery, chopped
7. 2 Tbs. chopped parsley
8. 1/4 cup dry red wine
9. 1/8 cup dry Vermouth
10. 1-3/4 cups water
11. 1/2 Tbs. olive oil
12. 1/2 tsp. dry mustard

### Preparations

1. Puree the beans. Add all items to large pan; bring to boil; reduce heat and simmer 20 minutes.

# TODAY'S COOKING

## STUART'S BLACK BEAN SOUP - SERVES 4

### Ingredients

1. 1 large onion, chopped
2. 1 Tbs. olive oil
3. 1 garlic clove, minced
- 
4. 1 can (16 or 19 oz.) black beans with liquid
5. 1-3/4 cups water
- 
6. 1/3 cup chicken or vegetable stock
7. 1 cup beef stock
8. 1/2 tsp. dry mustard
9. 1/2 tsp. thyme
10. 1/2 Tbs. Worcestershire sauce
11. 2 Tbs. dry Vermouth
12. Touch of Kitchen Bouquet
13. 2 Tbs. chopped parsley
- 
14. 1/4 cup red wine
15. 2 Tbs. cornstarch or arrowroot

### Preparations

1. Cook half of the onion in oil until browned. Add the rest of the onion and garlic and cook 5 minutes.
2. In a blender puree items 4 & 5 until smooth. Add this and items 6 through 13 to the onions. Bring to boil; reduce heat and simmer 45 minutes.
3. Mix items 14 & 15 well and add to the soup. Cook, stirring for 15 minutes until thickened.

# TODAY'S COOKING

## STUART'S BLACK BEAN SOUP #2 - SERVES 4

### Ingredients

1. 1 large onion, chopped
2. 1 Tbs. olive oil
3. 1 garlic clove, minced
- 
4. 1 can (16 or 19 oz.) black beans with liquid
5. 4 cups water, divided
- 
6. 1 pkg. Lipton Onion soup mix
7. 1/2 tsp. dry mustard
8. 1/2 tsp. thyme
9. 1/2 Tbs. Worcestershire sauce
10. 2 Tbs. dry Vermouth
11. Touch of Kitchen Bouquet
12. 2 Tbs. chopped parsley
13. 1 small package baby spinach, coarsely chopped
- 
14. 1/4 cup red wine
15. 2 Tbs. cornstarch or arrowroot

### Preparations

1. Cook half of the onion in oil until browned. Add the rest of the onion and garlic and cook 5 minutes.
2. In a blender puree bean and half the water until smooth. Add this and items 6 through 13 to the onions. Bring to boil; reduce heat and simmer 45 minutes.
3. Mix items 14 & 15 well and add to the soup. Cook, stirring for 15 minutes until thickened.

# TODAY'S COOKING

## BLACK BEAN SOUP - SERVES 6

### Ingredients

1. 1 Tbs. olive oil
2. 1 large onion, chopped
3. 2 carrots, chopped
4. 1 large stalk celery, chopped
- 
5. 2 garlic cloves, minced
6. 1 Tbs. chili powder
7. 1/2 Tbs. cumin
8. Black pepper to taste
9. 10 oz. ea. chicken and beef stock
- 
10. 2 cans (16 oz.) black beans with liquid
11. 1 (8 oz.) jar salsa
12. 1 small can kernel corn
- 
13. 1/4 cup each dry white wine and dry Vermouth
14. Touch of Kitchen Bouquet
15. 2 Tbs. chopped parsley or cilantro

### Preparations

1. Sauté items 1 through 4 for 5 minutes. Add items 5 through 9 and simmer 20 minutes. Add one can of the beans, half of the salsa and the corn.
2. Blend the other can of the beans and the rest of the salsa until smooth. Add this and items 13 through 15 to the soup. Heat and serve.

## BLACK BEAN SOUP #2 SERVES 4 TO 6

### Ingredients

1. 3 Tbs. olive oil
2. 2 celery stalks, chopped
3. 1 carrot, chopped

# TODAY'S COOKING

4. 1 onion, chopped
- 
5. 2 tsp. dried oregano
6. 1 tsp. ground cumin
7. 1/2 tsp. red pepper flakes
8. 1/2 tsp. celery seeds
9. 3 cloves garlic, minced
- 
10. 2 cups cooked black beans
11. 1 Tbs. vegetable or chicken bouillon base
12. 1 bay leaf
13. 1 can (14 oz.) can diced tomatoes
14. Salt and freshly ground black pepper to taste

## Preparations

1. In a large skillet over medium heat sauté items 1 through 4 for 5 minutes.
2. Add items 5 through 9 and cook 3 minutes. Add items 10 through 14 and enough water to cover by an inch or two (about 3 cups). Simmer 1 to 2 hours, adding water if necessary.

## BROCCOLI SOUP - SERVES 6 TO 8

### Ingredients

1. 2 cups water
2. 4 cups chopped fresh broccoli (about 1-1/2 pounds)
3. 1 cup chopped celery
4. 1 cup chopped carrots
- 
5. 1/2 cup chopped onion
6. 6 Tbs. butter, cubed
7. 6 Tbs. all-purpose flour
8. 3 cups chicken or vegetable stock
9. 2 cups milk
- 
10. 1 Tbs. minced fresh parsley
11. 1 tsp. onion salt
12. 1/2 tsp. garlic powder
13. 1/2 tsp. salt

# TODAY'S COOKING

## Preparations

1. In a large stock pot, bring the water to a boil. Add items 2, 3 & 4; boil 2-3 minutes or until crisp-tender. Drain; set the vegetables aside.
2. In the same pot, sauté onion in butter until tender. Stir in the flour to form a smooth paste. Gradually stir in the broth and milk until smooth. Bring to a boil; cook and stir for 1 minute or until thickened.
3. Stir in reserved vegetables and remaining items. Reduce heat; cook, stirring occasionally, for 15 minutes or until vegetables are tender.

## CREAM OF VEGETABLE SOUP - SERVES 4

### Ingredients

1. 3 cups water
2. 1 lb. fresh broccoli (3 cups chopped)
3. 3/4 lb. fresh cauliflower (2 cups chopped)
4. 1 medium-sized carrot chopped (1/2 to 3/4 cup)
5. 1 medium-sized celery rib chopped (1/2 to 3/4 cup)
- 
6. 4 Tbs. butter
7. 3/4 cup onion, chopped
8. 1 garlic clove
9. 3 Tbs. AP flour
- 
10. 1 Tbs. minced fresh parsley
11. 1/2 tsp. celery salt
12. 1/4 tsp. onion powder
- 
13. Chicken base
14. 1 cup cream or half'n' half
15. Salt and freshly ground black pepper

### Preparations

1. Cook items 2 through 5 in the water for about 7 minutes. Drain, reserving the liquid, and set aside
2. Melt 4 Tbs. butter in heavy medium pot over medium-high heat. Add the onion, and garlic and sauté until the onion is translucent, about 6 minutes. Stir in the flour and cook for 2 minutes. Add

# TODAY'S COOKING

the cooked vegetables and items 10, 11 & 12 and stir. Use the reserved cooking water and chicken base to make stock; add to the pot and bring to boil.

3. Reduce heat and simmer, uncovered, until broccoli is tender, about 8 minutes. Pour in cream and stir well. Let cool and puree the soup in batches using a blender. Return to the pot; add salt and pepper to taste; cover and heat. Serve garnished with some chopped parsley, a sprinkle of paprika and some garlic croutons.

## VEGETABLE CHOWDER - SERVES 12

### Ingredients

1. 3 cups diced peeled potatoes
2. 2-1/2 cups broccoli florets
3. 1 cup chopped onion
4. 1 cup grated carrots
5. 2 celery ribs, diced
6. 1 Tbs. chicken or vegetable base
7. 3 cups water
- 
8. 3/4 cup butter, cubed
9. 3/4 cup all-purpose flour
10. 4 cups milk
11. 1 tsp. salt
12. 1/4 tsp. pepper
13. 1 cup cubed fully cooked ham
14. 1 cup (4 oz.) shredded cheddar cheese

### Preparations

1. In a large saucepan, combine items 1 through 7; simmer for 20 minutes or until vegetables are tender.
2. In another large saucepan, melt butter; stir in flour. Cook and stir over medium heat for 2 minutes. Whisk in the milk, salt and pepper. Bring to a boil; cook and stir for 2 minutes or until thickened. Add to vegetable mixture with the ham; simmer 10 minutes until heated through. Stir in cheese just until melted.

# TODAY'S COOKING

## GARDEN VEGETABLE SOUP - SERVES 8 TO 12

### Ingredients

1. 4 Tbs. olive oil
2. 2 cups chopped leeks, white only
3. 2 Tbs. minced garlic
- 
4. 1 Tbs. chopped chives
5. 2 cups sliced carrots
6. 2 cups diced potatoes
7. 2 cups fresh or frozen green beans in 3/4" pieces
- 
8. 8 cups chicken or vegetable stock
9. Corn kernels, fresh or frozen of 2 ears
10. 4 cups chopped tomatoes with juices
11. Salt & pepper to taste
- 
12. 2 tsp. lemon juice
13. 1/4 cup packed chopped fresh parsley

### Preparations

1. Heat the oil in a stock pot over medium-low. Add items 2 & 3 and cook 8 minutes. Add items 4 through 7 and cook 5 minutes, stirring occasionally.
2. Add the stock; bring to a boil; reduce heat to a simmer and add items 9, 10 & 11.
3. Reduce heat to low; cover and cook 25 to 30 minutes. Remove from heat and add last 2 items. Adjust seasonings as needed.

# TODAY'S COOKING

## TUSCAN VEGETABLE SOUP - SERVES 4 TO 6

### Ingredients

1. 1 can (15 oz.) cannellini beans, drained and rinsed
- 
2. 1 Tbs. olive oil
3. 1 cup chopped onion
4. 1/2 cup chopped carrots
5. 2 celery ribs, diced
6. 1-1/2 cups diced zucchini
7. 1 garlic clove, minced or pressed
8. 2 tsp. chopped fresh sage or 1/2 tsp. dried
9. 1 Tbs. chopped fresh thyme or 1/2 tsp. dried
- 
10. 4 cups chicken or vegetable stock
11. 1 can (14-1/2 oz.) diced tomatoes with juice
- 
12. 2 cups chopped baby spinach
13. Salt & pepper to taste
14. 1/2 cup or more grated Parmesan cheese

### Preparations

1. Mash half of the beans and set aside.
2. Over medium-high heat add the oil to a large stock pot. Add items 3 through 9 and cook about 5 minutes.
3. Add items 10 & 11 and bring to a boil. Add all the beans and reduce heat to a simmer. Stir in the spinach and cook 3 minutes or until the spinach is just wilted. Season and serve with the cheese on the side.

# TODAY'S COOKING

## RIBOLLITA (ITALIAN CABBAGE SOUP) - SERVES 12

### Ingredients

1. 2 cups dry cannellini beans
2. 4 cups water
- 
3. 3 (32 oz. ea.) cartons chicken or vegetable stock
4. 5 cloves garlic, minced
5. 4 sage leaves
6. 2 bay leaves
7. 1 tsp. salt
- 
8. 1/2 cup olive oil
9. 2 onions, diced
10. 3 carrots, peeled and sliced
11. 3 large stalks celery, chopped
12. 2 potatoes, peeled and cut into chunks
13. 1-1/2 cups cabbage, coarsely chopped
14. 1 bunch Swiss chard, trimmed and chopped
15. 1 bunch kale, trimmed and chopped
16. 1 (14-1/2 oz.) can diced tomatoes
- 
17. 12 (1/2" thick) slices French bread, lightly toasted
18. Salt and freshly black pepper to taste
19. 1-1/2 cups grated Parmesan cheese for topping
20. 1/2 cup olive oil

### Preparations

1. 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.
2. Place the beans and items 3 through 7 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.
3. Heat the olive oil in a large pot over medium-high heat. Add the onions; cook and stir until transparent, about 10 minutes. Add items 10 through 15 to the onions. Stir in the tomatoes. Season with salt and pepper to taste. Cover, and cook until greens have wilted, about 20 minutes, stirring

# TODAY'S COOKING

occasionally. 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.

4. 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.

## CABBAGE & RICE SOUP - SERVES 4 TO 6

### Ingredients

1. 1 small cabbage
2. 1 large onion, thinly sliced
3. 2 Tbs. butter
- 
4. 6 cups beef, chicken or vegetable stock
5. Salt & pepper to taste
6. 1/8 tsp. nutmeg
- 
7. 1/2 cup rice
8. Gruyere or Parmesan cheese, grated

### Preparations

1. Shred the cabbage as you would for making slaw. Combine the cabbage and items 2 & 3 in a large pot. Cook, covered, over low heat until the cabbage is golden, stirring frequently.
2. Add items 4 through 6 and simmer covered for 10 minutes.
3. Add rice and simmer until the rice is tender, 20 to 30 minutes.
4. Serve with the cheese on the side.

## CABBAGE VEGGIE CREAM SOUP - SERVES 8

### Ingredients

1. 1 lb. breakfast sausage
- 
2. 2 Tbs. olive oil

# TODAY'S COOKING

3. 3 cloves garlic, minced
4. 2 tsp. minced fresh ginger root
5. 1 onion, chopped
6. 2 cups cubed butternut squash
7. 2 beets, sliced into rounds
8. 4 red potatoes, diced
9. 4 carrots, chopped
10. 1/2 medium head green cabbage, chopped
- 
11. 1 tsp. hot pepper sauce (such as Frank's Red Hot®), or to taste
12. 2 tsp. ea. dried dill weed, dried rubbed sage and dried thyme leaves
13. Salt and black pepper to taste
- 
14. 2 quarts chicken or vegetable stock
15. 1 can (10.75 oz.) condensed cream of mushroom soup
16. 1/4 cup red wine vinegar

## Preparations

1. 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; set the browned sausage aside.
2. Add the olive oil into the pot; stir in items 3 through 10. Cook, stirring, for 10 minutes. Season with items 11, 12 & 13. Add the browned sausage and the remaining items. 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.

## CARROT SOUP - SERVES 2

### Ingredients

1. 2-1/2 cups sliced carrots
2. 3/4 cups vegetable stock\*
- 
3. 1 Tbs. butter
4. 1 Tbs. all-purpose flour
- 
5. 1 Tbs. chopped fresh parsley

# TODAY'S COOKING

6. 1 Tbs. chopped fresh basil
7. 1 tsp. ground cayenne pepper
8. 1 cup 'half-n-half'
- 
9. 3/4 cups vegetable stock\*
10. Salt to taste
11. Black pepper to taste

## Preparations

1. Steam carrots until tender.
2. In a blender or food processor, combine cooked carrots and 3/4 cup broth. Blend until smooth. Set aside.
3. In a medium saucepan, melt butter over medium heat. Stir in the flour and cook 2 minutes. Add items 5, 6 & 7. Add 'half-n-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.

## GINGERED CARROT SOUP - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 1/2 cup minced onion
3. 1/4 cup grated fresh ginger
4. 2 cloves garlic, minced
- 
5. 4 cups chicken or vegetable stock
6. 4 cups sliced peeled carrots
- 
7. 1/2 cup evaporated milk (or for an alternative with less fat, use 'half-n-half')
8. 1/4 tsp. ground cumin

### Preparations

1. Heat oil in heavy, large saucepan over medium-high heat and add items 2, 3 & 4. Sauté until onion is translucent, about 8 minutes. Add the stock and carrots. Cover and simmer until carrots are tender, about 30 minutes.

# TODAY'S COOKING

2. Working in batches, puree mixture in blender or processor. Return soup to saucepan over low heat. Mix 'half-n-half' and cumin together and add to the soup. Season to taste with salt and pepper.

## CARROT & SWEET POTATO SOUP - SERVES 4

### Ingredients

1. 2 Tbs. butter
2. 1 onion, diced
- 
3. 1/2 tsp. ground cardamom
4. 1/4 tsp. ea. ground turmeric, ground ginger, red pepper flakes & ground cinnamon
5. 1 pinch cayenne pepper
- 
6. 1 can (14 oz.) chicken or vegetable stock
7. 2 cups water
8. 2 large sweet potatoes, peeled and diced
9. 3 carrots, peeled and chopped
10. Salt and pepper to taste

### Preparations

1. Melt the butter in a large saucepan over medium-high heat. Stir in onions, and cook until golden brown, 5 to 7 minutes. Add items 3, 4 & 5 and cook about 1 minute.
2. Add the remaining items and bring to a boil over high heat; 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. Reheat or serve chilled.

## CARROT & SWEET POTATO SOUP #2 - SERVES 4 TO 6

### Ingredients

1. 1-1/2 lbs. carrots, peeled and cut into large chunks
2. 1 lb. sweet potatoes, peeled and cut into large chunks
3. 1 onion, quartered
4. 3 cups chicken or vegetable stock

# TODAY'S COOKING

5. 2 cups water
6. 1 Tbs. honey
7. 1 bay leaf
8. Salt and black pepper
9. Chopped cilantro or parsley for garnish

## Preparation

1. In a 6 qt. slow cooker combine all the items; cover and cook on low 8 hours.
2. Cool and remove the bay leaf. Use a blender to puree the soup in batches. Reheat and serve with garnish.

## CHILLED CARROT AND SQUASH SOUP - SERVES 4

### Ingredients

1. 1-1/2 lbs. butternut squash, peeled, seeded and cubed
2. 1 can (14-1/2 oz.) chicken or vegetable stock
3. 2 medium carrots, sliced
4. 1 medium onion, chopped
5. 1/4 tsp. salt
- 
6. 1/2 cup fat-free evaporated milk or half'n'half
7. 3 Tbs. reduced fat sour cream

### Preparations

1. In a large saucepan, combine items 1 through 5. Bring to a boil; reduce heat; cover and simmer for 15 to 20 minutes or until vegetables are very tender. Remove from the heat and let cool.
2. 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.

# TODAY'S COOKING

## CARROT WITH MINT SOUP - SERVES 2 TO 4

### Ingredients

1. 6 carrots, peeled and sliced
2. 1 cup water
- 
3. 3/4 cup dry white wine
4. 1 tsp. grated orange peel
5. 1/4 tsp. nutmeg
6. 3 Tbs. fresh mint or 1 Tbs. dried mint
- 
7. 2 Tbs. butter
8. 3 Tbs. minced onion or chives
9. 2 cups chicken or vegetable stock
10. Salt & pepper to taste

### Preparation

1. Place items 1 & 2 in a large saucepan and cook 15 minutes. Cool.
2. In a blender, puree the carrots and liquid with items 3 through 6.
3. In the saucepan add items 7 & 8 and sauté 5 minutes. Add the stock and blend well. Add the carrots; season; heat and serve.

**Note:** for a thicker soup, add 2 Tbs. butter and 2 Tbs. flour to the sauté.

## CARROT, POTATO, AND CABBAGE SOUP - SERVES 6

### Ingredients

1. 4 large carrots, thinly sliced
2. 2 large potatoes, thinly sliced
3. 1 large onion, thinly sliced
4. 1/4 medium head green cabbage, thinly sliced
5. 2 cloves garlic, minced
6. 6 cups chicken or vegetable stock
7. 1 Tbs. olive oil

# TODAY'S COOKING

8. 1/4 tsp. ea. dried thyme, basil and parsley
9. 1 tsp. salt
10. Black pepper to taste

## Preparation

1. Combine the all the items 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. Reheat.

## SLOW COOKER CARROT SOUP - SERVES 4 TO 6

### Ingredients

1. 1-1/2 lbs. carrots, peeled and cut into 3" pieces
2. 1 medium-sized onion, sliced
3. 2 cloves garlic, minced
4. 4 cups chicken or vegetable stock
5. 2 cups water
- 
6. 2 Tbs. brown sugar
7. 1-1/2 tsp. ginger
8. 1/4 tsp. ea. salt & black pepper
9. 2 Tbs. heavy cream
10. 3 Tbs. leftover or instant mashed potatoes
11. Garnishes: chopped cilantro - chopped roasted cashews - slivered almonds

### Preparation

1. In a 6 qt. slow cooker combine items 1 through 5; cover and cook on high 6 hours.
2. Stir in items 6 through 11. Cool and use a blender to puree the soup in batches. Reheat and serve with a garnish.

# TODAY'S COOKING

## CARROT & FRENCH LENTIL SOUP - SERVES 6

### Ingredients

1. 5 large carrots, peeled and sliced
2. 1-1/2 cups dried green lentils, rinsed
3. 1 shallot, finely chopped
4. 2 tsp. herbes de Provence
5. 1/2 tsp. pepper
6. 1/4 tsp. kosher salt
7. 6 cups chicken or vegetable stock
- 
8. 2 cups cubed rotisserie chicken
9. 1/4 cup heavy whipping cream

### Preparation

1. Combine the first 7 ingredients in a 5 or 6 qt. slow cooker; cover. Cook on low 6 to 8 hours or until lentils are tender.
2. Stir in chicken and cream. Cover and continue cooking until heated through, about 15 minutes.

## CURRIED CARROT SOUP - SERVES 4

### Ingredients

1. 4 large carrots, sliced
- 
2. 1 small carrot, shredded
3. 2 Tbs. butter\*
- 
4. 3 cups chicken or vegetable stock
5. 2 Tbs. butter\*
6. 1/2 tsp. or more curry powder
7. Salt & pepper to taste

# TODAY'S COOKING

## Preparation

1. Cover the sliced carrots with water and bring to a boil; reduce heat and simmer for 15 minutes. Drain, cool, puree and return to pan.
2. Sauté items 2 & 3 for 5 minutes and set aside.
3. To the puree add items 4 through 7. Heat to bubbling. Serve with sautéed shredded carrots as garnish.

## CORN CHOWDER - SERVES 6

### Ingredients

1. 6 ears of corn or 3 cups frozen whole kernel corn, thawed
2. 1 Tbs. high temperature oil such as canola or grape seed oil
3. 1 medium onion, chopped
4. 1/2 of a large green pepper, chopped
- 
5. 2 cups chicken or vegetable stock
6. 1 medium-sized potato, peeled and diced
- 
7. 1 cup milk
8. 1 Tbs. flour
9. Salt & pepper to taste
10. Chopped parsley for garnish

### Preparations

1. Cut the kernels off the cob, if using fresh corn. Puree half the corn and set aside.
2. In a large saucepan, combine items 2, 3 & 4 and cook 5 minutes. Add ingredients 5 and 6; bring to a boil; reduce heat; cover and simmer 10 minutes, stirring occasionally. Add the corn and corn puree and simmer, uncovered, 10 minutes. In a small bowl combine ingredients 7, 8 & 9. Mix well and add to the chowder. Cook, stirring, until thickened. Garnish each dish with parsley.

**Variation:** Add crisp cooked, crumbled bacon a minute or two before serving.

# TODAY'S COOKING

## CORN CHOWDER #2 - SERVES 6

### Ingredients

1. 4 large ears sweet corn, husks removed
2. 1 large onion, chopped
3. 1 celery rib, chopped
- 
4. 1 Tbs. butter
5. 1-1/2 cups diced peeled potatoes
6. 1 cup water
7. 2 tsp. chicken or vegetable base
8. 1/4 tsp. dried thyme
9. 1/4 tsp. pepper
- 
10. 6 Tbs AP flour
11. 3 cups milk

### Preparations

1. Cut corn off the cob and set aside (or use frozen corn, thawed).
2. In a large saucepan, sauté onion and celery in butter until tender. Add items 4 through 9 and the corn. Bring to a boil.
3. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender. Combine the flour and milk until smooth. Gradually stir into soup and bring to a boil; cook and stir for 2 minutes or until thickened.

## CORN & POTATO CHOWDER - SERVES 6

### Ingredients

1. 1 Tbs. butter
2. 1 medium-sized onion, chopped
- 
3. 1 lb. red potatoes (about 3 medium-sized), cubed
4. 1-1/2 cups fresh or frozen corn (about 7 oz.)
5. 3 cups chicken or vegetable stock

# TODAY'S COOKING

6. 1-1/4 cups half'n'half, divided
7. 2 green onions, thinly sliced
8. 1/2 tsp. salt
9. 1/4 tsp. freshly ground pepper
- 
10. 3 Tbs. AP flour
11. 1 Tbs. minced fresh parsley

## Preparations

1. In a large saucepan, melt the butter over medium-high heat. Add onion and cook, stirring, 4 minutes.
2. Add items 3 through 9 and bring to a boil. Reduce heat; cover and simmer 12 to 15 minutes or until potatoes are tender. If using corn cut off the cob, add the cob to the soup for more flavor.
3. In a small bowl, mix the flour and remaining cream until smooth; stir into the soup. Return to a boil, stirring constantly and cook 1 to 2 minutes or until slightly thickened. Remove the cob and stir in the parsley.

## RICH CORN CHOWDER - SERVES 4

### Ingredients

1. 1 Tbs. each butter and olive oil
2. 1 medium-sized onion, chopped
3. 1 garlic clove, minced or pressed
4. Leaves of 3 thyme sprigs or 1/2 tsp. dried
- 
5. 2 Tbs. AP flour
6. 3 cups chicken or vegetable stock
7. 1 medium potato, peeled and diced
8. 1 cup coconut milk or heavy cream
- 
9. Salt & pepper to taste
10. 2 Tbs. chopped parsley

### Preparations

1. In a stockpot over medium heat, melt the butter; add the oil and sauté items 2, 3 & 4 until soft.

# TODAY'S COOKING

2. Stir in the flour and cook 2 minutes. Add items 6, 7 & 8; bring to a boil and cook at a low boil for 8 to 10 minutes.
3. Cut the kernels off the cob. Use the back of the knife and scrap the cob to get as much of the corn "milk" as possible. Add the corn and "milk"; season with the salt & pepper and simmer, uncovered, 10 to 12 minutes. Stir in the parsley and serve.

## CURRY SOUP - SERVES 4

### Ingredients

1. 4 cups beef or vegetable stock
2. 2 cloves
3. 1 bay leaf
4. Dashes of hot sauce
- 
5. 3 Tbs. butter
6. 1 large onion
7. 1 tsp curry powder
8. 4-1/2 Tbs. flour
9. 1 egg, beaten
10. Chopped parsley for garnish

### Preparations

1. Combine and bring to a boil the first four ingredients. Cool and strain.
2. Sauté the onion in the butter until soft, about 5 minutes. Add the curry and flour and stir well. Add the strained stock, stirring constantly. Remove from the heat and continue to stir while adding the egg. Garnish with parsley.

## GARLIC & DILL CARROT SOUP - SERVES 6

### Ingredients

1. 3 lbs. carrots, chopped
2. 6 cups chicken or vegetable stock
3. 3 cloves garlic, chopped
4. 2 Tbs. dried dill weed
5. 1 stick (8 Tbs.) butter

# TODAY'S COOKING

6. 1-1/2 tsp. salt

## Preparations

1. In a medium sized stock pot, over high heat, combine all the items. Bring to a boil, reduce heat and simmer for 30 minutes or until carrots are soft. Cool slightly.
2. In a blender, puree the soup; return to stock pot and simmer for an additional 30 to 45 minutes. Season with additional dill if needed.

## GAZPACHO - SERVES 4

### Ingredients

1. 2 slices white bread, crusts removed
2. 2 tomatoes, peeled, seeded and diced
3. 1 clove garlic, minced
4. 2 Tbs. olive oil
5. 2 Tbs. vinegar
6. 1 small onion, minced
7. 1 pimiento, diced
8. 1 tsp. salt
9. Pepper to taste
10. For garnish: 1/2 cup of each of the following diced, seeded cucumber, hard-cooked egg, diced green bell pepper and seasoned croutons

### Preparations

1. Tear the bread into small pieces and place in a blender with items 2 through 8. Blend until smooth, adding enough cold water to make a thick soup. Chill for at least an hour before serving. Dress the vegetable garnishes with a little oil and vinegar.

## GAZPACHO ESPAÑOL - SERVES 4 TO 6

### Ingredients

1. 6 tomatoes, peeled and quartered
2. 1 onion, chopped
3. 1/2 green pepper, chopped

# TODAY'S COOKING

4. 1 cucumber, peeled & sliced
- 
5. 2 Tbs. chopped fresh basil
6. 2 Tbs. chopped fresh parsley
7. 1/4 cup chopped fresh cilantro
8. 3 minced garlic cloves
9. 1/2 tsp. oregano
10. 1 Tbs. vinegar
11. 1 tsp. salt
12. Pepper to taste

## Preparations

1. Place ingredients 1 through 4 in a blender or food processor and pulse until liquefied.
2. Add remaining items and process until smooth. Chill and serve cold
3. If soup is too thick, thin with water 1 Tbs. at a time to the desired consistency.

## Variations:

1. Add 1/4 to 1/2 tsp. of cayenne for zip.
2. For texture, add some diced tomatoes, finely chopped cucumber and green pepper to the soup.
3. Add some cooked shrimp or firm cooked fish cut in chunks.

## QUICK GAZPACHO - SERVES 12

### Ingredients

1. 4 cans (46 oz. ea.) tomato juice
2. 2 each, finely chopped: tomatoes, onions, celery, green pepper and cucumber
3. 2 cloves garlic, minced
4. 1 tsp. olive oil
5. 1 Tbs. Worcestershire sauce
6. Salt & pepper to taste

### Preparations

1. Mix all the items; shake well in a large bottle and chill.
2. Serve with a dollop of sour cream and a slice of lime.

# TODAY'S COOKING

## VINTAGE TOMATO BOUILLON - SERVES 8

### Ingredients

1. 6 cups tomato juice
2. 2 ribs celery, chopped
3. 2 large slices of onion
4. 2 bay leaves
5. 8 whole cloves
- 
6. 2 cups bouillon
7. 1 cup dry red wine
8. Salt & pepper to taste
9. Thin lemon slices

### Preparations

1. Simmer items 1 through 5 for 20 minutes.
2. Strain and add items 6 through 8.
3. Serve hot with lemon slices.

## TOMATO BISQUE - SERVES 4 TO 6

### Ingredients

1. 4 Tbs. unsalted butter
2. 1 Tbs. minced bacon (about 1/2 oz.)
- 
3. 1 Spanish onion, chopped
4. 1 carrot, chopped
5. 1 stalk celery, chopped
6. 4 cloves garlic, minced
- 
7. 5 Tbs. AP flour
8. 5 cups chicken or vegetable stock
9. 1 (28 oz.) can whole, peeled tomatoes (with liquid), roughly chopped
-

# TODAY'S COOKING

10. 3 parsley sprigs
11. 3 fresh thyme sprigs
12. 1 bay leaf
- 
13. 1 cup heavy cream
14. 1-3/4 tsp. kosher salt
15. Freshly ground black pepper

## Preparations

1. Heat the butter in a large pot over medium-high heat. Add the bacon and cook, stirring, until crisp and most of the fat has rendered, about 1 minute. Using a slotted spoon, transfer the bacon to a paper towel-lined plate and set aside. Lower the heat to medium, add items 3 through 6 and cook, covered, stirring occasionally, until soft, about 8 minutes.
2. Stir in the flour and cook, stirring, for 3 minutes. Pour in the broth and tomatoes and bring to a boil while whisking constantly.
3. Place items 10, 11 & 12 in a tea ball or tie up in a piece of cheesecloth and add to the pot. Lower the heat and simmer for 30 minutes. Remove from the heat and allow to cool.
4. When the soup base is cool, discard the herbs. Puree the soup in batches until smooth. Using a sieve over a large bowl, strain the tomato puree. Return the puree to the pot and reheat over medium heat.
5. Whisk the heavy cream and salt into the soup and season with pepper to taste. Divide among warm soup bowls, garnish with the crispy bacon, and serve immediately.

## COLD TOMATO CONSOMMÉ - SERVES 2

### Ingredients

1. 2 Tbs. gelatin
2. 1/2 cup cold dry, red wine
- 
3. 2 cups tomato juice
4. Pinch of cayenne
5. 1/2 Tbs. lemon juice
6. Splash of dry sherry
7. Worcestershire sauce to taste
8. Salt & pepper to taste
9. 1 Tbs. each chopped chives and parsley as garnish

# TODAY'S COOKING

## Preparations

1. Dilute the gelatin in the wine. Add items 3 through 8 and chill. When ready to serve, add the garnish.

## CREAMY TOMATO SOUP - SERVES 8

### Ingredients

1. 1/4 cup extra-virgin olive oil
2. 5 slices stale bread, quartered
- 
3. 3 cloves garlic, minced or pressed
4. 1 red onion, chopped
5. 1/2 tsp. kosher salt
- 
6. 2 Tbs. tomato paste
7. 1 cup vegetable stock
8. 2 cans (28 oz. ea.) crushed tomatoes
9. 4 sprigs fresh basil
10. 1 cup heavy cream
11. 1 Tbs. honey

### Preparations

1. Place a large saucepan over medium-high heat. Add the olive oil and heat until just fragrant. Place 8 quarters of the bread into the hot oil and fry until golden brown, about 30 seconds on each side. Remove the bread crouton and set aside.
2. To the pan, add items 3, 4 & 5 to the oil. Cook, stirring frequently, until the onions start to lose their color and soften, about 8 minutes. Add item 6 and cook until caramelized, about 1 minute more. Stir in items 7, 8 & 9. Swirl 1/2 cup water into each can of tomatoes and pour into the soup. Reduce the heat to low and simmer until the onions are soft, about 30 minutes.
3. Puree the soup until smooth using an immersion blender. Submerge the remaining bread in the cream and add to the soup. Puree again until free of any lumps. Stir in the honey and taste for seasoning. Serve warm, each serving topped with a crouton.

# TODAY'S COOKING

## FRESH TOMATO CREAM SOUP - SERVES 4 TO 6

### Ingredients

1. 3 Tbs. olive oil
2. 1-1/2 cups chopped red onions (approx. 2 onions)
3. 2 carrots, peeled and chopped
- 
4. 1 Tbs. minced garlic (3 cloves)
5. 4 lbs. vine-ripened tomatoes, coarsely chopped (approx. 5 large)
6. 1-1/2 tsp. sugar
7. 1 Tbs. tomato paste
8. 1/4 cup packed chopped fresh basil leaves, plus julienned basil leaves for garnish
9. 3 cups chicken or vegetable stock
10. 1 Tbs. sea salt
11. 2 tsp. freshly ground black pepper
- 
12. 3/4 cup heavy cream
13. Croutons, for garnish

### Preparations

1. Heat the oil in a large, heavy-bottomed pot over medium-low heat. Add items 2 & 3 and sauté for about 10 minutes. Add the garlic and cook for 1 minute. Stir in items 5 through 11. Bring to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender.
2. Add the cream to the soup; cool slightly and over a bowl, process through a food mill. Discard the dry pulp that's left. Reheat the soup over low heat until hot and serve with the julienned basil leaves and croutons.

## BEST TOMATO SOUP - SERVES 6 TO 8

### Ingredients

1. 6 Tbs. (3/4 stick) butter
2. 1 medium onion, diced
- 
3. 2 cans (14.5 oz. ea.) diced tomatoes

# TODAY'S COOKING

4. 1 bottle/can (46 oz.) tomato juice
  - 
  5. 3 and up to 6 Tbs. sugar (start with small amount. Taste and adjust as necessary)
  6. 2 Tbs. chicken or vegetable base (or 2 chicken or vegetable bouillon cubes)
  7. Freshly ground black pepper
  8. 1 cup dry sherry
  9. 1-1/2 cups heavy cream
  10. 1/4 cup ea. chopped fresh basil and parsley
1. Over medium heat, melt the butter in a large pot. Add the onion and cook 8 to 10 minutes.
  2. Stir in the diced tomatoes and juice.

## Preparations

1. Over medium heat, melt the butter in a large pot. Add the onion and cook 8 to 10 minutes.
2. Now dump in the diced tomatoes and stir to combine. Add the tomato juice.
3. Add the sugar. Start on the low side; taste and add more as needed. Some tomatoes and brands of juice have more acidity than others.
4. Add items 6 & 7. Stir and bring almost to a boil. Remove from the heat.
5. Stir in the last 3 items and serve the soup warm.

## CITRUS & TOMATO SOUP - SERVES 6

### Ingredients

1. 3 lbs. medium-sized tomatoes (about 1 dz.), halved
2. 2 Tbs. olive oil
3. 2 cloves garlic, minced or pressed
4. 2 medium-sized onions, chopped
- 
5. 3 cups chicken or vegetable stock
6. 1 cup orange juice (also try it with mango or peach)
7. 2 Tbs. tomato paste
- 
8. 1 heaping Tbs. orange zest
9. 1 Tbs. honey
10. 1/4 tsp. salt or to taste

# TODAY'S COOKING

## Preparations

1. Preheat the oven @ 450° F (230° C). Place the tomatoes cut side down on a baking sheet. Brush with half the oil and roast 20 to 25 minutes. Cool enough to handle; remove and discard skins. (Alternative is to use canned, whole tomatoes.)
2. In a stockpot over medium-high heat, add the remaining oil and the onions. Cook about 5 minutes; add the garlic and cook 1 minute. Stir in items 5, 6 & 7 and the tomatoes. Bring to a boil; reduce heat and simmer, uncovered, for 45 minutes. Stir in the last 3 items; remove from heat and let cool enough to process batches of the soup in a blender. Reheat and serve.

## BASIC TOMATO SOUP - SERVES 4

### Ingredients

1. 2 tsp olive oil
2. 1/4 cup ea. finely chopped onion & celery
- 
3. 2 cans (14-1/2 oz. ea.) diced tomatoes, undrained
4. 1-1/2 cups water
5. 2 tsp. brown sugar
6. 1/2 tsp. ea. salt & dried basil
7. 1/4 tsp. ea. dried oregano & coarsely ground pepper
- 
8. Minced fresh basil
9. Cheese croutons.

### Preparations

1. In a large saucepan, heat the oil over medium-high heat. Add items 2 and cook, stirring, 4 minutes. Add items 3 through 7 and bring to a boil. Reduce heat and simmer, uncovered, 10 minutes.
2. Puree the soup using an immersion blender, or cool soup slightly and puree in batches in a blender; return to the saucepan and heat through. Top each serving with fresh minced basil and cheese croutons (see [Today's Salads pg. 64](#)).

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## FRENCH LENTIL - SERVES 6

### Ingredients

1. 3 Tbs. olive oil
2. 2 cups onion, chopped
3. 1 cup celery, chopped (celery leaves for garnish)
4. 1 cup carrots, chopped
5. 2 garlic cloves, minced
- 
6. 10 cups vegetable or beef broth
7. 1 lb. lentils, rinsed
8. Salt & pepper to taste
9. 1 can (14-1/2 oz.) diced tomatoes with juice
- 
10. Balsamic vinegar

### Preparation

1. Heat oil in a large sauce pan over medium-high heat. Add items 2 through 5 and sauté 15 minutes (vegetables start to brown).
2. Add items 6 through 9 and bring to a boil.
3. Reduce heat to medium-low; simmer, covered about 40 minutes or until lentils are tender.
4. Take out 2 cups of mostly solids; cool and use a blender to puree until smooth. Return puree to soup.
5. If soup is too thick, thin by 1/4 cupfuls with broth, water or dry wine.
6. Add a splash of vinegar and stir well. Fill soup bowls and garnish with celery leaves.

## CELERY ROOT SOUP - SERVES 6

### Ingredients

1. Sea salt
2. 3 Tbs. olive oil
3. 2 medium-sized celery roots, peeled & cubed
4. 2 stalks celery, chopped
5. 1 large onion, chopped

# TODAY'S COOKING

- 
- 6. 4 cups vegetable broth
- 7. 1 bay leaf
- 
- 8. 1 cup thick Cashew Cream (see [Todays Cooking Dressings\\_Sauces\\_Seasonings pg. 40](#) )
- 9. Salt & pepper to taste
- 
- 10. 1 un-peeled Granny Smith apple, finely chopped
- 11. Chive oil

## Preparations

1. Heat a large stockpot over medium and sprinkle the bottom with a pinch of salt; heat for a minute and then add the oil; heat 30 seconds.
2. Add items 3, 4 & 5. Sauté about 10 minutes, but do not brown.
3. Add items 6 & 7; bring to a boil; reduce heat and simmer a half hour.
4. Add items 8 & 9 and simmer 10 minutes. Remove from heat and let cool.
5. Using a blender, puree the soup in batches on high until smooth.
6. Fill soup bowls and garnish with the apple and a drizzle of chive oil.

## VEGETABLE SOUP - SERVES 6

### Ingredients

1. 1-1/2 cups onions, chopped
2. 1 stick (8 Tbs.) butter
3. 4 cups chicken or vegetable stock
4. 4 chicken or vegetable bouillon cubes
5. 2 large red potatoes, unpeeled & chopped
6. 2 carrots, chopped
7. 1/2 medium-sized head of cauliflower, cut into florets
8. 1/2 medium-sized head broccoli, cut into florets
9. 1/2 cup quick cooking barley
- 
10. 3 cups chopped asparagus
11. 2 cups fresh spinach, torn or 1 (10 oz) pkg. frozen spinach, thawed
- 
12. 4 cups milk

# TODAY'S COOKING

13. Salt & pepper to taste
14. 1/2 lb. white cheddar cheese, shredded

## Preparations

1. Sauté the onion in butter until soft, about 5 minutes. Add items 3 through 9. Simmer 20 minutes.
2. Add items 10 & 11 and return to a simmer.
3. Add the milk and continue to simmer over low heat.
4. Add salt & pepper and garnish each bowl with the cheese.

## MINISTRONE SOUP - SERVES 10

### Ingredients

1. 4 stalks red Swiss chard, approx. 1/2 lb.
2. 2 Tbs. olive oil
3. 1 medium-sized red onion, finely chopped
- 
4. 6 cups vegetable stock
5. 2 cans (14-1/2 oz. ea.) fire-roasted diced tomatoes, undrained
6. 1 can (16 oz.) kidney beans, rinsed and drained
7. 1 can (15 oz.) garbanzo beans, rinsed and drained
8. 2 garlic cloves, minced or pressed
9. 1 medium-sized yellow squash or zucchini, halved and cut into 1/4" thick slices
10. 1/2 ea. medium-sized red and yellow bell peppers, finely chopped
11. 1 medium-sized carrot, peeled and finely chopped
- 
12. 1-1/2 cups uncooked spiral pasta
13. 1/4 cup prepared pesto
14. 1/2 tsp. pepper
15. 1/4 tsp. kosher salt

### Preparations

1. Cut the stems from the chard and chop. Set leaves aside. In a large skillet over medium heat, add the oil and sauté the stems along with the onion, stirring constantly, until tender, about 5 minutes. Remove to a 6 qt. slow cooker.

# TODAY'S COOKING

2. Add items 4 through 11 to the slow cooker and cook, covered on low until tender, about 6 to 8 hours.
3. Chop the chard leaves and along with the pasta add to the slow cooker and cook, covered on low until the pasta is tender, about 20 to 25 minutes. Add seasoning and top each serving with a dollop of pesto.

## SUMMER MINISTRONE - SERVES 8 TO 12

### Ingredients

1. 4 Tbs. olive oil
2. 1 red onion, sliced
3. 1 white onion, sliced
- 
4. 4 carrots, sliced on the diagonal
5. 2 ribs celery, sliced on the diagonal
6. 1/2 cup each red and green bell peppers, chopped
- 
7. 2 cloves garlic, minced or pressed
8. 2 sprigs fresh thyme or 1 tsp. dried
9. 1 large bay leaf
10. 2 cans (14.5 oz.) diced tomatoes with juices
11. 3 large potatoes, peeled and roughly chopped
12. 6 cups chicken or vegetable stock
13. 1/2 Tbs. salt & 1-1/2 tsp. pepper
14. 1 can (15 oz.) cannellini beans, drained & rinsed (optional)
15. 3/4 lb. green beans, trimmed and cut into 1" pieces (optional)
- 
16. 1 small head of green cabbage, shredded
17. 1 cup dry white wine
18. 3 Tbs. cornstarch
19. 1 large hand-full of fresh baby spinach, roughly chopped
20. 1/2 cup roughly chopped fresh basil or 1 Tbs. dried

### Preparations

1. In a large pot, heat the oil over medium and sauté the onions until a light golden, about 20 minutes.
2. Add ingredients 4, 5 & 6 and cook, stirring occasionally, for 15 minutes.

# TODAY'S COOKING

3. Add ingredients 7 through 15. Bring to a boil; reduce heat and simmer 30 minutes.
4. Discard the bay leaf; add the cabbage; mix the wine and cornstarch and stir into the soup.
5. 10 minutes prior to serving, add the last 2 items. Cook until the spinach is wilted. Adjust seasoning and serve.

## WINTER MINESTRONE - SERVES 6 TO 8

### Ingredients

1. 2 Tbs. olive oil
2. 4 oz. pancetta, diced
- 
3. 1 large onion, chopped
4. 3 carrots, diced
5. 3 ribs celery, diced
6. 1 medium-sized butternut squash, peeled and cut into 1/2" chunks
7. 4 cloves garlic, minced or pressed
8. 2 tsp. chopped fresh thyme leaves
- 
9. 1 can (26 oz.) chopped tomatoes
10. 6 cups chicken or vegetable stock
11. 1 bay leaf
12. 1 Tbs. salt & 1-1/2 tsp. pepper
- 
13. 1 can (15 oz.) cannellini beans, drained & rinsed
14. 2 cups small pasta, cooked
15. 10 oz. fresh baby spinach
16. 1/2 cup dry white wine
17. 2 Tbs. pesto

### Preparations

1. In a large pot cook the pancetta in the oil over medium heat for 8 minutes.
2. Add ingredients 3 through 8 and cook, stirring occasionally, for 10 minutes.
3. Add ingredients 9 through 12. Bring to a boil; reduce heat and simmer 30 minutes.
4. Discard the bay leaf and add the beans and pasta. The soup should be thick, but if too thick, thin with some more chicken stock.

# TODAY'S COOKING

5. Prior to serving, reheat the soup and add the spinach. Cook until the spinach is wilted, then add the wine and pesto. Adjust seasoning and serve.

## SMOOTH MINISTRONE - SERVES 8

### Ingredients

1. 1 cup Great Norther beans
- 
2. 1/4 lb. cooked ham, diced
- 
3. 2 Tbs. olive oil
4. 1 medium onion, chopped
5. 1 garlic clove, minced or pressed
6. 1 carrot, diced
7. 3 ribs celery, diced
8. 1 potato, peeled and diced
9. 1/2 tsp. dried thyme
- 
10. 1 can (15 oz.) diced tomatoes, including liquid
11. 1/4 cup parsley, chopped
12. 2 cups beef or vegetable stock
- 
13. 2 cups coarsely chopped cabbage
14. 2 small zucchini, coarsely chopped
15. Hand full of baby spinach
16. 1 Tbs. chopped fresh basil or 1 tsp. dried
17. 1 cup small pasta, cooked
- 
18. Salt & pepper
19. Grated Parmesan cheese

### Preparations

1. In a large pot cover the beans with water and bring to a boil; cook 2 to 3 minutes. Remove from and let stand 1 hour. Drain and return to the pot. Add 1-1/2 quarts water and simmer 1 to 1-1/2 hours or until tender. Drain, reserving the cooking liquid. Using some of the cooking liquid, puree

# TODAY'S COOKING

the beans in a food processor. Return to the pot and enough of the cooking liquid to make a thick soup. Add the ham.

2. Heat the oil and add ingredients 4 through 9 and cook, stirring occasionally, for 10 minutes.
3. Add ingredients 10, 11 & 12 and simmer 15 to 20 minutes.
4. Add items 13 through 17 The soup should be thick, but if too thick, thin with some more cooking water or beef stock.
5. Adjust seasoning and serve with the cheese on the side.

## EASY MINESTRONE - SERVES 10

### Ingredients

1. 1 Tbs. ea. butter & olive oil
2. 2 large carrots, diced
3. 2 celery ribs, chopped
4. 1 medium onion, chopped
5. 2 garlic cloves, minced
- 
6. 2 cans (14-1/2 oz. ea.) vegetable or chicken broth
7. 2 cans (8 oz. ea.) no-salt-added tomato sauce
8. 1 can (16 oz.) kidney beans, rinsed and drained
9. 1 can (15 oz.) chickpeas, rinsed and drained
10. 1 can (14-1/2 oz.) diced tomatoes, undrained
11. 1-1/2 cups shredded cabbage
12. 1 Tbs. dried basil
13. 1-1/2 tsp. dried parsley flakes
14. 1 tsp. dried oregano
15. 1/2 tsp. pepper
- 
16. 1 cup uncooked whole wheat elbow macaroni
17. Grate Parmesan cheese

### Preparations

1. In a large stock pot, melt the butter and add the oil. Sauté items 2 through 5 carrots, celery and onion in oil and butter until tender.
2. Stir in items 6 through 15 and bring to a boil. Reduce heat; cover and simmer for 15 minutes.

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3. Add macaroni and cook, uncovered, 6 to 8 minutes or until macaroni and vegetables are tender. Ladle soup into bowls and sprinkle each serving with cheese.

**Note:** Add other vegetables, such as diced zucchini, frozen green peas or sliced mushrooms. For thicker soup, add 3 to 4 Tbs. tomato paste. This soup will keep for a week in the refrigerator and freezes well.

## CUCUMBER & YOGURT SOUP - SERVES 6 TO 8

### Ingredients

1. 4 medium cucumbers, peeled, seeded & chopped
2. 1 cup onions, chopped
3. 2 cans (10-1/2 oz. ea.) chicken or vegetable stock
4. 2 Tbsp butter
5. Salt & pepper to taste
6. 6 cups mashed potato
- 
7. 4 cups plain yogurt
8. Dash of dry vermouth
9. Salt & pepper to taste
10. For garnish: chopped dill weed and sour cream

### Preparations

1. Combine and simmer for 25 minutes items 1 through 6. Cool.
2. Using a blender, whirl the mixture until smooth. Add items 7 through 10 and blend again.
3. Refrigerate the soup at least two hours. Garnish each serving with the dill and dollop of sour cream.

## CAULIFLOWER SOUP - SERVES 8 - MAKES 2 QTS.

### Ingredients

1. 1 medium head cauliflower, broken into florets
2. 1 medium carrot, peeled & shredded
3. 1/4 cup chopped celery

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4. 2-1/2 cups water
5. 2 tsp. chicken or vegetable base
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6. 3 Tbs. butter
7. 3 Tbs. AP flour
8. 3/4 tsp. salt
9. 1/8 tsp. pepper
10. 2 cups milk
11. 1 cup shredded cheddar cheese
12. 1/2 to 1 tsp. hot sauce, optional

## Preparations

1. In a large saucepan, combine items 1 through 5. Bring to a boil; reduce heat and cover. Simmer for 12 to 15 minutes or until vegetables are tender (do not drain).
2. In a large saucepan, melt the butter; stir in the flour, salt and pepper until smooth. Gradually add the milk. Bring to a boil over medium heat; cook, stirring for 2 minutes or until thickened. Reduce heat. Stir in the cheese until melted. Adding the hot sauce and stir into the cauliflower mixture.
3. For a thicker texture, remove 2 cups of the soup and puree it in a blender and add the puree back into the pot. To make this soup gluten-free, use cornstarch as a thickener. Omit the flour and butter and whisk 2 Tbs. of cornstarch into the milk before adding it to the saucepan.

## CAULIFLOWER CHOWDER - SERVES 4

### Ingredients

1. 1 cup cauliflower, chopped coarse
2. 1/2 cup chopped green bell pepper
3. 1/4 cup finely chopped onion
4. 1-3/4 cups chicken or vegetable stock
5. 1/2 tsp. dried thyme
6. Generous dash of hot sauce
- 
7. 1/2 cup flour
8. 1-1/2 cups milk
- 
9. 1 cup shredded Swiss cheese
10. Paprika and/or chopped parsley for garnish

# TODAY'S COOKING

## Preparations

1. Combine items 1 through 6 and bring to a boil. Reduce heat; cover and simmer 15 minutes.
2. Combine items 7 & 8 well and stir into soup. Cook until thickened and bubbly.
3. Stir in the cheese and serve with garnish.

## CREAMY CAULIFLOWER SOUP - SERVES 4

### Ingredients

1. 1 large cauliflower head, broken into florets
2. 1/2 cup chicken or vegetable stock
3. 1 Tbs. cornstarch dissolved in 1/4 cup chicken or vegetable stock
- 
4. 1/3 cup heavy cream
5. 1 tsp. sugar
6. 3/4 tsp. salt
7. 1/4 tsp. white pepper
8. 1/8 tsp. garlic powder
9. 1/8 tsp. onion powder
10. Paprika and/or chopped parsley for garnish

### Preparations

1. Steam the cauliflower for 15 to 20 minutes. Plunge into ice water and when cool, drain.
2. Place the cauliflower and stock in a food processor and pulse until almost smooth, but some very small pieces remain.
3. Place the cauliflower into a saucepan and stir in the remaining items. Cook, stirring often, over medium heat until thickened and bubbly, 5 to 10 minutes. Serve with garnish.

## CREAMY CAULIFLOWER SOUP #2 - SERVES 4 TO 6

### Ingredients

1. 1 Tbs. ea. butter and olive oil
2. 1 small onion, chopped

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3. 1 celery rib, finely chopped
4. 2 garlic cloves, minced
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5. 1 large carrot, shredded
- 
6. Half a medium head cauliflower (about 3/4 lbs.), cut into 1" pieces
7. 3 medium-sized Yukon Gold potatoes, peeled and cut into 1" pieces
8. 1 bay leaf
9. 3 tsp. dried parsley flakes
10. 1/2 tsp. salt or to taste
11. 1 tsp. adobo seasoning
- 
12. 3 cups chicken or vegetable stock
13. 1/2 teaspoon ground mustard
14. 1/8 teaspoon cayenne pepper
- 
15. 3/4 cup half'n'half

Toppings: sliced green onions or chopped chives, croutons and sour cream

## Preparations

1. In a stockpot, melt the butter and add the oil and the next 3 items. Cook 10 minutes. Add the carrot and cook another 5 minutes.
2. Add items 6 through 11 and cook 5 minutes. Add the stock and bring to a boil; reduce heat and simmer, covered, 15 to 20 minutes or until cauliflower is very tender. Discard the bay leaf;. Let cool some and puree soup until very smooth. (If you want more texture to the soup, remove some of the carrots and cauliflower; puree the soup until smooth; add the carrots and cauliflower and pulse a few times.) When ready to serve, return the soup to the pot; add the half'n'half; heat through and serve with the toppings.

## CREAMY SPICED CAULIFLOWER SOUP - SERVES 4

### Ingredients

1. 1/2 head of cauliflower, cut into small florets
2. 2 large potatoes, peeled and diced (or 1 potato and a equal size piece of butternut squash)
3. 1 medium-sized onion, diced
4. 2 medium-sized carrots, peeled and diced

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5. 1 celery ribs, diced
6. 3 cups chicken or vegetable stock (additional stock if needed)
7. 1/2 tsp. ea. salt, pepper, ground cumin, ground coriander, ground turmeric, garlic powder, poultry seasoning and garam masala
8. 1/4 tsp. crushed red pepper flakes
9. Chopped parsley

## Preparations

1. In a large saucepan or stockpot, bring items 1 through 8 to a boil. Reduce to a simmer and cook, stirring frequently, 20 minutes or until the vegetables are tender.
2. Let cool enough and process in a blender or food processor until smooth. Adjust consistency if needed. Heat; sprinkle with the parsley and serve hot.
3. Without the parsley, the soup freezes well.

## ROASTED CAULIFLOWER SOUP - SERVES 4

## Ingredients

1. 2 Tbs. olive oil
2. Salt & pepper to taste
3. 5 cups of small cauliflower florets
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4. 3 Tbs. butter
5. 1 small onion, diced
6. 2 garlic cloves, minced or pressed
7. 1 tsp. chopped fresh thyme or 1/4 tsp. dried
8. 1 Tbs. chopped fresh tarragon or 1 tsp. dried
9. 1/2 tsp. salt & 1/4 tsp. pepper or more to taste
- 
10. 1/4 cup dry sherry
11. 2-1/2 to 3 cups chicken or vegetable stock
- 
12. 1/2 cup half'n'half or milk
13. 1/4 cup sour cream
- 
14. Smoked paprika
15. Chopped parsley

# TODAY'S COOKING

## Preparations

1. Preheat oven to 425°F (220°C).
2. Combine the first 3 items and toss to coat. Pour out onto a baking sheet and bake 15 to 20 minutes. Remove and cool.
3. Melt the butter in a stockpot over medium heat; add items 5 through 9 and cook 8 minutes. Add the sherry and cook until almost evaporated.
4. Stir in the stock and cauliflower; bring to a gentle boil; reduce heat and simmer 10 minutes.
5. Stir in items 12 & 13. Use an immersion blender and process to nearly smooth or process in batches in a cup blender. Garnish each bowl with the paprika and parsley.

## ROASTED CAULIFLOWER & LEEK SOUP - SERVES 6

### Ingredients

1. 2 Tbs. olive oil
2. 2 garlic cloves, minced or pressed
3. 1 head cauliflower, broken into florets
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4. 3 Tbs. butter
5. 2 leeks, white & some green, chopped
6. 1/4 cup AP flour
- 
7. 4 cups chicken or vegetable stock
- 
8. 1/3 cup heavy cream
9. 1 tsp. each salt and dried chervil
10. 1 Tbs. fresh ground black pepper

### Preparations

1. Preheat oven to 275°F (135°C).
2. Stir garlic and oil together. Add the cauliflower and toss to coat. Pour onto a baking sheet.
3. Bake about 30 minutes or until cauliflower is lightly browned and tender.
4. Melt the butter in a 4 quart stockpot over medium heat; add the leeks and cook 10 minutes. Stir in the flour and cook 2 minutes; add the stock and cook 10 minutes. Add the cauliflower and items 8 through 10 and simmer 20 to 25 minutes.

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## CAULIFLOWER SOUP FROM INDIA - SERVES 8 - MAKES 3 QTS

### Ingredients

1. 1 large head cauliflower, cut into small florets
2. 5 medium potatoes, peeled and diced
3. 1 large onion, diced
4. 4 medium carrots, peeled and diced
5. 2 celery ribs, diced
6. 1 carton (32 oz.) vegetable stock
7. 1 tsp. ea. garlic powder & garam masala
8. 1 tsp. ea. ground coriander, cumin & turmeric
9. 1 tsp. salt & pepper
10. 1/2 tsp. crushed red pepper flakes
- 
11. Fresh cilantro leaves
12. Lime wedges, optional

### Preparations

1. In a large stock pot oven over medium-high heat, bring items 1 through 10 to a boil. Cook and stir until vegetables are tender, about 20 minutes.
2. Remove from heat; cool slightly. Process in batches in a blender or food processor until smooth. If needed, adjust consistency with additional stock. Sprinkle with fresh cilantro. Serve hot, with lime wedges.

To freeze: Do not add cilantro. Freeze cooled soup in freezer containers. Partially thaw in the refrigerator overnight. Heat through in a saucepan, stirring occasionally; add water if necessary. Sprinkle with cilantro.

## MUSHROOM BISQUE - SERVES 4 TO 6

### Ingredients

1. 1/4 cup butter
2. 1/4 lb. fresh mushrooms, sliced
3. 1 medium onion, finely chopped
4. 1 clove garlic, minced

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- 
- 5. 1 Tbs. fresh lemon juice
- 6. 3 Tbs. flour
- 7. 4 cups beef consommé, chicken or vegetable consommé
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- 8. 2 cups heavy cream
- 9. Salt & pepper to taste
- 10. Parsley, minced for garnish

## Preparation

1. In a large saucepan, sauté items 2, 3 & 4 in the butter for 5 minutes, stirring constantly.
2. Add items 5 & 6 and blend in well. Cook 2 minutes.
3. Add consommé, stirring constantly until thickened.
4. Add the cream salt & pepper and heat thoroughly. Serve with parsley garnish.

## CREAM OF MUSHROOM SOUP - SERVES 6

### Ingredients

1. 4 Tbs. unsalted butter
2. 1 large onion, finely chopped
- 
3. 1 garlic clove, minced
4. 1/2 lb. mushrooms, sliced
5. 1/2 tsp. dried tarragon
6. 1/4 tsp. nutmeg
- 
7. 1/4 cup flour
8. 3-1/2 cups beef or vegetable stock
- 
9. 1 cup sour cream
10. 1 cup half 'n' half
11. 1 tsp. lemon juice
12. Dash hot pepper sauce
13. Salt & pepper to taste
14. 1/4 cup chopped parsley
15. Paprika and and more chopped parsley for garnish

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## Preparation

1. In a large pot or kettle melt the butter; add the onion and sauté, covered, on low heat for about 25 minutes. Add items 3 through 6 and continue to cook, covered, until the mushrooms give up their moisture.
2. Add the flour and stir until smooth. Slowly add the broth and bring to a boil, stirring.
3. Reduce heat to low and slowly add the sour cream, stirring until smooth.
4. Stir in the remaining items. Heat but do not allow to boil. Garnish and serve.

## STU'S CREAM OF MUSHROOM SOUP - SERVES 4

## Ingredients

1. 2 Tbs. unsalted butter\*
2. 1/4 cup finely chopped onions
3. 1 garlic clove, minced
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4. 1/2 lb. mushrooms
5. 1/4 tsp. salt
6. 1/8 tsp. pepper
7. 1/4 tsp. dried tarragon
8. 1/8 tsp. nutmeg
- 
9. 3-1/2 Tbs. flour
10. 2-1/2 cups chicken or vegetable stock
- 
11. 2 Tbs. butter\*
- 
12. 1/2 cup ea. (or more) sour cream & half n' half
13. 1/2 tsp. lemon juice
14. Dash hot pepper sauce
15. Salt & pepper to taste
16. Paprika

## Preparation

1. In a large pot melt the butter; add items 2 & 3 and sauté, covered, on low heat for about 25 minutes. Finely chop all the mushroom stems along with 1/3 of the mushroom caps . Slice the

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remaining caps. Add the chopped mushrooms and ingredients 5 through 8 and continue to cook, covered, about 5 minutes.

2. Add the flour to the pot and stir until smooth. Slowly add the broth and bring to a boil, stirring. Remove from the heat and let cool.
3. In a separate pan, melt the remaining butter and add the sliced mushrooms. Cook, covered, until the mushrooms give up their moisture. Set aside and let cool. In batches, pour the soup into a food processor and blend until smooth. Return to the pot.
4. Reheat the soup over medium-low heat. Slowly add the sour cream, stirring until smooth.
5. Stir in the sliced mushrooms and ingredients 13 through 16. Continue to heat, but do not allow to boil. Garnish with paprika and serve.

## EASY CREAM OF MUSHROOM SOUP - SERVES 6

### Ingredients

1. 1 Tbs. unsalted butter
2. 6 oz. button mushrooms
3. 1 garlic clove, minced
4. 1 Tbs. minced red onion
5. Salt & pepper to taste
6. 2-1/2 cups beef or vegetable stock
7. 2 Tbs. white wine
8. 1 cup baby spinach
9. 1/2 cup heavy cream or half 'n' half

### Preparation

1. In a large saucepan, heat butter over medium-high heat; sauté mushrooms and onion until tender.
2. Mix flour, salt, pepper and one cup broth until smooth; stir into mushroom mixture. Stir in remaining broth. Bring to a boil; cook and stir until thickened, about 2 minutes.
3. Reduce heat and stir in cream. Simmer, uncovered, about 15 minutes, stirring occasionally.

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## MUSHROOM FLORENTINE SOUP - SERVES 2

### Ingredients

1. 1 Tbs. unsalted butter
2. 6 oz. button mushrooms
3. 1 garlic clove, minced
4. 1 Tbs. minced red onion
5. Salt & pepper to taste
- 
6. 2-1/2 cups beef or vegetable stock
7. 2 Tbs. white wine
- 
8. 1 cup baby spinach
9. 1/2 cup heavy cream or half n' half

### Preparation

1. In a large sauce pan over medium-high heat, sauté items 1 through 5 about 5 minutes or until lightly browned.
2. Add items 6 & 7 and cook until reduced by half
3. Pour half the mixture into a food processor. Let cool slightly and then puree. Return to the sauce pan and over high heat stir in the last 2 items. Serve.

## MARSALA MUSHROOM SOUP - SERVES 4

### Ingredients

1. 1 oz. dried porcini mushrooms
2. 4 cups chicken or vegetable stock
- 
3. 1/4 cup olive oil
4. 1 lb. mushrooms, chopped
5. 2 Tbs. fresh thyme, chopped or 1 tsp. dried
6. 4 shallots, minced
7. 4 garlic cloves, minced or pressed
8. Salt & pepper to taste

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9. 1 bay leaf
- 
10. 1 cup marsala
11. 2 Tbs. lemon juice
12. 1/2 cup finely chopped parsley
- 
13. 1 baguette, sliced
14. Grated Parmigiano-Reggiano

## Preparation

1. In a large sauce pan or pot combine items 1 & 2 and bring to a low simmer. When reconstituted, remove and set aside.
2. Over medium-high heat add the oil to the pot. Add item 4 and cook about 14 minutes or until tender and browned.
3. Add items 5 through 9 and cook 5 minutes. Add the marsala and cook until reduced by half.
4. Add the porcini mushrooms. Strain the stock through a fine sieve lined with cheese cloth and add to the pot. Add items 11 & 12.
5. Taste and adjust seasonings. Remove the bay leaf and add water if needed. Serve with the baguette and cheese.

## MUSHROOM & WILD RICE SOUP - SERVES 4

### Ingredients

1. 1/4 cup uncooked wild rice
2. 3/4 cups water
- 
3. 4 oz. smoked turkey sausage, sliced
- 
4. 5 Tbs. + 1 tsp. AP flour
5. 2 cups chicken or vegetable stock, divided
6. 2 Tbs. butter
7. 1 medium-sized onion, chopped
8. 1/4 lb. sliced fresh mushrooms
9. 1/2 cup whole milk
10. 1/8 teaspoon pepper

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## Preparations

1. In a small saucepan, combine wild rice and water; bring to a boil. Reduce heat; simmer, covered, until rice is tender, 40-45 minutes.
2. In a large saucepan, cook and stir sausage over medium heat until lightly browned, 3-4 minutes. Remove from pan.
3. Mix flour and 1/2 cup broth until smooth. In same pan, heat butter over medium heat; sauté onion and mushrooms until tender, 4 to 5 minutes. Add remaining broth; gradually stir in flour mixture. Bring to a boil; cook and stir until slightly thickened, 2 to 3 minutes. Add milk, pepper, rice and sausage; heat through, stirring occasionally.

## MUSHROOM & ORZO SOUP - SERVES 2

### Ingredients

1. 1 Tbs. olive oil
2. 2-1/2 cups sliced fresh mushrooms
3. 2 green onions, chopped
- 
4. 1 garlic clove, minced
5. 1-1/2 cups chicken or vegetable stock
6. 1-1/2 tsp. minced fresh parsley
7. 1/4 tsp. dried thyme
8. 1/8 tsp. pepper
- 
9. 1/4 cup uncooked orzo pasta
10. 1-1/2 tsp. lemon juice
11. 1/8 tsp. grated lemon zest

### Preparations

1. In a small saucepan, heat the oil and sauté the next 2 items until tender.
2. Add the garlic and cook 1 minute. Stir in items 5 through 8. Bring to a boil. Stir in the last 3 items. Cook until pasta is tender, 5 to 7 minutes.

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## CURRIED MUSHROOM SOUP - SERVES 4

### Ingredients

1. 8 scallions
2. 4 Tbs. (1/2 stick) butter
3. 1/2 tsp. curry powder of to taste
4. 2 Tbs. flour
5. 2 cups chicken or vegetable stock
6. 2 cups milk
7. 1 lb. mushrooms, chopped
8. Salt & pepper to taste
9. 1/2 cup heavy cream or half'n'half
10. 2 egg yolks (at room temperature)

### Preparations

1. Chop the scallions and set aside 1 heaping Tbs. of the green part as a garnish.
2. Over low heat, melt the butter in a medium-sized saucepan. Add the remaining scallions and sauté 4 to 7 minutes. Increase the heat to medium and add items 3 & 4. Cook, stirring, 2 minutes and remove from the heat. In another saucepan over medium, heat items 5 & 6 and then whisk into the flour mixture until smooth. Add items 7 & 8; partially cover and simmer 20 minutes, stirring occasionally.
3. Whisk items 9 & 10 together. To it mix in 1/4 cup of the soup and then gradually pour the egg mix back into the soup, whisking constantly. Set over low heat and cook 4 to 5 minutes. Serve with the scallion garnish.

## HAFERSUPPE (OATMEAL SOUP) - SERVES 4 TO 6

### Ingredients

1. 1/2 cup oatmeal
2. 1 tsp. salt
3. 1/2 cup butter
4. 4 to 6 cups consommé or water
5. 2 potatoes, peeled and cut into thin slices

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6. 2 cups Emmentaler or Swiss cheese, grated
7. Pinch of nutmeg

## Preparation

1. In a large saucepan, sauté the oatmeal with salt in half the butter until golden brown.
2. Add 4 cups consommé and bring to a boil. Reduce heat to low and simmer for 1-1/2 hours, stirring occasionally. Add additional consommé or water as needed. Consistency should be like a gruel.
3. Add potatoes and cook 30 minutes. Stir in remaining butter and the cheese. Season with salt & pepper and nutmeg. Thin with hot water if too thick.

## MUSTARD GREENS SOUP - SERVES 8

### Ingredients

1. 2 lbs. mustard greens
2. 2 cups baby spinach
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3. 3 garlic cloves, minced or pressed
4. 1 medium onion, chopped
5. 8 cups vegetable stock
- 
6. 2 Tbs. soy sauce
7. 1 Tbs. freshly grated ginger
8. 1 cup fine noodles or orzo
9. Salt & pepper to taste

### Preparations

1. Blanch the greens and spinach in boiling water 4 minutes. Drain and chop very fine.
2. In a large stockpot combine ingredients 3, 4 & 5 and cook until the onion is tender
3. Add ingredients 6 and 7 and the greens. Cook 3 minutes; add the noodles or orzo and cook until just tender, 5 to 7 minutes.

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## ONION SOUP - SERVES 6 TO 8

### Ingredients

1. 4 large white onions, sliced thin
2. 1/4 lb. butter
3. 4 Tbs. flour
4. 4 cups chicken or vegetable stock
5. 4 cups water
6. Salt & pepper to taste
- 
7. French bread, sliced
8. Parmesan and/or Swiss cheese, grated
9. Butter

### Preparations

1. Sauté the onions in butter until brown.
2. Add the flour and blend well.
3. Add the stock and water and boil 10 minutes. Season.
4. Fill tureens 2/3 with soup; float a piece of toasted french bread and top with cheese. Add more soup, bread and cheese. Top with a pat of butter and bake in a 425°F (220°C) oven until golden brown.

## ONION SOUP #2- SERVES 4

### Ingredients

1. 1/4 stick butter (2 Tbs.)
2. 1 Tbs olive oil
3. 3 cups sliced onion (3 large onions)
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4. 2 cloves garlic, minced
5. 1/2 tsp sugar
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6. 1-1/2 Tbs. AP flour
7. 1/4 cup Cognac

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8. 1/4 tsp. (rounded) Thyme
9. 1/2 Tbs Dijon mustard
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10. 3 cups each beef stock and chicken stock
11. 2/3 cup each dry red and white wine
12. 1/2 Tbs. Worcestershire sauce
13. 1 tsp. hot sauce
14. Salt and ground black pepper to taste
15. Couple of additional dashes of hot sauce and Worcestershire sauce if needed
- 
16. 4 slices French bread brushed with olive oil, buttered and then broiled 1 minute.
17. Gruyere, mozzarella and Parmesan cheeses

## Preparations

1. Heat oil and butter over high high. Add onions; reduce heat to medium and cook for 15 minutes, stirring often.
2. Reduce heat to low; add garlic and sugar; stir and cook until golden (about 20 minutes).
3. Add flour; mix well and cook 2 minutes. Add items 7, 8 & 9; cook stirring 3 minutes.
4. Add items 10 through 15; simmer uncovered over for 1 hour; stirring occasionally.
5. Fill ovenproof bowls; float bread and top with cheeses. Place bowls on a baking sheet; place 6" below flame and broil 4 to 5 minutes.

## FRENCH ONION SOUP - SERVES 6

### Ingredients

1. 3 Tbs. butter, cut into 3 pieces
2. 6 large onions (don't use sweet onions like Vidalia or Walla Walla), cut pole to pole in 1/4" slices
3. 1 tsp. salt
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4. 1 cup water
5. 1/2 cup dry sherry
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6. 2 cups water
7. 4 cups chicken or vegetable stock
8. 6 sprigs fresh thyme
-

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9. 1 bay leaf
10. Salt & black pepper to taste
11. 1 small baguette, cut into 1/2" slices
12. 8 oz. Gruyere, shredded (2-1/2 cups)

## Preparations

1. Set oven rack to lower-middle position and heat oven to 400°F (200°C).
2. Spray a large Dutch oven with cooking spray. Add items 1 through 3; cover and place in oven. Cook 1 hour.
3. Remove; scrape bottom and sides; return to oven with lid slightly ajar and cook another 1-3/4 hours, stirring once after an hour.
4. Remove and place on a medium-high burner. Cook, stirring frequently, for another 25 minutes until a dark crust forms on the bottom. Reduce heat if onions brown too quickly. Stir in 1/4 cup of item 4 and stir to deglaze the pot. Cook until another crust forms and then deglaze again. Repeat this process until all the water is used.
5. Add sherry and stir, cooking another 5 minutes.
6. Add items 6 through 9. Scrape bottom; increase heat to high and bring to simmer. Reduce heat to low; cover and simmer 30 minutes.
7. Remove herbs and season with salt and pepper to taste.
8. Place baguette slices on a baking sheet and bake @ 400°F (200°C) for about 10 minutes.
9. To serve: Place oven rack to broiler position and heat broiler. Fill broiler-safe bowls; top with bread slices; sprinkle with cheese and broil for 3 to 5 minutes. Let cool a few minutes before serving.

## CLASSIC FRENCH ONION SOUP - SERVES 6

### Ingredients

1. 2 Tbs. olive oil
2. 1 Tbs. butter
3. 4 cups thinly sliced onions
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4. 2 garlic cloves, minced or pressed
5. 1/4 cup port wine
6. 6 cups beef stock
7. Salt & pepper to taste
8. 1/2 cup grated Gruyere or Swiss cheese
9. French baguette, cut into 1/2" slices

# TODAY'S COOKING

10. Olive oil

## Preparations

1. Sauté the onions in the oil and butter over medium heat, partially covered, until softened, about 12 minutes. Cook, uncovered, over medium-low heat another 30 to 40 minutes until golden brown. Add the garlic and cook a few minutes more.
2. Add the wine; bring to a boil; reduce heat and simmer until the wine is reduced by half. Stir in the stock; bring to a boil; reduce to a simmer and cook, covered, stirring occasionally, for 1 hour. Adjust seasonings.
3. Preheat the oven to 400° F (200° C). Brush both sides of the bread slices with the olive oil; place on a baking sheet and toast 3 to 4 minutes on each side. Fill oven-proof bowls with the soup; top with bread slices and cheese. Place on a baking sheet and broil until the cheese melts and starts to darken.

## ONION SOUP BURGUNDY - SERVES 6 TO 8

### Ingredients

1. 4 Tbs. butter
2. 3 lbs. onions, sliced very thin (about 12 cups)
3. 2 cloves garlic, minced
4. Salt & pepper to taste
- 
5. 2 Tbs. flour
6. 6 cups water
7. 1/2 cup each dry red wine & dry vermouth
8. 1 tsp. thyme
9. 1 Tbs. Worcestershire sauce
10. 1 bay leaf
- 
11. 2 cups Gruyere cheese
12. 6 to 8 Tbs. Parmesan cheese

### Preparations

1. In a large pot cook the onions and garlic in the butter over med-high heat for 10 minutes; stir frequently. Add salt & pepper and place the onions in an oven-proof casserole; bake @400 for 15 minutes.

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2. Return to the pot and add the flour; stirring to coat the onions. Add items 6 through 10 and simmer for 30 minutes; stir frequently.
3. Fill soup tureens; top with the cheeses and bake @ 450°F (230°C) for 10 minutes.

## SWISS ONION SOUP - SERVES 4 TO 6

### Ingredients

1. 6 large onions, finely chopped
2. 1/2 cup butter
- 
3. 4 cups milk
4. 2 cups water
- 
5. 1/2 lb. Swiss cheese, grated
6. 6 slices stale bread, cubed
7. Salt & pepper to taste
8. 1/2 to 1 tsp. paprika

### Preparation

1. In a large saucepan, cook the onions in butter until soft, but still white.
2. Stir in items 3 & 4 and bring to a slow boil.
3. Add all remaining items; reduce heat and simmer over lowest possible heat for 20 minutes, stirring occasionally.

## LIGHT ONION SOUP - SERVES 6 TO 8

### Ingredients

1. 2 Tbs. ea. butter & olive oil
1. 8 medium white onions, halved & sliced thin
2. 4 cloves garlic, minced or pressed
3. 1/2 cup Marsala or port
4. 2 cups chicken stock
5. 2 cups beef stock

# TODAY'S COOKING

6. 2 cups water
7. Salt & pepper to taste
8. 1 cup Parmesan and/or Swiss cheese, grated
9. French bread, sliced 1/2" thick
10. Olive oil

## Preparations

1. In a large heavy pot melt the butter over medium heat. Add the onions; cover and cook 7 minutes. Add the garlic and cook another 7 minutes. Uncover; reduce heat to low and cook, stirring occasionally, until onions are golden brown (about 30 minutes). If the pot gets too dry, add a little water.
2. Add the wine and cook 3 minutes. Add the stock and water. Cook 20 minutes.
3. Place the bread on a baking sheet; brush with olive oil and broil 2 minutes.
4. Fill bowls with soup; float a slice of bread and top with cheese. Place under the broiler 2 to 4 minutes.

## SPRING ONION SOUP - SERVES 6

### Ingredients

1. 1/4 cup butter
2. 1 Tbs. olive oil
3. 1 sweet onion, sliced
- 
4. 1 large leek, white part thinly sliced
5. 1 bunch green onions, thinly sliced
- 
6. 2 cups frozen peas
7. 4 cups chicken or vegetable stock
8. 4 cups water
9. 1 cup small pasta
10. 1 tsp. kosher salt
- 
11. 1 lemon, juiced
12. 1 cup basil leaves, coarsely chopped

# TODAY'S COOKING

## Preparations

1. In a 4 qt. stock pot, heat the butter and olive oil over medium-low heat until butter is melted. Add the onion; stir until coated and cook, covered, 15 minutes or until translucent, stirring occasionally.
2. Add items 4 & 5. Cook, covered, 10 minutes. Stir in items 6 through 10 and bring to a boil. Reduce heat and simmer uncovered, 5 minutes. Stir in the last 2 items.  
If desired, serve with Lemon Sour Cream and Fontina Toast.

Lemon Sour Cream: In a bowl combine 1/2 cup sour cream, 1/4 cup mayonnaise, 1/4 cup chopped chives, 1 Tbsp. lemon juice, and dash of garlic powder. Season with salt and pepper.

Fontina Toast: Top 6 slices of sourdough bread with 6 slices fontina cheese. Arrange on a baking sheet and broil 3 to 4 inches from the heat 1 to 2 minutes or until cheese is melted.

## SOUP GRATINÉE - SERVES 4

### Ingredients

1. 1 Tbs. butter
2. 1 large onion, thinly sliced
3. 1/2 Tbs. sugar
4. 1 garlic clove, minced or pressed
- 
5. 6 cups chicken or vegetable stock
6. 1-3/4 cups beef stock
7. 1/2 cup dry red wine
8. 1 Tbs. Worcestershire sauce
9. 2 sprigs fresh parsley
10. 1 sprig fresh thyme
11. 1 bay leaf
- 
12. 1 Tbs. balsamic vinegar
13. Salt & black pepper to taste
- 
14. 4 slices toasted French bread
15. 4 large slices Gruyere cheese
16. 1/2 cup of either shredded mozzarella, Asiago or grated Parmigiano-Reggiano cheese

# TODAY'S COOKING

## Preparations

1. In a stockpot over medium-high heat, melt the butter and sauté the onion, covered, stirring often until caramelized for 35 minutes. Add the garlic and cook another 5 minutes.
2. Add items 5 through 8. Tie items 9, 10 & 11 in cheese cloth and add to the pot (you can use 2 Tbs. dried parsley and 1/2 Tbs. thyme). Simmer 20 to 30 minutes, stirring occasionally.
3. Lower the heat to low and remove the herbs. Add items 12 & 13. Place oven-safe bowl on a rimmed baking sheet. Fill bowls 2/3 full with the soup and top with the bread and cheeses. Place under the broiler for a few minutes until the cheeses are golden and bubbly.

## SPANISH GARLIC SOUP - SERVES 6

### Ingredients

1. 6 Tbs. olive oil
2. 6 slices thick bread, cubed
3. 6 cloves garlic, minced
4. 1 onion, sliced
5. 6 cups beef, chicken or vegetable stock
6. Salt and pepper to taste
7. 2 eggs, beaten
8. 2 small roasted and peeled red peppers, diced
9. 1/2 lb. chorizo (Spanish garlic sausage), diced

### Preparations

1. Heat oil and fry the bread cubes until golden. Set aside.
2. To the oil add the onion and garlic and sauté 5 minutes.
3. Add stock, salt & pepper. Simmer until thickened - about 30 minutes.
4. Beat the eggs and stir into soup. Add the peppers and sausage. Simmer 5 minutes and serve topped with the bread.

# TODAY'S COOKING

## SWISS GRUYERE SOUP - SERVES 6

### Ingredients

1. 4 Tbs. melted butter
2. 4 Tbs. flour
3. 2 cups ea. milk & chicken or vegetable stock
4. 1 tsp. Dijon mustard
5. 2-1/2 cups grated or shredded Swiss Gruyere cheese
6. Salt, pepper and hot sauce to taste
7. Chopped parsley and croutons for garnish

### Preparations

1. Combine the first 2 items and cook 3 minutes. Stir in the milk and cook, stirring, until slightly thickened. Stir in the stock and mustard and mix well. Gently stir in the cheese; add the seasonings, stirring. Serve in heated bowls and garnish.

**Variations:** make a Cheddar soup using grated Cheddar instead of Gruyere. Another variation is to add 1/2 cup sliced black olives just before serving.

## ENGLISH ONION SOUP - SERVES 8

### Ingredients

1. 1/4 cup olive oil
2. 4 lbs. large yellow onions (do not use sweet onions such as Vidalia or Walla Walla), thinly sliced.
  -
3. 1/2 tsp. ea. kosher salt and black pepper
4. Tbs. fresh chopped thyme
  -
5. 1/2 cup dry vermouth
6. 4 cups beef stock
7. 4 cups chicken or vegetable stock
8. 1 Tbs. Marmite (a sticky, dark brown spread that's made from yeast extract, vegetable extract and spices. If unavailable, use soy sauce)
  -

# TODAY'S COOKING

9. 3 Tbs. unsalted butter
10. 1 large baguette, cut eight (8) 1/2" slices
11. 4 oz. (1 cup) raclette cheese, grated [substitutes for raclette: Tilsit, Gruyère and Emmentaler]
12. Additional chopped thyme for garnish

## Preparations

1. In a stock pot, heat the oil over medium-high and when hot, add the onions. Sauté 10 minutes; reduce heat to medium-low. Stir in items 3 & 4 and cook, stirring occasionally, until the onions are golden brown, about 40 minutes.
2. Increase to medium-high; add the vermouth and cook, scraping the bottom and sides, until almost evaporated. Add items 6, 7 & 8 and bring to a simmer.
3. Preheat the broiler. Place the bread on a broiler pan and top with the cheese. Broil until the cheese bubbles and starts to brown, 2 to 3 minutes. Fill bowls and top with the bread. Sprinkle with paprika and thyme.

## COLD MINT PEA SOUP - SERVES 8

### Ingredients

1. 3 pkgs. frozen peas
2. 1 small onion, with 2 cloves inserted
3. 1 garlic clove
4. 6 cups chicken or vegetable stock
5. 1 tsp. tarragon
- 
6. Salt and pepper to taste
7. 3 cups plain yogurt
8. Fresh mint, minced

### Preparations

1. Combine ingredients 1 through 5 and cook until the peas are tender. Discard onion.
2. Add the salt & pepper and puree. Stir in the yogurt and serve in chilled bowls. Garnish with the mint.

**Variation:** add the juice and zest of 1 lemon.

# TODAY'S COOKING

## VICHYSOISE - SERVES 8

### Ingredients

1. 2 medium cucumbers, peeled, seeded and chopped
2. 1 small onion, chopped fine
3. 1-1/4 cups chicken or vegetable stock
4. 1 Tbs. butter
5. Salt & pepper to taste
6. 3 cups mashed potatoes
7. 2 cups plain yogurt
8. 1 Tbs. dry vermouth

### Preparations

1. Combine items 1 through 5 and bring to a boil. Reduce heat and simmer 25 minutes. Cool and puree.
2. Add items 6 through 8; blend well and chill at least 2 hours. Serve in cold bowls and garnish with a dollop of sour cream and minced dill.

## VICHYSOISE #2 - SERVES 6

### Ingredients

1. 6 leeks
2. 3 medium potatoes, peeled & diced
3. 4 cups chicken or vegetable stock
- 
4. 1 cup sour cream
5. Salt & white pepper to taste
6. 1/8 tsp. grated nutmeg
7. Chives, finely chopped for garnish

### Preparations

1. Wash and trim the leeks. Remove the green tops and save for another use. Finely slice the leeks and place in a large pot with the stock and potatoes. Bring to a boil; reduce heat and simmer 30 minutes. Strain and set the broth aside. Puree the vegetables and mix back into the broth.

# TODAY'S COOKING

2. Chill for 24 hours. Just before serving, add the sour cream and seasonings. Serve in chilled bowls and garnish with the chives.

## Variations:

1. Add 1/2 cup finely chopped raw apple before chilling
2. Use just one leek, replacing the others with 3 large carrots, chopped
3. Use just one leek, replacing the others with 3 white turnips, sliced.

## POTATO & LEEK SOUP - SERVES 2

### Ingredients

1. 3 Tbs. butter
2. 1 onion, diced
3. 2 leeks (white only, finely chopped) - save greens
4. 1 large potato, peeled and diced
5. 2-1/2 cups chicken or vegetable stock
- 
6. 1/4 to 1/2 cup Milk
7. 1/4 each salt & white pepper
8. 1 Tbs Dijon mustard
9. Green tops of leeks, chopped

### Preparations

1. Heat butter over medium heat and cook items 2 & 3 until translucent (5 to 7 mins.)
2. Add items 4 & 5 and simmer covered 20 minutes; stir occasionally. Puree in a blender and return to the saucepan and add items 6, 7 & 8 and heat. Top with the leeks.

## CARIBBEAN POTATO SOUP - SERVES 6 - MAKES 2-1/4 QTS.

### Ingredients

1. 2 tsp. canola oil
2. 2 medium onions, chopped
-

# TODAY'S COOKING

3. 3 garlic cloves, minced
4. 2 tsp. minced fresh ginger root (or 1/2 tsp. ground ginger)
5. 2 teaspoons ground coriander
6. 1 tsp. ground turmeric
7. 1/2 tsp. dried thyme
8. 1/4 tsp. ground allspice
- 
9. 5 cups vegetable stock
10. 2 cups cubed peeled sweet potato
- 
11. 3 cups chopped fresh kale or fresh baby spinach
12. 1 cup frozen sliced okra
- 
13. 1 cup coconut milk
14. 1 cup canned diced tomatoes, drained
15. 1 cup canned black-eyed peas, rinsed and drained
16. 2 Tbs. lime juice

## Preparations

1. In a large stock pot, sauté onions in oil until tender. Add items 3 through 8 and cook 1 minute longer.
2. Stir in items 9 & 10. Bring to a boil. Reduce the heat; cover and simmer for 5 minutes.
3. Stir in items 11 & 12. Return to a boil; cover; reduce the heat and simmer 10 minutes or until the potato is tender. Add the remaining items; heat through and serve.

## WHITE POTATO SOUP - SERVES 4 TO 6

### Ingredients

1. 3 Tbs. butter
2. 3 medium onions, thinly sliced
3. 1 leek, finely sliced (optional)
4. 2 cups peeled and cubed potatoes (1/4" size cubes)
5. 6 cups beef or vegetable stock
- 
6. 1 medium-sized carrot, peeled and thinly sliced
7. 1/2 rib of celery, thinly sliced

# TODAY'S COOKING

8. Salt & pepper to taste
9. Parsley, minced

## Preparations

1. In a heavy pot, combine items 1 through 5. Cover tightly and cook over lowest possible heat until potatoes are done (15 minutes).
2. Add items 6, 7 & 8 and continue to cook, covered for another 15 to 20 minutes or until vegetables are tender. Top with parsley and serve.

**Variations:** add other vegetables such as green peas, string beans, lima beans or summer squash.

## POTATO & CORN SOUP - SERVES 6

### Ingredients

1. 2 medium to large potatoes, peeled and cut into 1/2" cubes
2. 2 ribs celery, chopped (including leaves)
3. 3 carrots, peeled and chopped
4. 1 medium-sized onion, diced
5. 1-1/2 cups chicken or vegetable stock
- 
6. 1 tsp. celery seed
7. 1/8 tsp. cayenne pepper
8. 1/4 tsp. ea. salt & pepper or to taste
9. 2-3/4 cups of the milk\*
- 
10. 1/4 cup milk\*
11. 1 Tbs. cornstarch
12. 3 pieces bacon, cooked crisp and crumbled
13. 1 cup corn kernels

### Preparation

1. Cook uncovered the vegetables over medium-high heat in the stock, stirring often, until tender, 15 to 20 minutes. Add the seasonings and 2-3/4 cups of milk.
2. Mix the cornstarch and rest of the milk until smooth. Pour into the soup; bring to almost a boil, stirring constantly and cook until the soup starts to thicken.

# TODAY'S COOKING

3. Add the bacon and corn; reduce heat and simmer 10 minutes.

**Variations:** add some baby spinach during the last 5 minutes.

## BAKED POTATO SOUP - SERVES 10 - MAKES 3-1/2 QTS.

### Ingredients

1. 5 lbs. baking potatoes, cut into 1/2" cubes (about 13 cups)
2. 1 large onion, chopped
3. 1/4 cup butter
4. 4 garlic cloves, minced
5. 1 tsp. salt
6. 1/2 tsp. pepper
7. 3 cans (14-1/2 oz. each) chicken or vegetable stock
- 
8. 1 cup shredded sharp cheddar cheese
9. 1 cup half'n'half cream
10. 3 Tbs. minced fresh chives
11. Optional toppings: shredded cheddar cheese, sour cream, crumbled cooked bacon and minced chives

### Preparation

1. Place first 7 items in a 6-qt. slow cooker. Cook, covered, on low until potatoes are very tender, 6 to 8 hours.
2. Mash potatoes slightly to break up and thicken soup. Add items 8, 9 & 10; heat through, stirring until blended. Serve with suggested toppings.

## POTATO & LEEK SOUP #2 - SERVES 6

### Ingredients

1. 4 Tbs. butter
2. 2 lbs. russet potatoes
3. 1 lb. leeks, chopped
4. 1 each onion, celery & carrot, chopped
- 
5. 5 cups chicken or vegetable stock

# TODAY'S COOKING

6. 1/2 cup milk
7. Salt & pepper to taste
8. Chives, chopped or cheddar cheese, shredded

## Preparations

1. Heat butter over medium heat in a large sauce pan.
2. Cook, covered items 2, 3 & 4 until translucent (5 to 7 mins.). Stir frequently.
3. Add items 5, 6 & 7.
4. Reduce heat to low and simmer covered 20 minutes; stir occasionally.
5. Cool and puree in blender; return to pan and reheat.
6. Top with the chives.

## POTATO & LEEK SOUP #3 - SERVES 6

### Ingredients

1. 4 Tbs. butter
2. 2 leeks, chopped
3. 1 large onion, chopped
- 
4. 2 Tbs. flour
5. 4 cups chicken or vegetable stock
6. 3 medium potatoes, peeled & cubed
- 
7. 1 cup milk
8. Salt & pepper to taste
9. Parsley or chives, chopped

### Preparations

1. Heat butter over medium heat in a large sauce pan.
2. Cook items 2 & 3 gently until translucent (5 to 7 mins.). Stir frequently.
3. Stir in item 4 and cook 2 minutes.
4. Slowly add item 5 while constantly stirring.
5. Add item 6 and bring to a boil.
6. Reduce heat to low and simmer covered 30 to 40 minutes; stir occasionally.
7. Cool and puree in blender; return to pan. Add items 7 & 8 and reheat.
8. Top each serving with parsley.

# TODAY'S COOKING

## SWEET POTATO MINISTRONE - SERVES 6

### Ingredients

1. 1 Tbs. olive oil
2. 1 large onion, chopped
3. 2 large stalks celery, chopped
4. 2-1/2 tsp. Italian seasoning
5. Salt & pepper to taste
- 
6. 1 can (28 oz.) Italian-style diced tomatoes including the juice
7. 5 cups vegetable broth
8. 2 large sweet potatoes, peeled and diced
9. 2 large carrots, sliced thin
10. 6 oz. green beans, cut into 1 inch pieces
11. 5 cloves garlic, minced

### Preparations

1. Heat oil in a stockpot over medium-high heat. Sauté items 2 through 5 until tender, about 5 minutes. Stir in the remaining items. Bring to a boil; reduce heat to low and simmer, stirring occasionally, until vegetables are tender, about 30 minutes.

## SWEET POTATO SOUP - SERVES 8

### Ingredients

1. 3 lbs. sweet potatoes, peeled and cut into 1" cubes (about 8 cups)
2. 2 Tbs. butter
3. 1 Tbs. Worcestershire sauce
4. 1 medium-sized onion, chopped or 1 tsp. dried minced onion
5. 2 celery ribs, chopped or 1 tsp. dried celery flakes
6. 1/2 tsp. ea. salt & pepper
7. 1/4 tsp. dried thyme
8. 1/8 tsp. ground chipotle pepper
9. 6 cups chicken or vegetable stock
10. Optional: Sour cream and pepitas

# TODAY'S COOKING

## Preparation

1. In a 4 or 5 qt. slow cooker, combine all items except sour cream and pepitas. Cook, covered, on low until potatoes are tender, 5 to 6 hours.
2. Puree soup using an immersion blender. Or, cool slightly and puree soup in batches in a blender; return to slow cooker and heat through. If desired, top servings with sour cream and pepitas.

## JAZZED SWEET POTATO SOUP - SERVES 8 TO 12 (2-1/4 QTS.)

### Ingredients

1. 2 lbs. sweet potatoes (about 4 medium-sized), peeled and chopped
2. 1 large sweet onion, finely chopped
3. 1 medium-sized sweet red bell pepper, finely chopped
4. 1-1/2 teaspoons curry powder
5. 1 tsp. sea salt
6. 1/2 tsp. ground cinnamon
7. 1/4 tsp. ea. ground ginger, ground allspice & grated lemon zest
8. 1/8 tsp. coarsely ground pepper
9. 6 cups chicken or vegetable stock
10. Salted pumpkin seeds or pepitas, optional

### Preparation

1. In a 5 qt. slow cooker, combine items 1 through 9. Cook, covered, on low 6 to 8 hours or until vegetables are tender.  
Puree soup using an immersion blender, or cool soup and puree in batches in a blender. Return the soup to the slow cooker to heat through. Top servings with pumpkin seeds.

## PUMPKIN SOUP - SERVES 8 - MAKES 2-1/4 QTS.

### Ingredients

1. 8 cups chopped fresh pumpkin (about 3 lbs.)
2. 4 cups chicken or vegetable stock
3. 3 small tart apples, peeled and chopped
4. 1 medium onion, chopped

# TODAY'S COOKING

5. 2 Tbs. lemon juice
6. 2 tsp. minced fresh ginger root
7. 2 garlic cloves, minced
8. 1/2 tsp. salt

## Toasted pumpkin seeds:

1. 1/2 cup fresh pumpkin seeds
2. 1 tsp. canola oil
3. 1/8 tsp. salt

## Preparation

1. In a 5-qt. slow cooker, combine the first 8 items. Cover and cook on low for 8 to 10 hours or until pumpkin and apples are tender.
2. Toss pumpkin seeds with oil and salt. Spread onto an ungreased baking sheet. Bake at 250° F (120° C) for 45 to 50 minutes or until golden brown. Set aside.
3. Cool soup slightly; process in batches in a blender. Transfer to a large saucepan; heat through. Garnish with toasted pumpkin seeds.

## PUMPKIN CURRY SOUP - SERVES 6

### Ingredients

1. 2 Tbs. butter
2. 1 cup chopped onion
3. 2 garlic cloves, minced or pressed
- 
4. 1-1/2 tsp. curry powder
5. 1/2 tsp. salt
6. 1/4 tsp. white pepper
- 
7. 3 cups chicken or vegetable stock
8. 1 can (15 oz.) pumpkin
9. 1 can (12 oz.) evaporated milk

# TODAY'S COOKING

## Preparations

1. In a large sauce pan over medium-high heat melt the butter and sauté the onion and garlic 3 minutes, stirring frequently.
2. Add ingredients 4, 5 & 6; stir and cook 1 minute. Add the stock and pumpkin; bring to a boil; reduce heat to low and simmer about 20 minutes, stirring occasionally.
3. Remove from heat and stir in the milk. Let cool.
4. Use a blender or food processor to blend the soup until smooth. Serve warm garnished with paprika.

## PUMPKIN CURRY SOUP #2 - SERVES 6

### Ingredients

1. 2 Tbs. butter
2. 1/2 cup chopped onion
3. 1/2 lb. mushrooms, sliced
- 
4. 2 Tbs. AP flour
5. 1 tsp. curry powder
6. 3 cups chicken or vegetable stock
7. 1 can (15 oz.) pumpkin
8. 1 can (12 oz.) evaporated milk
9. 1/2 teaspoon salt
10. 1/4 tsp. ea. pepper and nutmeg
11. 1 Tbs. honey
- 
12. Chopped chives or scallions

### Preparations

1. In a saucepan, heat butter over medium heat and sauté items 2 & 3 until tender, about 8 minutes.
2. Stir in items 4 & 5 until blended. Slowly add the stock. Bring to a boil and stir 2 minutes until thickened.
3. Add items 7 through 11; reduce heat and simmer. Top each serving with the chives or scallions.

# TODAY'S COOKING

## PUMPKIN APPLE SOUP - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 2 cup chopped onion
3. 3 garlic cloves, minced or pressed
- 
4. 4 cups fresh pumpkin, roasted, peeled and chopped
5. 2 large Granny Smith apple, peeled and cut into 1/2" cubes
6. 1/8 tsp. nutmeg
7. 1/4 tsp. cinnamon
8. 1/2 tsp. salt
9. 1/4 tsp. white pepper
10. 3 cups chicken or vegetable stock
11. 1/4 to 1/2 cup apple cider
12. Sour cream and paprika for garnish

### Preparations

1. In a large sauce pan, heat the oil over medium and add the onions. Cook 5 minutes.
2. Add the garlic and cook 2 minutes. Add ingredients 4 through 9 and cook 5 minutes.
3. Add the stock and cook over medium-low for 25 to 30 minutes. Let cool and blend in batches until smooth. Add the cider and heat to serving temperature. Serve with garnish.

## COCONUT & PUMPKIN SOUP - SERVES 6

### Ingredients

1. 1 Tbs. butter
2. 1 small onion, chopped
3. 1 Tbs. minced fresh ginger
- 
4. 4 cups chicken or vegetable stock
5. 1 can (15 oz.) pumpkin
6. 1/2 tsp. salt
7. 1/4 tsp. ea. ground cinnamon, ground nutmeg & black pepper
8. 1 cup coconut milk

# TODAY'S COOKING

- 
- 9. Optional toppings: Sour cream, pepitas and minced fresh parsley

## Preparations

1. In a saucepan, heat butter over medium-high heat and sauté items 2 & 3 until tender, about 8 minutes.
2. Add items 4 through 7 and whisk until blended. Bring to a boil. Reduce heat; cover and simmer 15 minutes.
3. Puree soup using an immersion blender, or cool slightly and puree soup in batches in a blender; return to pan. Stir in coconut milk; heat and serve with toppings.

## CURRIED PUMPKIN SOUP - SERVES 6 TO 8

### Ingredients

1. 1/2 lb fresh mushrooms, sliced
2. 1/2 cup chopped onion
3. 2 Tbs. butter
4. 2 Tbs. AP flour
5. 1/2 to 1 tsp. curry powder
6. 3 cups vegetable stock
- 
7. 1 can (15 oz.) pumpkin
8. 1 can (12 oz.) evaporated milk
9. 1 Tbs. honey
10. 1/2 tsp. salt
11. 1/4 tsp. pepper & ground nutmeg
12. Minced chives

### Preparations

1. In a large saucepan, sauté the mushrooms and onion in butter until tender. Stir in the flour and curry powder until blended. Gradually add the broth.
2. Bring to a boil; cook and stir for 2 minutes or until thickened. Add items 7 through 11; heat through. Garnish with chives.

# TODAY'S COOKING

## SUMMER SQUASH SOUP - SERVES 6

### Ingredients

1. 6 cups chicken or vegetable stock
2. 2 small yellow squash, sliced 1/2" thick
3. 1 small zucchini, sliced 1/2" thick
4. 1 leek, chopped
5. 1 green pepper, chopped
6. 1 clove garlic, minced
7. 1/4 tsp. thyme
8. 1 Tbs. ground ginger (optional)
9. 1 small can corn niblets
10. Salt & pepper to taste
11. Romano or parmesan cheese.

### Preparations

1. Combine items 1 through 10 and bring to a boil.
2. Reduce heat; cover and simmer 1 hour. Serve with grated Romano or Parmesan cheese on the side.

## WINTER SQUASH SOUP - SERVES 6

### Ingredients

1. 2 lbs. seeded and peeled pumpkin and/or: Hubbard, Acorn or Butternut squash
2. 3 cups chicken or vegetable stock
3. 1 large onion, sliced
4. 1 tsp. cloves
5. 1/4 tsp. cinnamon
6. 1 Tbs. ginger
7. 1/2 tsp. pepper
- 
8. 1 cup plain yogurt or heavy cream
9. Salt & pepper to taste
10. Sour cream and paprika for garnish

# TODAY'S COOKING

## Preparation

1. In a stock pot combine items 1 through 7 and cook slowly, covered until the squash is tender. Cool and puree. Return to the pot and reheat.
2. Stir in the yogurt or cream and blend well. Season and serve warm with a dollop of sour cream sprinkled with paprika.

## WINTER VEGETABLE SOUP - SERVES 6

## Ingredients

1. 3 large leeks, cleaned & sliced 1/2 thick
2. 2 garlic cloves, minced or pressed
3. 3 large carrots, diced
4. 1 celery stalk, diced
5. 1 large turnip, peeled & diced
6. 1 lb. russet potatoes, peeled & diced
7. 2 bay leaves
8. 4 sprigs parsley
9. 3 sprigs fresh thyme or 1/2 tsp. dried
10. 1/2 quart (2 cups) chicken or vegetable stock
11. 1 quart (4 cups) water
12. Salt & pepper to taste
- 
13. 1/4 cup crème fraîche
14. Chopped parsley

## Preparation

1. In a large soup pot combine ingredients 1 through 12 and bring to a boil.
2. Reduce heat; cover and simmer 45 minutes. Let cool slightly. Remove bay, parsley and fresh thyme. Puree until smooth. Adjust seasonings and reheat. Serve with a dollop of crème fraîche and parsley.

# TODAY'S COOKING

## FALL BISQUE - SERVES 6 TO 8

### Ingredients

1. 2 Tbs. olive oil
2. 2 large rutabagas, peeled and cubed
3. 3 medium-sized leeks (white portion only),chopped
4. 1 large celery root, peeled and cubed
5. 1 large carrot, cubed
- 
6. 3 garlic cloves, minced
7. 7 cups vegetable stock
8. 2 tsp. minced fresh thyme
9. 1-1/2 tsp. minced fresh rosemary
10. 1 tsp. salt
11. 1/2 tsp. coarsely ground black pepper
12. 2 cups milk or almond milk
13. 2 Tbs. minced chives

### Butter & Herb Balls

1. 1/4 cup butter
2. 2 tsp. minced chives
3. 2 tsp. minced fresh parsley
4. 1/2 tsp. grated lemon peel

### Preparations

1. Combine butter-herb ball ingredients and shape into 14 balls. Freeze in a single layer on a baking sheet; transfer to a freezer-safe container.
2. Heat oil over medium heat in a stockpot. Add items 2 through 5; cook 8 minutes, stirring occasionally. Add garlic; cook 2 minutes. Stir in items 7 through 11; bring to a boil. Reduce heat; cover and simmer until vegetables are tender, 30 to 35 minutes.
3. Cool slightly. In a blender, pulse soup in batches until smooth. Return to pan. Stir in the milk and heat through. To serve, sprinkle each portion with chives; top with a butter-herb ball.

# TODAY'S COOKING

## CREAM OF SPINACH SOUP - SERVES 4

### Ingredients

1. 1 cup spinach puree (from fresh or frozen)
2. 3 Tbs. unsalted butter
3. 2 to 3 cups chicken or vegetable stock (see preparation)
4. 1 onion, finely chopped
5. 2 cloves garlic, minced or pressed
6. 1/2 tsp. dried tarragon or more to taste
7. Salt & black pepper to taste
8. 1 to 2 servings of mashed potatoes (homemade or instant)

### Preparation

1. Cook spinach (fresh: a large hand full, about 30 leaves - frozen: 1 [10 oz.] pkg. ). Drain and squeeze out and saving the liquid. Puree the spinach.
2. Sauté the onion and garlic in the butter until soft; add the spinach and sauté another 3 minutes. Measure the spinach liquid and add enough stock to make 3 cups. Add the stock and seasoning to the spinach and simmer 5 minutes. Stir in the potato; bring to boil. Let cool slightly and serve.

## STANDBY SOUP - SERVES 6

Quickly made for unexpected guests

### Ingredients

1. 1 can tomato soup
2. 1 can onion soup
3. 1/4 cup dry sherry
4. Salt & pepper to taste
5. 2 Tbs. parsley, chopped
6. 2 Tbs. chives, chopped
7. Croutons

### Preparation

1. In a large sauce pan combine items 1 through 6; bring almost to a boil and serve with croutons.

# TODAY'S COOKING

## EMERALD SOUP - SERVES 4

### Ingredients

1. 2 Tbs. olive oil
2. 1 cup finely chopped yellow onion
3. 1 Tbs minced garlic
- 
4. 1 lb. Yukon gold or other thin-skin potatoes, cut into 1" chunks
5. 4 to 5 cups chicken or vegetable stock
6. 1/2 cup dry white wine
- 
7. 6 cups each torn Kale and baby spinach, firmly packed
8. Salt & pepper to taste
9. Dash of hot sauce
- 
10. 1/4 lb. thinly sliced prosciutto
11. 1 baguette, cut into 1/2" slices
12. 1/2 oz. finely grated Parmigiano-Reggiano cheese

### Preparation

1. Heat oven to 400°F (200°C)
2. In a large saucepan, sauté the onion in 1 Tbs. of the oil over medium heat 5 minutes, stirring occasionally. Add the garlic and cook, stirring, for another minute.
3. Add the potatoes, 4 cups of the stock and the wine. Bring to a boil; reduce heat; cover and simmer 10 minutes.
4. Add the kale; cover and cook 10 minutes. Add the spinach; cover and cook 5 minutes. Remove from heat and let cool.
5. In a blender, work in batches to puree the the soup. Return soup to the saucepan and reheat. Add seasonings and if necessary some or all of the additional stock to achieve the desired consistency.
6. Bake the prosciutto on a wire rack over a baking sheet for 10 to 12 minutes or until it begins to crisp. Remove the rack and let the prosciutto cool and then crumble.
7. Place baguette slices on the baking sheet; brush with remaining oil and bake 8 to 10 minutes. Remove from oven; sprinkle with cheese and return to oven for 1 to 2 minutes.
8. Top the hot soup with the prosciutto and the baguette slices. Serve the cheese on the side.

# TODAY'S COOKING

## TOMATO & ARTICHOKE SOUP - SERVES 4 TO 6

### Ingredients

1. 2 cans (28 oz. ea.) diced tomatoes
2. 1 bag (8 oz.) frozen artichokes
3. 2 cups chicken or vegetable stock
4. 1 onion, quartered
5. 2 cloves garlic, minced
6. 2 tsp. dried basil
7. 1 tsp. salt
8. 1/4 tsp. black pepper
9. Parsley, chopped for garnish

### Preparation

1. In a 6 qt. slow cooker combine all the items; cover and cook on low 8 hours.
2. Cool and place in a blender, puree the soup in batches. Reheat and serve with garnish.

## RED SOUP - SERVES 4

### Ingredients

1. 1 onion, chopped
2. 2 Tbs. olive oil
- 
3. 2 ribs celery, chopped
4. 2 carrots, sliced
5. 1 clove garlic, minced or pressed
6. 1 potato, peeled & diced
- 
7. 1 cup red lentils
8. 4 cups vegetable stock
- 
9. 2 bay leaves
10. 2 lemons, cut in half and seeded
11. 1/2 tsp. cumin

# TODAY'S COOKING

12. Cayenne to taste
13. Garnish with chopped parsley & paprika

## Preparation

1. Heat a large stock pot over medium heat and add the onions. Cook 2 minutes, stirring and then add the oil. Cook 5 minutes. Stir in ingredients 3 through 6 and cook an additional 5 minutes.
2. Add the lentils and stock; bring to a boil; cover and reduce heat; simmer 30 minutes.
3. Add bay and 2 lemon halves. Cook 10 minutes. Remove the bay; use tongs to squeeze juice out of the lemons and then remove. Juice the other two lemon halves and add it to the soup. Stir in the cumin and cayenne. Cool soup; puree; reheat; garnish and serve.

## ZUCCHINI SOUP - SERVES 4

### Ingredients

1. 1 Tbs. butter
2. 2 Tbs. olive oil
3. 1 onion, chopped
4. 1-1/2 lbs. zucchini, sliced
5. 1/2 pkg. (14 oz. pkg.) firm tofu, cubed
6. 2 tsp. red pepper flakes
7. 1 tsp. dried oregano
8. 3 cups vegetable stock
9. 1/2 cup cottage cheese
10. Salt and pepper to taste

### Preparation

1. 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.
2. Pour the vegetable stock into the skillet. Bring to a boil, reduce heat to low, and simmer 35 minutes.
3. In a blender, process the soup and cottage cheese until smooth. Season with salt and pepper to serve.

# TODAY'S COOKING

## SUMMER SQUASH TARRAGON SOUP - SERVES 4

### Ingredients

1. 6 small yellow summer squash, trimmed and coarsely chopped
2. 1 large zucchini, trimmed and coarsely chopped
3. 2 cups vegetable stock
4. 1 cup half-and-half cream
5. 2 Tbs. chopped fresh tarragon
- 
6. 1 cup shredded Cheddar cheese
7. Ground white pepper to taste
8. Coarse sea salt to taste
9. 2 Tbs. lemon juice, or more to taste
10. 1 tsp. chopped fresh tarragon

### Preparation

1. Place the summer squash, zucchini, vegetable stock, half'n'half, and tarragon into a large soup pot; bring to a boil, reduce heat to a simmer, and cook until the vegetables are tender, about 10 minutes.
2. Use an immersion blender to puree the soup almost smooth or use a blender to process the soup in batches.
3. Sprinkle the Cheddar cheese into the hot soup, and allow to melt; stir until thoroughly mixed. Stir in the lemon juice, and top with a sprinkling of tarragon to serve.

## MEXICAN FAVA BEAN SOUP - SERVES 4

### Ingredients

1. 2 cups shelled, dried fava beans
2. 4 cups water
- 
3. 1 ripe tomato, chopped
4. 1 clove garlic, chopped
5. 1/2 small yellow onion, chopped
6. Kosher salt and freshly ground black pepper, to taste
-

# TODAY'S COOKING

7. 1 Tbs. olive oil
8. 1/4 tsp. crushed saffron threads
9. 1/4 tsp. ground cumin

## Preparations

1. Combine the fava beans and water to a boil in a 4-qt. saucepan over high heat; reduce heat to medium-low and cook, covered, stirring occasionally, until tender, about 40 minutes.
2. Combine items 3 through 6 in a blender or food processor and puree; set aside.
3. Heat oil in another 4-qt. saucepan over medium-high heat. Add the puree and cook, stirring constantly, until it begins to thicken, about 5 minutes.
4. Add the fava beans along with their cooking liquid and items 8 & 9. Cook the beans, stirring occasionally, until flavors meld and beans are very tender and break up in the soup, about 10 minutes.

## ROASTED RED PEPPER SOUP - SERVES 4 TO 6

## Ingredients

1. 4 to 6 red bell peppers, cut in half, seeds and stems removed
- 
2. 2 Tbs. olive oil
3. 1 Tbs. butter
4. 1 large onion, minced
- 
5. 3 cups chicken or vegetable stock
6. 1 to 2 Tbs. dried thyme
7. 4 bay leaves
8. 1/2 tsp. freshly ground black pepper
9. 1 tsp. granulated garlic
10. 1 Tbs. parsley flakes
- 
11. 1 cup milk
12. Salt and pepper to taste

## Preparations

1. Preheat oven @ 350° F (180° C).

# TODAY'S COOKING

2. Place the peppers on a non-stick pan, cut side down. Bake in the oven until the skin starts to blacken and blister, about 20 to 30 minutes. Remove the peppers, place in a bowl and cover with plastic wrap. Let cool for 15 minutes.
3. In a stockpot, heat the olive oil and butter over medium heat. Add the onion and sauté until translucent. Add items 5 through 10 and bring to a gentle boil.
4. Remove as much skin from the peppers as possible and add to the pot. Use an immersion blender to puree the soup, or transfer in batches to a blender to puree. Add the milk and return to a simmer. Cook until heated through. Taste and adjust as needed as desired. Serve with crunchy bread or crackers.

## VEGETABLE & LENTIL SOUP - SERVES 6

### Ingredients

1. 3 cups cubed peeled butternut squash
2. 1 cup ea. chopped carrots & onions
3. 1 cup dried lentils, rinsed
4. 2 garlic cloves, minced
5. 1 tsp. ea. dried oregano & dried basil
6. 4 cups vegetable broth
- 
7. 1 can (14-1/2 oz.) Italian diced tomatoes, undrained
8. 2 cups frozen cut green beans (about 8 oz.)

### Preparations

1. Place the first 6 items in a 5 qt. slow cooker. Cook, covered, on low until lentils are tender, about 4 hours.
2. Stir in tomatoes and beans. Cook, covered, on high until heated through, about 30 minutes.

## FRENCH LENTIL & CARROT SOUP - SERVES 6

### Ingredients

1. 5 large carrots, peeled and sliced

# TODAY'S COOKING

2. 1-1/2 cups dried green lentils, rinsed
3. 1 shallot, finely chopped
4. 2 tsp. herbes de Provence
5. 1/2 tsp. pepper
6. 1/4 tsp. kosher salt
7. 6 cups chicken or vegetable stock
- 
8. 2 cups cubed rotisserie cooked chicken
9. 1/4 cup heavy whipping cream

## Preparations

1. Combine the first 7 item in a 5 or 6 qt. slow cooker; cover. Cook on low 6 to 8 hours or until lentils are tender.
2. Stir in chicken and cream. Cover and continue cooking until heated through, about 15 minutes.

## CREAMY TURNIP SOUP - SERVES 4

### Ingredients

1. 1 Tbs. butter
2. 1 small onion, chopped
3. 2 garlic cloves, minced
4. 1/4 cup white wine or chicken or vegetable stock
- 
5. 1-1/2 lbs. turnips, peeled and cut into 1-inch cubes
6. 2 cups (16 oz.) vegetable or chicken stock
7. 1 medium-sized potato, peeled and cubed
- 
8. 1/4 tsp. ea. salt & ground nutmeg
9. 1/2 cup half'n'half cream

### Preparations

1. In a stockpot over medium-high heat, melt the butter. Add onion and cook, stirring, until tender (about 8 to 10 minutes). Add the garlic and cook 1 minute. Stir in the wine. Bring to a boil and cook until liquid is reduced by half.

# TODAY'S COOKING

2. Add items 5, 6 & 7. Bring to a boil. Reduce heat; simmer, uncovered, 20 to 25 minutes or until vegetables are tender. Cool slightly.
3. Use a food processor to puree the soup in batches until smooth. Return to the stockpot. Stir in the remaining items and heat through.

## COCONUT RED CURRY STEW - SERVES 4

### Ingredients

1. 1 Tbs. canola oil
2. 1 medium onion, chopped
3. 1 garlic clove, minced
4. 3 to 4 Tbs. red curry paste
5. 1/2 tsp. sugar
- 
6. 1 small eggplant, cut into 1-inch pieces (about 4 cups)
7. 3 cups cubed peeled butternut squash, cut into 1" pieces
8. 1 medium sweet red pepper, cut into 1-inch pieces
9. 1 medium green pepper, cut into 1-inch pieces
10. 1 can (15 oz.) garbanzo beans or chickpeas, rinsed and drained
11. 1 can (15 oz.) crushed tomatoes
12. 1 can (14 oz.) coconut milk
13. 1 carton (32 oz.) vegetable broth, divided 3 cups/1 cup
14. Chopped fresh cilantro
15. Optional: Lime wedges and hot cooked rice

### Preparations

1. In a stockpot, heat oil over medium-high; sauté onion until lightly browned, 3 to 4 minutes.
2. Add garlic; cook and stir 1 minute. Stir in curry paste and sugar.
3. Stir in items 6 through 12 plus 3 cups of the broth; bring to a boil. Reduce heat; simmer, covered, until vegetables are tender, 35 to 40 minutes.
4. Stir in remaining broth; heat through. Serve with cilantro and, if desired, lime wedges and rice

# TODAY'S COOKING

## MISO SOUP - SERVES 4

### Ingredients

1. 4 cups water
2. 1 tablespoon shredded nori or wakame seaweed
3. 1/3 cup white miso
4. 3 scallions, chopped
5. 1/2 block silken tofu, cut into 1-inch cubes
6. 1 dash soy sauce, optional

### Preparations

1. Bring the water to a slow simmer in a medium pot and add the shredded seaweed. Allow the seaweed to simmer for at least 5 to 6 minutes. The longer you simmer the seaweed, the less of a salty, fishy flavor it will have.
2. Reduce the heat to very low and add the miso, scallions, tofu, and soy sauce, if using. Stir until the miso is well dissolved. Do not boil, as this will change the flavor of the soup.
3. Ladle into bowls and serve hot
4. This recipe calls for white miso, but you can use any type you like.

## VEGAN PHO - SERVES 6 TO 8

In Vietnamese pho is pronounced “fuh”. This easy vegan pho recipe is made with rich broth and a choice of vegetables (add silken or baked tofu as an option).

### Ingredients

1. 1 large white onion, peeled and halved
2. 3” piece of fresh ginger, halved lengthwise
- 
3. 5 star anise
4. 4 whole cloves
5. 3 (3”) cinnamon sticks
6. 2 cardamom pods
7. 1 Tbs. whole coriander seeds
8. 1 tsp. fennel seeds, optional
- 
9. 8 cups good-quality stock, either vegetable or mushroom stock

# TODAY'S COOKING

10. 1 Tbs. brown sugar
11. 2 tsp. fish sauce or low-sodium soy sauce
12. 2 tsp. rice vinegar
13. 2 Tbs. miso paste dissolved in some of the hot stock, optional
- 
14. 7 oz. uncooked thin rice noodles
15. 1 Tbs. olive oil (or any neutral-flavored oil)
- 
16. 8 oz. shiitake mushrooms, thinly sliced
17. 2 heads baby bok choy, halved and chopped

**Options:** 1 to 2 cups extra vegetables, such as sliced carrots, broccoli florets, bell peppers, shredded cabbage or snow peas.

Garnishes on the side: fresh herbs, such as cilantro, mint, and/or Thai basil, bean sprouts, lime wedges, thinly-sliced chiles, thinly-sliced scallions, hoisin and/or hot sauce.

## Preparations

1. Turn on the oven broiler, and place the baking rack in the highest position. Place the onion and ginger cut-side-up on a baking sheet, and brush with a bit of oil. Broil for about 7-10 minutes, or until the tops of the onion and ginger are slightly charred. Remove and set aside.
2. Heat items 3 through 8 in a large stock pot over medium-high heat for about 3 minutes. Stir in the charred onion, ginger and the stock. Cook until the broth reaches a simmer. Reduce the heat to medium-low; cover and simmer for at least 30 minutes. Strain out and discard the onion, ginger and spices. Stir in items 9 through 12. If using the miso, dissolve in some hot stock and then add to the pot. Season to taste with the salt. Continue simmering on medium-low, covered, until ready to serve.
3. Cook the noodles separately al dente according to the package instructions. Drain in a strainer; rinse the noodles with cold water to stop the cooking. Toss the noodles with a little oil, such as sesame oil to prevent sticking.
4. Heat the oil in a sauté pan over medium-high heat. Add the sliced mushrooms and sauté for 5 minutes, stirring occasionally, until cooked through and lightly golden. Remove from the heat. Five minutes before you are ready to serve, stir the mushrooms, bok choy and any vegetables into the hot broth so that they can briefly cook.
5. Add a handful of noodles to each individual serving bowl. Ladle the hot broth and vegetables into the serving bowls.
6. Serve immediately. Everyone is to stir in garnishes of their choice.

**Notes:** Instead of sautéing the mushrooms, you can cook them in the simmering broth for at least 10 minutes, although the longer they simmer, the better the broth.

# TODAY'S COOKING

Instead of broiling the onion and ginger in the oven, you can also cook them cut-side-down in a sauté pan over high heat until charred.

If you don't have whole spices, you can use ground, but whole is preferred. To use ground, the equivalents would roughly be: 2-1/2 tsp. ground star anise, 2 tsp. ground coriander, 1-1/2 tsp. ground cinnamon, 1/4 tsp. ground cloves, 1/8 tsp. of ground cardamom.

# TODAY'S COOKING

## Soups with Meat

### ASPARAGUS SOUP WITH PROSCIUTTO - SERVES 4

#### Ingredients

1. 2 cups chicken stock
2. 1/4 cup water
3. 1 Yukon Gold potato, peeled and cubed
4. 1 garlic clove, minced or pressed
5. 1 medium-sized shallot, thinly sliced
6. 1/2 tsp. ea. dried thyme and marjoram
7. 1/8 tsp. salt
- 
8. 1 lb. fresh green asparagus, trimmed and cut into 1" pieces.
- 
9. 1-1/2 oz. prosciutto, chopped
10. Freshly ground pepper to taste

#### Preparations

1. Place Items 1 through 7 in a large saucepan. Bring to a boil; reduce heat to medium-low; cover and simmer for about 8 minutes or until the potato is tender. Add the asparagus and simmer, covered, until tender. Cool.
2. In a small skillet, cook the prosciutto about 5 minutes or until crisp.
3. Puree the soup in batches in a blender or food processor until smooth. Reheat and serve topped with the prosciutto and pepper.

### POTATO W/SAUSAGE SOUP - SERVES 6

#### Ingredients

1. 1/2 lb. smoked kielbasa, diced
- 
2. 6 medium potatoes, peeled and cubed
3. 2 cups frozen corn

# TODAY'S COOKING

4. 1-1/2 cups chicken stock
5. 1 celery rib, sliced
6. 1/4 cup sliced carrot
7. 1/2 tsp. ea. garlic powder & onion powder
8. 1/2 tsp. salt
9. 1/4 tsp. pepper
- 
10. 1-1/2 cups whole milk
11. 2/3 cup shredded cheddar cheese
12. 1 tsp. minced fresh parsley

## Preparations

1. In a large saucepan, cook the kielbasa over medium heat until lightly browned, about 5 minutes. Drain and set aside.
2. In the same pan, combine items 2 through 9 and bring to a boil. Reduce heat; cover and simmer until vegetables are tender, about 15 minutes.
3. Add the last 3 items and the sausage. Cook and stir over low heat until cheese is melted and soup is heated through, about 5 minutes.

## CHEDDAR & HAM CHOWDER - SERVES 8 - MAKES 2 QTS

## Ingredients

1. 2 cups water
2. 2 cups cubed peeled potatoes
3. 1/2 cup sliced carrots
4. 1/2 cup sliced celery
5. 1/4 cup chopped onion
6. 1 tsp. salt
7. 1/4 tsp. pepper
- 
8. 1/4 cup butter
9. 1/4 cup AP flour
10. 2 cups milk
11. 2 cups shredded sharp cheddar cheese
12. 1 can (15-3/4 oz.) whole kernel corn, drained
13. 1-1/2 cups cubed fully cooked ham

# TODAY'S COOKING

## Preparations

1. In a large saucepan, bring items 1 through 7 to a boil. Reduce heat; cover and simmer for 8 to 10 minutes or until vegetables are just tender. Remove from the heat; do not drain.
2. In another saucepan, melt the butter. Stir in flour until smooth and gradually add the milk. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Add the cheese and stir until melted. Stir into the undrained vegetables; return large saucepan to the heat. Add corn and ham; heat through, stirring occasionally.

## BROCCOLI & HAM SOUP - SERVES 4

## Ingredients

1. 1-1/2 lbs. fresh broccoli
2. 4 cup chicken or vegetable stock
3. 1/2 cup water
- 
4. 2 strips bacon
5. 2 Tbs. unsalted butter
6. 1 large onion, minced
7. 2 stalks celery, minced
8. 1/4 teaspoon pepper
9. 1 large garlic clove, minced or pressed
- 
10. 1/3 cup flour
- 
11. 1/4 cup each chopped parsley and chopped scallions
12. 1 Tbs. lemon juice
13. 1/8 tsp. ground nutmeg or to taste
14. Salt & pepper to taste
15. 1 (8 oz.) boneless ham steak, diced
- 
16. Croutons and crumbled blue cheese for garnish.

# TODAY'S COOKING

## Preparations

1. Cut the florets off the stem and chop into bite-sized pieces. Cut the tough skin from the stems and dice the insides. In a large saucepan bring the stock and water to a boil. Add the broccoli; reduce heat to medium and cook 3 minutes. Set aside the broccoli and stock in a bowl.
2. In the same saucepan, cook the bacon until crisp. Drain on paper towels, leaving the drippings in the pan. Add ingredients 5 through 9; cover and cook 5 minutes. Whisk in the flour and cook 2 minutes. Whisk in the stock and bring to a boil. Reduce heat and simmer until thickened.
3. Add the broccoli (saving 4 florets for garnish) and simmer 5 minutes. Puree in batches until smooth. Return to pan; add ingredients 11 through 15 and mix well. Garnish each serving with a floret, croutons, cheese and crumbled bacon.

## BEEF & LENTIL SOUP - SERVES 6

### Ingredients

1. 1 lb. lean ground beef (90% lean)
2. 1 can (46 oz.) tomato or V8 juice
3. 4 cups water
4. 1 cup dried lentils, rinsed
5. 2 cups chopped cabbage
6. 1 cup ea. sliced carrots & sliced celery
7. 1 cup chopped onion
8. 1/2 cup diced green pepper
9. 1/2 tsp. pepper
10. 1/2 tsp. dried thyme
11. 1 bay leaf
12. 1 package (10 oz.) frozen chopped spinach, thawed

### Preparations

1. In a large stockpot, cook beef over medium heat until no longer pink, 5 to 7 minutes. Crumble the meat and drain. Add items 2 through 11.
2. Bring to a boil. Reduce heat; simmer, uncovered, for 1 to 1-1/2 hours or until the lentils and vegetables are tender.
3. Remove the bay leaf and add the spinach. Heat through and serve.

# TODAY'S COOKING

## BEEF, BARLEY & KALE SOUP - SERVES 2

(Triangle steak (otherwise known as tri-tip) is a reasonably priced piece of meat with great beefy flavor. It's cut from the lean and tender bottom sirloin).

### Ingredients

1. 6 oz. triangle steak, cut into bite-sized pieces
2. 1 Tbs. olive oil
3. 1/2 cup diced onion
4. 1 garlic clove, minced or pressed
- 
5. 1 cup water
6. 2 cups beef stock
7. 1 tsp. tomato paste
8. 1/4 tsp. red pepper flakes
- 
9. 1/3 cup quick-cooking barley
10. 4 cups chopped kale, ribs removed
11. 1 tsp. lemon zest

### Preparations

1. Brown the meat in oil until brown. Add items 3 & 4 and sauté 2 minutes.
2. Add items 5 through 8; cover and bring to a boil. Reduce heat and simmer 10 minutes.
3. Stir in barley and simmer 10 minutes. Bring back to a boil; add the kale and cook 3 minutes.
4. Stir in zest and serve.

## BORSCHT WITH MEAT - SERVES 12

### Ingredients

1. 1-1/2 lbs. beets, boiled, peeled and grated
2. 2 Tbs. red wine vinegar
3. 1 tsp. white sugar
- 
4. 1 lb. lean beef chuck
5. 2 quarts water
6. 1/2 lb. bacon

# TODAY'S COOKING

7. 1 Tbs. salt
8. 8 whole peppercorns
9. 6 sprigs fresh parsley
10. 2 tsp. ea. dried marjoram and dill seed
11. 1 lb. shredded cabbage
- 
12. 2 leeks, sliced
13. 1 cup chopped onion
14. 1 carrot, grated
15. 2 lbs. Polish sausage
16. 2 Tbs. chopped fresh dill weed
17. Sour cream

## Preparations

1. Combine 1/2 cup of the beets, the vinegar, and sugar in a small bowl; refrigerate, covered, overnight. Refrigerate remaining beets.
2. Place items 4 through 11 in Dutch oven. Heat to boiling. Reduce heat, simmer, partially covered, over medium heat until beef is tender (about 2 hours).
3. Discard parsley sprigs. Add items 12 through 15; simmer, covered, over low heat 30 minutes.
4. To serve, remove beef, bacon, and sausage; cut into 2-inch pieces. Return meats and reserved beet mixture to Dutch oven. Sprinkle with snipped dill and serve with sour cream.

## BEEF & CABBAGE SOUP - SERVES 6

### Ingredients

1. 1-1/2 lbs. beef stew meat, cut into 1" pieces
2. 2 beef bouillon cubes
3. 1 cup hot water
4. 1 large onion, chopped
5. 1/4 teaspoon pepper
6. 1 bay leaf
- 
7. 2 medium potatoes, peeled and cubed
8. 2 celery ribs, sliced
9. 4 cups shredded cabbage
10. 1 carrot, sliced
-

# TODAY'S COOKING

11. 1 can (8 oz.) tomato sauce (see Dressings pg. 89 & 90)
12. Salt to taste

## Preparations

1. In a large saucepan or Dutch oven, brown the stew meat; drain. Meanwhile, dissolve bouillon cubes in water; add to beef. Add items 4, 5 & 6.
2. Cover; simmer 1-1/4 hours or until tender. Add items 7 through 10. Cover and simmer 30 minutes or until vegetables are tender. Stir in tomato sauce and salt.
3. Simmer, uncovered, 15-20 minutes more. Remove bay leaf before serving.

## BEEF & CABBAGE SOUP - SERVES 12 - MAKES 3 QTS.

### Ingredients

1. 1 lb. lean ground beef
2. 1/2 tsp. garlic salt
3. 1/4 tsp. ea. garlic powder & black pepper
4. 2 celery ribs, chopped
5. 1 can (16 oz.) kidney beans, rinsed and drained
6. 1/2 medium head cabbage, chopped
7. 1 can (28 oz.) diced tomatoes, undrained
8. 3-1/2 cups water
9. 1 Tbs. beef base
10. Minced fresh parsley

### Preparation

1. In a large pot oven medium heat, cook the beef until no longer pink. Break into crumbles and drain. Stir in the remaining items except the parsley.
2. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Garnish with parsley.

# TODAY'S COOKING

## CEYLON CHICKEN CURRY SOUP - SERVES 8 - MAKES 2-1/2 QTS

### Ingredients

1. 2 Tbs. olive oil, divided
2. 1 lb. boneless chicken breasts, thinly sliced and cut into 1/2" pieces
3. 1 medium onion, chopped
4. 2/3 cup sliced carrots
- 
5. 3 bay leaves
6. 2 Tbs. minced fresh ginger root
7. 1 lemongrass stalk
8. 1 whole star anise
9. 1 Tbs. curry powder
10. 2 tsp. ground turmeric
11. 1 garlic clove, minced
12. 1/2 tsp. salt
13. 1/4 tsp. cayenne pepper
14. 2 anchovy fillets, minced
- 
15. 6 oz. uncooked wide rice noodles
16. 2 Tbs. white wine vinegar
- 
17. 1 carton (32 oz.) chicken stock
18. 1 can (13.66 oz.) coconut milk
19. 2 Tbs. dark brown sugar
- 
20. 1-1/2 cups chopped fresh kale
21. 1/2 cup cherry tomatoes, halved

### Preparations

1. In a large stock pot over medium-high heat, add 1 Tbs. of the oil. Add chicken; cook, stirring until no longer pink, 4 to 5 minutes. Remove from the pan and set aside.
2. Add the remaining oil to the pot and cook, stirring, items 3 & 4 until tender, 12 to 15 minutes.
3. Add items 5 through 14 and cook 1 minute longer.
4. Cook the noodles according to package directions for al dente and set aside.

# TODAY'S COOKING

5. Add vinegar to pan; cook 30 seconds, stirring to loosen browned bits from pan. Add items 17, 18 & 19. Bring to a boil; reduce heat to a simmer and add the last 2 items. Cook until tender, 6 to 8 minutes.
6. Remove and discard bay leaves, lemongrass and star anise. Drain the noodles and stir into soup. Add the chicken. Heat through and serve

## CHICKEN POT PIE SOUP - SERVES 6

### Ingredients

1. 6 cups water
2. 1 Tbs. salt
3. 1/2 tsp. each marjoram & black pepper
4. 2 bay leaves
5. 3 chicken legs with thighs (should yield 3 cups cubed chicken)
- 
6. 4 Tbs. butter
7. 1 large onion, sliced thin (should yield 2 cups)
8. 2 medium carrots, peeled & sliced
9. 1 large celery stalk, sliced
- 
10. 1/2 cup flour
11. 1/2 cup dry vermouth
12. 1/2 tsp. each dried sage & thyme
13. 1 Tbs. poultry seasoning
14. 6 cups broth
15. 1 very large potato, peeled & cubed (should yield 2 cups)
- 
16. 2/3 cup half'n'half
17. 1 cup each frozen peas, green beans, wax beans, corn kernels, thawed and patted dry
18. 1/4 cup chopped parsley
19. 1 Tbs. lemon juice
20. Salt & pepper to taste

### Preparation

1. Place items 1 through 5 in a large stock pot; bring to a boil; reduce heat; cover and simmer 30 to 35 minutes. Set aside chicken to cool. Reserve the broth; cool and de-fat.

# TODAY'S COOKING

2. Heat butter in the stock pot and stir in half the onion. Cook 10 minutes or until slightly browned. Add the rest of the onion and items 8 & 9. Cook, covered 5 minutes and then stir in the flour. Cook 2 minutes. Add items 11 through 15; bring to a boil; reduce heat to medium and simmer 15 minutes. Add the chicken and items 16 through 20; stir well and simmer 10 minutes. If the soup is too thin, add 1 Tbs. cornstarch mixed into 2 Tbs. water.

## CHICKEN NOODLE SOUP - SERVES 4

### Ingredients

1. 1 lb boneless chicken thighs
2. 1/4 tsp. ea. salt & pepper
3. 1/2 Tbs. canola oil
- 
4. 1 medium onion, chopped
5. 1 garlic clove, minced or pressed
6. 5 cups chicken broth
- 
7. 2 celery ribs, chopped
8. 2 medium carrots, chopped
9. 2 bay leaves
10. 1/2 tsp. minced fresh thyme or 1/8 teaspoon dried thyme
- 
11. 1-1/2 cups uncooked egg noodles (about 4 ounces)
12. 1/2 Tbs. chopped fresh parsley
13. 1/2 Tbs. lemon juice

### Preparation

1. Pat chicken dry with paper towels; and season with salt and pepper.
2. In a stockpot, heat the oil over medium-high heat. Add the chicken, skin side down and cook until dark golden brown, 3 to 4 minutes. Remove the chicken; discard the skin and leave 2 Tbs. of the drippings in the pot.
3. Add the onion to the pot and cook, stirring, over medium-high heat 4 to 5 minutes. Add the garlic and cook 1 minute longer. Add the broth and stir to loosen browned bits from pan. Bring to a boil. Add items 7 through 10. Reduce heat; add the chicken and simmer, covered, until the chicken is tender, 25 to 30 minutes.

# TODAY'S COOKING

4. Remove the chicken and set aside. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, about 22 minutes.
5. When the chicken is cool enough to handle, shred the meat and return to the pot. Stir in parsley and lemon juice. Adjust the seasonings if needed. Discard the bay leaves and serve.

## ULTIMATE CHICKEN NOODLE SOUP - SERVES 10

### Ingredients

1. 2-1/2 lbs. bone-in chicken thighs
2. 1/2 tsp. salt
3. 1/2 tsp. pepper
4. 1 Tbs. canola oil
- 
5. 1 large onion, chopped
6. 1 garlic clove, minced
7. 10 cups chicken stock
8. 4 celery ribs, chopped
9. 4 medium carrots, chopped
10. 2 bay leaves
11. 1 tsp. minced fresh thyme or 1/4 teaspoon dried thyme
- 
12. 3 cups uncooked egg noodles (about 8 oz.)
13. 1 Tbs. chopped fresh parsley
14. 1 Tbs. lemon juice
15. Additional salt and pepper to taste if needed

### Preparations

1. Pat chicken dry with paper towels; sprinkle with salt and pepper. In a 6 qt. stockpot, heat oil over medium-high heat. Add chicken in batches, skin side down; cook until dark golden brown, 3 to 4 minutes. Remove chicken from pan; remove and discard skin. Discard all but 2 Tbs. drippings.
2. Add onion to drippings; cook and stir over medium-high heat until tender, 4 to 5 minutes. Add garlic; cook 1 minute longer. Add broth, stirring to loosen browned bits from pot. Bring to a boil. Return chicken to pan. Add celery, carrots, bay leaves and thyme. Reduce heat; simmer, covered, until chicken is tender, 25 to 30 minutes.
3. Transfer chicken to a plate. Remove soup from heat. Add noodles; let stand, covered, until noodles are tender, 20 to 22 minutes.

# TODAY'S COOKING

4. When chicken is cool enough to handle, remove meat from bones; discard bones. Shred meat into bite-sized pieces. Return meat to stockpot. Stir in parsley and lemon juice. Adjust seasoning if needed and discard the bay leaves.
5. To prevent your chicken from drying out, remove it from the broth when tender. Let cool, shred and set aside while you finish making your soup. Then, return the chicken to the hot soup when you're ready to eat. You can also try velveting your chicken to give it extra tenderness. See Today's Cooking Poultry, pg. 79.

## HOMESTYLE CHICKEN NOODLE SOUP - SERVES 4

### Ingredients

1. 1/8 cup butter, cubed
2. 1 small onion, chopped
3. 1 celery ribs, chopped
4. 1 medium carrot, chopped
5. 1/2 cup coarsely chopped fresh mushrooms
- 
6. 1 garlic clove, minced
7. 1/8 cup AP flour
8. 3/4 tsp. dried basil
9. 1/4 tsp. salt
10. 5 cups chicken broth
- 
11. 1/2 package (6 oz.) frozen home-style egg noodles
12. 2 cups chopped fresh kale or baby spinach
13. 1 cup shredded cooked chicken

### Preparations

1. In a stock pot, melt the butter over medium heat. Add items 2 through 5; stir and cook for 8 to 10 minutes or until vegetables are crisp-tender. Add garlic; cook 1 minute longer.
2. Stir in flour, basil and salt until blended; gradually stir in broth. Bring to a boil. Reduce heat; simmer, covered, 10 minutes.
3. Return to a boil; add noodles. Reduce heat; simmer, covered, 15 minutes. Stir in kale and chicken; cook, covered, 6-8 minutes longer or until kale and noodles are tender.

# TODAY'S COOKING

## CHICKEN CORDON BLEU SOUP - SERVES 6 (2 QTS.)

### Ingredients

1. 2 Tbs. ea. butter & olive oil
2. 1 small head cauliflower, coarsely chopped
3. 1 medium onion, chopped
4. 1 garlic clove, minced
5. 3 Tbs. AP flour
6. 2 cups chicken stock
- 
7. 2 cups shredded cooked chicken
8. 2 cups half'n'half cream
9. 1 cup finely cubed fully cooked ham
10. 1 Tbs. Dijon mustard
11. 1 tsp. salt
12. 1/2 tsp. pepper
- 
13. 2 cups shredded Swiss cheese

### Preparation

1. In a large saucepan, heat butter and oil over medium-high heat. Add items 2, 3 & 4 and cook 8 to 10 minutes. Stir in the flour until blended and cook 2 minutes. Gradually whisk in the broth. Bring to a boil, stirring constantly; cook and stir until cauliflower is tender, 12 to 15 minutes.
2. Puree the soup and return to the saucepan. Stir in items 7 through 12; heat through. Stir in the cheese. Serve when melted.

## CURRIED CHICKEN SOUP - SERVES 8 TO 10

### Ingredients

1. 3 Tbs. olive oil
2. 1 large onion, coarsely chopped
3. 3 bell peppers of various colors, chopped
4. 3 garlic cloves, minced or pressed
- 
5. 3 tsp. curry powder

# TODAY'S COOKING

6. 2 or 3 dashes hot sauce
7. 1 can (15 oz.) coconut milk
8. 2 cups chicken stock
9. 3 medium potatoes, chopped
10. 1 cup sliced carrots
11. 2 Tbs. butter
- 
12. 2 cups spinach, coarsely chopped - optional
13. Salt & pepper to taste

## Preparation

1. In a large stock pot heat the oil over medium-low and cook the onion and peppers 10 minutes. Add the garlic and cook another minute.
2. Add the curry and cook 1 minute. Add ingredients 6 through 11 and bring to a boil. Reduce heat and simmer, covered 20 minutes or until potatoes are cooked. Add the spinach and cook an additional 2 minutes. Adjust seasoning.

## SPICY THAI CHICKEN COCONUT SOUP - SERVES 6

### Ingredients

1. 1 lb. boneless skinless chicken breasts, cut into 3/4" cubes
2. 3 Tbs. cornstarch
3. 3 Tbs. peanut or canola oil
- 
4. 1 large onion, chopped
5. 1 small jalapeño pepper, seeded and minced
6. 2 garlic cloves, minced
- 
7. 2 tsp. red curry powder
8. 1 tsp. ground ginger
9. 3/4 tsp. salt
10. 1/2 t tsp. ground turmeric
11. 1 tsp. Sriracha chili sauce
12. 1 can (13.66 oz.) light coconut milk
13. 1 carton (32 oz.) chicken broth
-

# TODAY'S COOKING

14. 2 cups thinly sliced Chinese or Napa cabbage
15. 1 cup thinly sliced fresh snow peas or sugar snap peas
16. Thinly sliced green onions
17. Lime wedges

## Preparations

1. Toss chicken with cornstarch. In a large stockpot, heat 2 Tbs. oil over medium-high heat; sauté chicken until lightly browned, 2 to 3 minutes. Remove s from pot.
2. In same pan, add remaining oil and sauté items 4, 5 & 6 over medium-high heat until onion is tender, 3 to 4 minutes. Stir in items 7 through 13 and bring to a boil. Reduce heat; simmer, covered, 20 minutes.
3. Stir in cabbage, snow peas and chicken; cook, uncovered, just until cabbage is crisp-tender and chicken is cooked through, 3 to 4 minutes. Serve with green onions and lime wedges.

## JOSEPHINE'S OXTAIL SOUP - SERVES 6

### Ingredients

1. 2 lbs. oxtails
2. 5 cups water
3. 2 carrots, chopped
4. 2 ribs celery, chopped
5. 1 medium-sized onion, chopped
6. 3 medium-sized potatoes, cubed
7. 1/2 tsp. seasoned salt and 1/4 tsp garlic salt
8. 1 tsp. Kitchen Bouquet
9. 5 beef bouillon cubes
10. 1 Tbs. tomato past

### Preparations

1. Combine all the items. Bring to a boil; reduce heat and simmer 20 minutes.
2. Remove oxtails and de-bone; return meat to pot and simmer 10 minutes.

# TODAY'S COOKING

## EASY CHICKEN & RICE SOUP - SERVES 6 TO 8

### Ingredients

1. 1 roasted or rotisserie 2 lb. chicken, meat removed and shredded
2. 1 large onion, coarsely chopped
3. 2 Tbs. butter
4. 1 pkg. (7 oz.) Spanish rice & vermicelli mix
5. 1 cup spinach, chopped

### Preparation

1. In a large pot place the chicken bones, juices, skin and onion and add enough water to cover. Bring to a boil; reduce heat and simmer 3 to 4 hours.
2. Strain and if necessary add more water to make 6 cups. Return the broth and the chicken to the pot.
3. In a sauce pan melt the butter; add the rice/pasta mix and seasonings. Cook 2 minutes and add to the soup.
4. Bring the soup to a boil; reduce heat to low; cover and simmer 30 minutes. Add more water if necessary. Add the spinach and simmer another 5 minutes. Serve.

## ZUPPA TOSCANA - SERVES 6

### Ingredients

1. 1 lb. ground sweet Italian sausage
2. 1/8 tsp. crushed red pepper flakes
- 
3. 1/2 lb. bacon, diced
4. 1 medium onion, diced
5. 1 Tbs. minced garlic
- 
6. 8 cups (2 qts.) chicken stock
7. 3 medium-sized red potatoes, with skin & cubed
8. 1 cup half'n'half
9. 1 small bunch kale, washed and trimmed (tough stems removed) or use baby spinach
10. Salt & pepper to taste

# TODAY'S COOKING

## Preparation

1. Brown the sausage with the red pepper in a stock pot over medium-high. Drain and transfer to a bowl.
2. Cook the bacon over medium heat until crispy. Drain and return 2 Tbs. of drippings along with the bacon back to the pan.
3. Add the onion and garlic. Cook 5 minutes. Add the stock; bring to a boil over high heat; add the potatoes and continue to boil 15 minutes. Lower the heat to medium and stir in the half'n'half. Add the sausage and continue to cook 5 minutes. Add kale, seasonings and cook 2 minutes.

## CHICKEN OR TURKEY & WILD RICE - SERVES 6 TO 8

### Ingredients - Broth

1. 1 Tbs. butter
2. 2 onions, chopped
3. 1 rib celery, chopped
4. 1 chicken or turkey carcass, quartered
5. 3 cups dry white wine
6. 6 cups chicken stock

### Ingredients - Soup

1. 1 cup wild rice
2. 2 carrots, peeled & chopped
3. 1/2 tsp. dried thyme
4. 1/4 tsp. baking soda
- 
5. 1/4 cup flour
6. 1 cup cream or half'n'half
7. 3 cups chopped chicken or turkey meat
8. Salt & pepper to taste

## Preparation

1. In a large pot melt the butter and add items s 2 through 4 and cook 5 minutes. Add items 5 & 6. Simmer over medium-low heat for 1 hour. Strain and discard solids.
2. Wipe out the pot and toast over medium heat the rice until it starts to pop, 5 minutes. Stir in soup items 2, 3 & 4 plus the stock. Bring to a boil; reduce heat to low; cover and simmer 1 hour.

# TODAY'S COOKING

3. Whisk together soup items 5 & 6 until smooth. Add this and the meat to the soup and simmer until slightly thickened, about 10 minutes. Season and serve.

## MULLIGATAWNY SOUP - SERVES 4

### Ingredients

1. 2 -1/2 cups chicken stock
2. 1/2 cup dry white wine
3. 1/2 cup water
4. 2 small apples, peeled, cored and chopped
5. 2 medium carrots, chopped
6. 1 stalk celery, sliced
7. 1 medium onion, chopped
8. 1/4 cup raisins
9. 1 can (10 oz.) diced tomatoes with liquid
10. 1 tsp. lemon juice
11. 1/2 cup long grain rice
12. 1 Tbs. chopped parsley
13. 1-1/2 tsp. curry powder
14. 1/8 tsp. ground nutmeg
15. 1/4 tsp. black pepper
16. 1-1/2 cups chopped cooked chicken or turkey

### Preparations

1. In a large stockpot combine items 1 through 15 and bring to a boil. Reduce heat; cover and simmer 20 minutes. Add the chicken or turkey and heat another 5 minutes.

## EASIER MULLIGATAWNY SOUP - SERVES 4

### Ingredients

1. 1 small onion (1/2 cup), coarsely chopped
2. 1 rib of celery, coarsely chopped
3. 2 medium carrots, sliced on a diagonal
4. 2 small to medium apples, coarsely chopped
5. 1 can (14-1/2 oz.) diced tomatoes with liquid

# TODAY'S COOKING

6. 1-1/2 tsp. curry powder
7. 1/2 tsp. turmeric
8. 2 or 3 dashes hot sauce
9. 1/4 cup raisins
10. 1 Tbs. minced parsley
11. 1 tsp. lemon juice
12. 1/4 tsp. black pepper
13. 1/8 tsp. nutmeg
14. 1 cup water
15. 1/3 cup rice
16. 2-1/2 cups cooked and diced chicken or turkey

## Preparation

1. In a large stock pot combine items 1 through 15. Bring to a boil; reduce heat; cover and simmer 20 minutes. Add the chicken and simmer about 10 minutes.

## SAUSAGE AND CORN CHOWDER - SERVES 6 TO 8

### Ingredients - Broth

1. 6 chicken sausages, sliced 1/4" thick
2. 1 cup water
- 
3. 3 cups chicken stock
4. 1 large onion, sliced
5. 1/2 cup chopped red bell pepper
6. 3 medium-sized carrots, peeled and sliced
7. 2 medium-sized parsnips, peeled and cubed
- 
8. 1 tsp. marjoram
9. 1/2 tsp. thyme
10. 1/4 tsp. garlic powder
- 
11. 1/2 cup small cauliflower florets
12. 2 cups cooked fresh or frozen corn kernels
13. 2 Tbs. chopped parsley plus more for garnish

# TODAY'S COOKING

## Preparation

1. Cook the sausage in the water until no longer pink. Set sausage aside and add the water to the stock.
2. In a stock pot, add the stock and items 4 through 7. Bring to a boil; reduce heat and simmer 10 minutes. Add items 8, 9 & 10 and simmer 5 minutes. Add items 11, 12 & 13 plus the sausage. Simmer 5 minutes or until the cauliflower is tender.

## CHICKEN & WONTON SOUP - SERVES 4 TO 6

### Ingredients

1. 2 Tbs. butter
2. 1 large scallion, thinly sliced
3. 1/4 cup chopped chives
- 
4. 1 carrot, peeled and thinly sliced
5. 1 large celery stalk with leaves, thinly sliced on the bias
- 
6. 4 cups chicken or vegetable stock
7. 1 can (14.5 oz.) diced tomatoes with roasted garlic
8. 1/2 cup thinly sliced cabbage
9. 1/4 tsp. Adobe Seasoning
10. 1/8 tsp. ground ginger
11. 1 Tbs. finely chopped parsley
12. 1/2 tsp. Herbes De Provence ([see pg. 117 Todays Cooking Dressings etc.](#))
- 
13. 14 frozen mini chicken & vegetable wontons
14. Chopped fresh basil to taste
15. Salt & pepper to taste

### Preparations

1. Melt the butter in a stock pot; sauté items 2 & 3 for 5 minutes. Add items 4 & 5 and cook 10 minutes. Add items 6 through 12; simmer, covered for 10 minutes. Add the last 3 items; cook 3 to 4 minutes.

**Herbs de Provence:** yields 4 Tbs.

# TODAY'S COOKING

2 tsp. ea. dried thyme, oregano, basil, marjoram, fennel seed - crushed and rosemary leaves - crushed

## TORTELLINI SOUP - SERVES 6 - MAKES 2 QTS.

### Ingredients

1. 3/4 lb. Italian turkey sausage links, casings removed
2. 1 medium onion, chopped
3. 6 garlic cloves, minced
- 
4. 2 cans (14-1/2 oz. each) chicken stock
5. 1-3/4 cups water
6. 1 can (14-1/2 oz.) diced tomatoes, undrained
- 
7. 1 package (9 oz.) refrigerated cheese tortellini
8. 1 package (6 oz.) fresh baby spinach, coarsely chopped
9. 2-1/4 tsp. minced fresh basil or 3/4 teaspoon dried basil
10. 1/4 tsp. pepper
11. Dash crushed red pepper flakes
- 
12. Shredded Parmesan cheese, optional

### Preparations

1. Crumble sausage into a stock pot. Add the onion and cook, stirring, over medium heat until meat is no longer pink. Add the garlic and cook 1 minute longer.
2. Stir in items 4, 5, & 6. Bring to a boil. Add tortellini and return to a boil. Cook for 5 to 8 minutes or until almost tender, stirring occasionally.
3. Reduce heat; add items 8 through 11. Cook 2 to 3 minutes longer or until spinach is wilted and tortellini are tender. Serve with cheese.

## RUSTIC TORTELLINI SOUP - SERVES 6, MAKES 2 QTS.

### Ingredients

1. 3/4 lb. Italian turkey sausage links, casings removed
2. 1 medium onion, chopped

# TODAY'S COOKING

3. 6 garlic cloves, minced or pressed
4. 2 cans (14-1/2 oz. each) chicken broth
5. 1-3/4 cups water
6. 1 can (14-1/2 oz.) diced tomatoes, undrained
7. 1 pkg. (9 oz.) refrigerated cheese tortellini
8. 1 pkg. (6 oz.) fresh baby spinach, coarsely chopped
9. 2-1/4 tsp. minced fresh basil or 3/4 teaspoon dried basil
10. 1/4 tsp. pepper
11. Dash crushed red pepper flakes
12. Shredded Parmesan cheese, optional

## Preparations

1. Crumble the sausage into a large saucepan. Add the onion and cook, stirring, over medium heat until the meat is no longer pink. Add the garlic and cook 1 minute. Stir in items 4, 5 & 6 and bring to a boil.
2. Add the tortellini and return to a boil. Cook 5 to 8 minutes or until almost tender, stirring occasionally. Reduce heat; add items 8 through 11 and cook 2 to 3 minutes longer or until spinach is wilted and tortellini are tender. Serve with cheese on the side.

## SPLIT PEA SOUP - SERVES 4 TO 6

### Ingredients

1. 1-1/2 cups dry split peas, rinsed and drained
2. 5 cups chicken or vegetable stock
3. 1 to 1-1/2 lbs. meaty ham bone or smoked pork hock (or use 1/4 lb. smoked ham, cubed, but add to the soup when you add the vegetables.
- 
4. 1/4 tsp. marjoram
5. 1 tsp. garlic granules
6. 1 bay leaf
7. Pepper to taste
8. 1 each medium carrot, celery and onion, diced small.

### Preparations

1. In a large pot combine items 1, 2 & 3. Bring to a boil; reduce heat; cover and simmer 1 hour.

# TODAY'S COOKING

2. Remove from heat; pull out the ham bone; let cool; strip off the meat and chop coarsely. Discard bone.
3. When cool enough, use a food processor to coarsely blend the peas and return to the pot.
4. Add the remaining items to the pot. Bring to a boil; reduce heat; cover and simmer for 25 minutes or until vegetables are tender. Discard bay leaf.

## EASY SPLIT PEA SOUP - SERVES 12 - MAKES 3 QTS.

### Ingredients

1. 1 pkg. (16 oz.) dried split peas
2. 8 cups water
3. 2 medium potatoes, peeled and cubed
4. 2 large onions, chopped
5. 2 medium carrots, chopped
6. 2 cups cubed cooked corned beef or ham
7. 1/2 cup chopped celery
8. 3 tsp. chicken base
9. 1 tsp. ea. dried marjoram & basil
10. 1 tsp. ea. poultry seasoning & rubbed sage
11. 1/2 tsp. ea. salt & pepper

### Preparation

1. In a stock pot, combine all items; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until peas and vegetables are tender. To serve 6, halve the recipe.

## SWEDISH SPLIT PEA SOUP - SERVES 8

### Ingredients

1. 3 cups dry yellow split peas, rinsed and drained
2. 4 cups water
3. 4 cups chicken or vegetable stock
4. 2 cups diced onion

# TODAY'S COOKING

5. 1 cup diced carrot
6. 1 cup finely diced celery
7. 1 tsp. marjoram
8. 1 Tbs. minced ginger
9. 12 oz. diced ham
10. Pepper to taste

## Preparations

1. Place all items in a slow cooker and stir. Cover and cook 5 hours on high or 7 to 8 on low. Season to taste.

## SPLIT PEA SOUP WITH KIELBASA - SERVES 4

## Ingredients

1. 1 cup dry split peas, rinsed and drained
2. 3-1/2 cups chicken or vegetable stock
3. 1 tsp. cumin
4. 1/4 tsp. cayenne
- 
5. 1 Tbs. unsalted butter
6. 2 large onions, cut in half, then sliced
7. 2 medium to large carrots, diced small.
- 
8. 1/2 cup water
9. 1 can (14-1/2 oz.) diced tomatoes with juices
10. 1 Tbs. mushroom powder seasoning or Adobo seasoning (optional)
11. 6 oz. kielbasa, sliced
12. Salt & pepper to taste

## Preparations

1. In a medium to large pot combine ingredients 1 through 4. Bring to a boil; reduce heat; cover and simmer 1 hour.
2. Remove from heat and let cool. Place in a blender and process until smooth. Return to the pot.
3. In a skillet over medium-low heat, melt the butter and sauté the onions about 10 minutes. Add the carrots and cook another 10 minutes. Stir in items 8, 9 & 10 and simmer 10 minutes. Add the kielbasa and simmer 10 minutes. Adjust seasonings and serve.

# TODAY'S COOKING

## ENGLISH PUB PEA SOUP - SERVES 8 (2 QTS.)

### Ingredients

1. 1 meaty ham bone
2. 1-1/3 cups dried green split peas, rinsed
3. 2 celery ribs, chopped
4. 1 large carrot, chopped
5. 1 sweet onion, chopped
- 
6. 4 cups water
7. 1 bottle (12 oz.) light beer
8. 1 Tbs. prepared English mustard
- 
9. 1/2 cup milk
10. 1/4 cup minced fresh parsley
11. 1/2 tsp. salt
12. 1/4 tsp. pepper
13. 1/4 tsp. ground nutmeg

### Preparation

1. Place items 1 through 5 in a 4 qt. slow cooker. Combine items 6, 7 & 8 and pour over the vegetables. Cook, covered, on high 5 to 6 hours or until peas are tender.
2. Remove ham bone and set aside. Cool the soup slightly and blend in batches in a blender or food processor to the desired consistency. Return to the slow cooker.
3. Trim away fat and remove meat from bone; discard fat and bone. Cut meat into bite-sized pieces and return to slow cooker. Stir in remaining items and heat.

## BLACK-EYED PEA SOUP - SERVES 4

### Ingredients

1. 2 Tbs. unsalted butter
2. 1/4 cup ea. sliced celery and chopped onion

# TODAY'S COOKING

3. 1 garlic clove, minced or pressed
- 
4. 1 can (15-1/2 oz.) black-eyed peas, rinsed and drained
5. 1 cup water
6. 3/4 cup Italian stewed tomatoes, cup up
- 
7. 1/2 cup cubed, fully cooked ham
8. 1/2 tsp. Italian seasoning
9. Pinch of salt
10. Black pepper to taste

## Preparations

1. In a large saucepan, heat the butter and sauté items 2 & 3 until tender. Add the next 3 items and bring to a boil. Stir in the remaining items. Reduce heat; simmer, uncovered, until heated through, about 20 minutes.

## WHITE BEAN AND GREENS SOUP - SERVES 6

### Ingredients

1. 3 Tbs. unsalted butter
2. 1 small onion, chopped
3. 3 garlic cloves, minced or pressed
- 
4. 8 cups chicken broth
5. 1/4 tsp. thyme
6. 1 small head of cabbage, chopped
7. 2 large potatoes, peeled and cubed
- 
8. 1 can (15 oz.) Great Northern White beans or Cannellini beans
9. 6 oz. dried salami, chopped small
10. 1/4 cup chopped parsley
- 
11. Salt & pepper to taste

### Preparations

1. Make the soup a few hours before serving to let the flavors develop.

# TODAY'S COOKING

2. Heat the butter in a large sauce pan on medium high heat. Sauté items 2 & 3 for 5 minutes and add the next 4 items. Bring to a boil, stirring. Reduce heat and simmer about 30 minutes.
3. Add items 8, 9 & 10; cover and let sit off the heat for an hour or two. Adjust seasonings; reheat and serve.

## EGGPLANT SUPPER SOUP - SERVES 6 TO 8

### Ingredients

1. 2 Tbs. each olive oil and butter
2. 1 medium-sized onion, chopped
3. 1 garlic clove, minced or pressed
4. 1 lb. ground beef
- 
5. 1 medium-sized eggplant, peeled & diced
6. 1/2 cup each sliced carrot and celery
7. 1 can (28 oz.) plum, Italian-style tomatoes
8. 3-1/2 cups beef or chicken stock
9. 1/2 tsp. each nutmeg and white pepper (OK, black pepper will do)
10. 1 tsp. each salt and sugar
- 
11. 1/2 cup or more dry macaroni or pasta of your choice
12. 1/4 cup chopped parsley
13. Grated Parmesan cheese

### Preparations

1. In a large pan, heat the oil and butter over medium and sauté items 2 & 3 about 5 minutes.
2. Add item 4 and cook about 10 minutes or until no longer pink. Drain.
3. Add items 5 through 10; cover and simmer 30 minutes. Add items 11 & 12 simmer until pasta is cooked. Serve with the cheese.
4. For a thicker consistency like a stew instead of a soup, add 2 heaping Tbs. of cornstarch to about 1/3 cup of water, wine, dry vermouth or dry sherry. Add while simmering the soup.

# TODAY'S COOKING

## CHICKEN CORN SOUP - SERVES 12

### Ingredients

1. 1 medium-sized onion, chopped
2. 2 celery ribs, chopped
3. 1 cup shredded carrots
4. 2 lbs. boneless skinless chicken thighs (preferable) or breasts, cubed
5. 3 chicken bouillon cubes or 1 Tbs. chicken base
6. 1 tsp. salt
7. 1/4 tsp. pepper
8. 12 cups water
- 
9. 2 cups uncooked egg noodles
10. 2 cans (14.75 oz. ea.) cream-style corn
11. 4 Tbs. butter
- 
12. Adjust salt & pepper to taste

### Preparations

1. Place first 8 items in a Dutch oven; bring slowly to a boil. Reduce heat; simmer, uncovered, until chicken is no longer pink and vegetables are tender, about 30 minutes.
2. Stir in the noodles, corn and butter. Cook, uncovered, until noodles are tender, about 10 minutes, stirring occasionally.

## TURKEY GUMBO - SERVES 6

### Ingredients

1. 6 Tbs. butter
2. 6 Tbs. flour
- 
3. 1 Tbs. olive oil
4. 2 andouille sausages, cubed (use kielbasa or smoked Polish sausage as a substitute)
-

# TODAY'S COOKING

5. 1/2 medium-sized bell pepper, chopped
6. 1/2 medium-sized onion, chopped
7. 2 ribs celery, chopped
8. 1 Tbs. dried thyme
9. 1/2 tsp. ea. ground cumin & freshly ground black pepper
10. 1/2 tsp. cayenne (optional or adjust quantity)
- 
11. 1 qt. (4 cups) turkey stock with turkey meat
12. 1/4 lb. small, shelled & deveined shrimp
13. 4 large bay leaves
14. Salt to taste
15. 1/2 cup cooked rice

## Preparations

1. In a medium pot, melt the butter over low heat. Add the flour to make a roux. Cover and cook over very low heat for 1-1/2 hours, stirring every 10 to 15 minutes. The roux will turn dark brown and will give the gumbo great color and flavor.
2. In a separate pan, heat the olive oil over high heat. Add the sausage and cook for 2-3 minutes, stirring constantly. Add items 5 through 10 and cook for 3 to 5 minutes, stirring constantly.
3. When the roux is ready, slowly stir in the turkey stock. Add the contents of the other pot and the shrimp, bay leaves and salt. Cook for an additional 10 to 15 minutes. Add the rice just before serving.

## EGG ROLL NOODLE BOWL - SERVES 4

### Ingredients

1. 1 Tbs. sesame oil
2. 1/2 lb. ground pork
- 
3. 1 Tbs. soy sauce
4. 1 garlic clove, minced
5. 1 tsp. ground ginger
6. 1/2 teaspoon salt
7. 1/4 tsp. ea. ground turmeric & black pepper
- 
8. 6 cups shredded cabbage (about 1 small head)

# TODAY'S COOKING

9. 2 large carrots, shredded (about 2 cups)
- 
10. 4 oz. rice noodles
11. 3 green onions, thinly sliced
12. Additional soy sauce as desired

## Preparation

1. In a large cast-iron or other heavy skillet, heat oil over medium-high heat; cook and crumble pork until browned, 4 to 6 minutes. Stir in items 3 through 7. Add items 8 & 9 and cook until vegetables are tender, stirring occasionally, 4 to 8 minutes.
2. Cook the rice noodles according to package directions; drain and immediately add to pork mixture, tossing to combine. Sprinkle with green onions and serve with additional soy sauce.

**Vegetarian dish:** substitute the pork with mushrooms or tofu.

## COUSCOUS MEATBALL SOUP - SERVES 10 (2-1/2 QTS.)

### Ingredients

1. 1 lb. lean ground beef (90% lean)
2. 2 tsp. dried basil
3. 2 tsp. dried oregano
4. 1/2 tsp. salt
- 
5. 1 large onion, finely chopped
6. 2 tsp. canola oil
7. 1 bunch collard greens, chopped (8 cups)
8. 1 bunch kale, chopped (8 cups)
- 
9. 2 cartons (32 oz. ea.) vegetable stock
10. 1 Tbs. white wine vinegar
11. 1/2 tsp. crushed red pepper flakes
12. 1/4 tsp. pepper
13. 1 package (8.8 oz.) pearl (Israeli) couscous

### Preparation

# TODAY'S COOKING

1. In a small bowl, combine the first 4 items. Shape into 1/2" balls. In a large skillet coated with cooking spray, brown the meatballs; drain and set aside.
2. In the same skillet, brown the onion in the oil. Add items 7 & 8; cook 6 to 7 minutes longer or until wilted.
3. In a Dutch oven, combine the greens mixture, meatballs and items 9 through 12. Bring to a boil. Reduce heat; cover and simmer for 10 minutes. Return to a boil. Stir in couscous. Reduce heat; cover and simmer, stirring once, until couscous is tender, about 10 to 15 minutes.

## TRADITIONAL ITALIAN WEDDING SOUP - SERVES 8 TO 10

### Ingredients

1. 2 large eggs, lightly beaten
2. 1/2 cup dry bread crumbs
3. 1/4 cup minced fresh parsley
4. 2 Tbs. grated Parmesan cheese
5. 1 Tbs. raisins, finely chopped
6. 3 garlic cloves, minced
7. 1/4 tsp. crushed red pepper flakes
- 
8. 1/2 lb. lean ground beef (90% lean)
9. 1/2 lb. bulk spicy pork sausage
10. 2 cartons (32 oz. ea.) chicken broth
11. 1/2 tsp. pepper
12. 1-1/2 cups cubed rotisserie chicken
13. 2/3 cup uncooked acini di pepe pasta
14. 1/2 cup fresh baby spinach, cut into thin strips
15. Shredded Parmesan cheese, optional

### Preparation

1. In a large bowl, combine the first seven items. Crumble the beef and sausage over mixture and mix well. Shape into 1/2" balls.
2. In a saucepan, brown the meatballs in small batches and drain. Add the broth and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes. Stir in chicken and pasta; cook 5 to 7 minutes longer or until pasta is tender. Stir in spinach and cook until wilted. Sprinkle with shredded Parmesan cheese.

# TODAY'S COOKING

## AMISH CHICKEN & CORN SOUP - SERVES 12 - MAKES 4 QTS.

### Ingredients

1. 1 medium onion, chopped
2. 2 celery ribs, chopped
3. 1 cup shredded carrots
4. 2 lbs. boneless skinless chicken breasts, cubed
5. 3 Tbs. chicken base
6. 1 tsp. salt
7. 1/4 tsp. pepper
8. 12 cups water
- 
9. 2 cups uncooked egg noodles
10. 2 cans (14-3/4 oz. ea.) cream-style corn
11. 1/4 cup butter

### Preparation

1. Place first 8 items in a large saucepan and bring slowly to a boil. Reduce heat; simmer, uncovered, until chicken is no longer pink and vegetables are tender, about 30 minutes.  
Stir in noodles, corn and butter. Cook, uncovered, until noodles are tender, about 10 minutes, stirring occasionally.

## CHICKEN & RICE SOUP - SERVES 4

### Ingredients

2. 4 large eggs
3. 2 Tbs. peanut or canola oil
4. 2 large tomatoes, halved and thinly sliced
- 
5. 4 cups chicken stock
6. 3 cups water
7. 1 bunch scallions, sliced
8. 1 Tbs. sesame oil

# TODAY'S COOKING

9. 2 tsp. low-salt soy sauce
10. 1-1/2 tsp. salt
11. 1/4 tsp. freshly ground black pepper
- 
12. 1 cup shredded rotisserie chicken, skin removed
13. 4 cups baby spinach
14. 1-1/2 cups cooked rice (white, brown or wild)

## Preparations

1. Whisk the eggs with a pinch each of salt and pepper in a small bowl. Heat the oil in a large saucepan over high heat. Add the eggs and cook, undisturbed, until bubbles form on the surface and the bottom is set, about 1 minute.
2. Add the tomatoes and cook, stirring gently to break up the eggs, until the tomatoes begin to soften, 2 to 3 minutes. Add items 5 through 11. Partially cover and simmer 5 minutes.
3. Stir in the last 3 items and warm through. Season the soup with salt and pepper if needed.

## GENERAL TSO'S SOUP - SERVES 6

### Ingredients

1. 1 cup tomato juice
2. 1/2 cup pickled cherry peppers, chopped
3. 2 Tbs. ea. soy sauce & hoisin sauce
4. 1 Tbs. peanut oil
5. 1 to 2 tsp. crushed red pepper flakes
- 
6. 1 lb. shredded cooked chicken
7. 1-1/2 cups chopped onion
8. 1 cup chopped fresh broccoli
9. 1/4 cup chopped green onions
10. 1 tsp. sesame seeds, toasted

### Preparations

1. In a 4 or 5 quart slow cooker, combine the first 6 ingredients.
2. Stir in items 6, 7 & 8. Cook, covered, on low about 2 hours or until the vegetables are tender.
3. Top each serving with green onions and sesame seeds.

# TODAY'S COOKING

## BEAN & VEGGIE SOUP W/MEATBALLS - SERVES 6

### Ingredients

1. 2 Tbs. olive oil
2. 1 cup sliced carrots
3. 1 cup each diced onion and celery
4. 1 medium-sized zucchini, diced
- 
5. 1 can (15 oz.) Great Northern or cannellini beans, rinsed and drained
6. 1 can (14 oz.) diced tomatoes, undrained
7. 1 can (14 oz.) chicken stock
8. 3 cups water
9. 1/4 cup long-grain brown rice
10. 1 tsp. Italian seasoning
11. 1/2 tsp. salt and pepper
- 
12. 1 lb. pkg. frozen meatballs (beef, turkey or veggie)
13. Chopped, fresh parsley

### Preparations

1. In a large pot over medium-high, heat the oil and cook, stirring occasionally, items 2, 3 & 4 about 7 to 8 minutes. Add items 5 through 11. Cover and bring to a boil. Reduce heat and simmer 20 minutes.
2. Cook the meatballs according to the package; add to the soup and simmer an additional 10 minutes. Serve garnished with the parsley.

## BEEF, CHICKEN, PORK OR SHRIMP PHO - SERVES 6 TO 8

In Vietnamese pho is pronounced "fuh".

### Ingredients

1. 1 large white onion, peeled and halved
2. 3" piece of fresh ginger, halved lengthwise
- 
3. 5 star anise

# TODAY'S COOKING

4. 4 whole cloves
5. 3 (3") cinnamon sticks
6. 2 cardamom pods
7. 1 Tbs. whole coriander seeds
8. 1 tsp. fennel seeds, optional
- 
9. 8 cups good-quality stock, either beef, chicken, vegetable or mushroom stock
10. 1 Tbs. brown sugar
11. 2 tsp. fish sauce or low-sodium soy sauce
12. 2 tsp. rice vinegar
13. 2 Tbs. miso paste dissolved in some of the hot stock, optional
- 
14. 7 oz. uncooked thin rice noodles
15. 1 Tbs. olive oil (or any neutral-flavored oil)
- 
16. 8 oz. shiitake mushrooms, thinly sliced
17. 2 heads baby bok choy, halved and rough chopped
18. 8 oz. to 10 oz. boneless beef, chicken or pork, thinly sliced\* or cleaned and shelled large shrimp
- 
19. Options: 1 to 2 cups extra vegetables, such as sliced carrots, broccoli florets, bell peppers, shredded cabbage or snow peas.
20. Garnishes on the side: fresh herbs, such as cilantro, mint, and/or Thai basil, bean sprouts, lime wedges, thinly-sliced chiles, thinly-sliced scallions, hoisin and/or hot sauce.

## Preparations

1. Turn on the oven broiler, and place the baking rack in the highest position. Place the onion and ginger cut-side-up on a baking sheet, and brush with a bit of oil. Broil for about 7-10 minutes, or until the tops of the onion and ginger are slightly charred. Remove and set aside.
2. Putting the beef, chicken or pork in the freezer for 30 minutes makes it much easier to slice. Cut very thin and set aside.
3. Heat items 3 through 8 in a large stock pot over medium-high heat for about 3 minutes. Stir in the charred onion, ginger and the stock. Cook until the broth reaches a simmer. Reduce the heat to medium-low; cover and simmer for at least 30 minutes. Strain out and discard the onion, ginger and spices. Stir in items 9 through 12. If using the miso, dissolve in some hot stock and then add to the pot. Season to taste with the salt. Continue simmering on medium-low, covered, until ready to serve.
4. Cook the noodles separately al dente according to the package instructions. Drain in a strainer; rinse the noodles with cold water to stop the cooking. Toss the noodles with a little oil, such as sesame oil to prevent sticking.

# TODAY'S COOKING

5. Heat the oil in a sauté pan over medium-high heat. Add the sliced mushrooms and sauté for 5 minutes, stirring occasionally, until cooked through and lightly golden. Remove from the heat. Five minutes before you are ready to serve, stir the mushrooms, bok choy, any additional vegetables and the protein into the hot broth so that they can briefly cook.
6. Add a handful of noodles to each individual serving bowl and ladle the hot broth on top. Let sit for a few minutes so the protein cooks.
7. Serve and have everyone stir in the garnishes of their choice.

**Notes:** Instead of sautéing the mushrooms, you can cook them in the simmering broth for at least 10 minutes, although the longer they simmer, the better the broth. Instead of broiling the onion and ginger in the oven, you can also cook them cut-side-down in a sauté pan over high heat until charred.

If you don't have whole spices, you can use ground, but whole is preferred. To use ground, the equivalents would roughly be: 2-1/2 tsp. ground star anise, 2 tsp. ground coriander, 1-1/2 tsp. ground cinnamon, 1/4 tsp. ground cloves, 1/8 tsp. of ground cardamom.

\*To more easily slice the meat, place the beef, chicken or pork in the freezer for 30 to 50 minutes.

## MISO SOUP - SERVES 4

### Ingredients

1. 4 cups water
2. 1 tablespoon shredded nori or wakame seaweed
3. 1/3 cup white miso
4. 3 scallions, chopped
5. 1/2 block silken tofu, cut into 1-inch cubes
6. 1 dash soy sauce, optional

### Preparations

1. Bring the water to a slow simmer in a medium pot and add the shredded seaweed. Allow the seaweed to simmer for at least 5 to 6 minutes. The longer you simmer the seaweed, the less of a salty, fishy flavor it will have.
2. Reduce the heat to very low and add the miso, scallions, tofu, and soy sauce, if using. Stir until the miso is well dissolved. Do not boil, as this will change the flavor of the soup.
3. Ladle into bowls and serve hot
4. This recipe calls for white miso, but you can use any type you like.

# TODAY'S COOKING

## Notes:

You can enhance this soup by adding in other vegetables or shellfish if you don't need it vegetarian. Mushrooms, finely sliced leeks, shredded carrots, noodles (soba, rice noodles, or ramen), chopped bok choy, fresh cilantro, grated fresh ginger, thinly sliced daikon radish, Cooked fish (cut into bite-size pieces), cooked shrimp.

## Seafood Soups

### AVOCADO & CRAB SOUP - SERVES 6

#### Ingredients

1. 1 clove garlic, minced
2. 1 large onion, chopped
3. 3 Tbs. butter
- 
4. 1-1/2 Tbs. flour
5. 4 cups chicken stock
- 
6. 4 ripe avocados, mashed
7. 8 oz. flaked crab meat
8. 2 cups light cream
9. Salt & pepper to taste

#### Preparation

1. In a large sauce pan add the first three ingredients and sauté until the onion is soft. Add the flour; blend well and cook 2 minutes.
2. Add in the stock and continue to cook while stirring until smooth.
3. Add the crab and avocado. Simmer 20 minutes.
4. Add the cream and seasonings. Serve hot topped with tortilla pieces or chill and serve very cold.

### SCALLOP SOUP - SERVES 2

#### Ingredients

1. 1-1/2 cups chicken stock
2. 3/4 cup beef broth
3. 1/4 cup clam juice
4. 1/4 cup dry white wine

# TODAY'S COOKING

5. white pepper to taste
6. 2 oz. uncooked sea scallops, sliced very thin
7. Chives or green onions, chopped

## Preparations

1. Combine and bring all the liquids to a boil and season with the pepper.
2. Evenly divide scallops into two bowls; add hot soup and garnish.

## AUNT RUTH'S CLAM CHOWDER - SERVES 8

### Ingredients

1. 3 cups ea. of cubed onions, carrots & potatoes
2. 2 Tbs. butter
3. 3 cups minced clam (reserve liquid)
4. Combine clam liquid and water to make 8-1/2 cups
5. 1 tsp. salt & 1/4 tsp. pepper
6. 4-1/2 cups canned tomatoes and liquid
7. 3/4 tsp. thyme

### Preparations

1. Simmer item 1 with the butter for 10 minutes. Add all remaining items and simmer 1 hour.

## ULTIMATE NEW ENGLAND CLAM CHOWDER - SERVES 4

### Ingredients

1. 4 center-cut bacon strips
2. 2 celery ribs, chopped
3. 1 large onion, chopped
4. 1 garlic clove, minced
5. 3 small potatoes, peeled and cubed
6. 1 cup water
7. 1 bottle (8 oz.) clam juice

# TODAY'S COOKING

8. 3 teaspoons reduced-sodium chicken bouillon granules
9. 1/4 tsp. white pepper
10. 1/4 tsp. dried thyme
11. 1/3 cup all-purpose flour
12. 2 cups fat-free half-and-half, divided
13. 2 cans (6-1/2 oz. ea.) chopped clams, undrained

## Preparations

1. In a Dutch oven, cook bacon over medium heat until crisp. Remove to paper towels to drain; set aside. Sauté celery and onion in the drippings until tender. Add garlic; cook 1 minute longer. Stir in the potatoes, water, clam juice, bouillon, pepper and thyme. Bring to a boil.
2. Reduce heat; simmer, uncovered, until potatoes are tender, 15 to 20 minutes.
3. In a small bowl, combine flour and 1 cup half'n'half until smooth. Gradually stir into soup. Bring to a boil; cook and stir until thickened, 1 to 2 minutes.
4. Stir in clams and remaining half'n'half; heat through (do not boil). Crumble the cooked bacon and sprinkle over each serving.

## BOUILLABAISSE AMERICAN - SERVES 6

### Ingredients

1. 1/4 cup butter
2. 1 clove garlic, minced
3. 1/2 cup ea. chopped onion & celery
4. 4 tomatoes, chopped
5. 1 bay leaf
- 
6. 1 lb. boneless fish, cut into chunks
7. 1 can (7 oz.) clams with liquid
8. 1 can (5 oz.) shrimp, drained
9. 2-1/2 cups chicken stock
10. 1/4 tsp. thyme
11. Salt & pepper to taste
- 
12. 6 slices French bread
13. Parmesan cheese
14. Paprika

# TODAY'S COOKING

## Preparation

1. In a large sauce pan combine the first 5 items and sauté until tender, about 5 minutes.
2. Add items 6 through 11 and simmer 20 minutes.
3. Toast the bread sprinkled with the cheese and paprika. Place in bowls; add the soup and serve.

## QUICK SEAFOOD BISQUE - SERVES 4

### Ingredients

1. 1/2 cup crab meat
2. 1/2 cup titi shrimp
3. 2 cans (14-1/2 oz.) tomato soup
4. 1 can (14-1/2 oz.) mushroom soup (not cream style)
5. Salt & pepper to taste
6. Parsley or cilantro, chopped for garnish

### Preparations

1. Mix items 1 through 5 and simmer slowly for 20 minutes. Garnish and serve.

## BROCCOLI & SALMON STEW - SERVES 6

### Ingredients

1. 1 can (8 oz.) salmon, drained & flaked
2. 1 pkg. (10 oz.) frozen chopped broccoli or equivalent fresh broccoli
3. 3/4 cup water
- 
4. 2 Tbs. flour
5. 3 Tbs. melted butter
- 
6. 1/2 tsp. dried rosemary
7. 1/8 tsp. nutmeg
8. 1/2 tsp. pepper
9. 1 tsp. salt
10. 4 Tbs. minced green onion

# TODAY'S COOKING

- 
- 11. 2-1/2 cups milk
- 12. 1 cup cream or evaporated milk

## Preparation

1. Cook the broccoli in water until tender. Do not drain. Set aside.
2. In a large sauce pan combine the butter and flour; blend well and cook 2 minutes. Add items 6 through 10 and cook 2 minutes.
3. Gradually add items 11 & 12 while constantly stirring until smooth.
4. Add the salmon and broccoli with liquid. Stir; remove from heat and cool. Cover and let sit in the refrigerator for 2 to 3 hours. Re-heat and serve.

## GREEN CLAM CHOWDER - SERVES 6

### Ingredients

1. 48 littleneck clams cleaned (soak clams in salted water with a cup of corn meal for 2 hours. Rinse)
2. 6 cups of water
- 
3. 1 Tbs. each butter and olive oil
4. 2 cups each diced onion and leek
- 
5. 1 cup diced celery
6. 2 bay leaves
7. 1 large sprig thyme
8. 3 cups diced potatoes
- 
9. 1/2 lb. spinach, blanched, squeezed dry and chopped
10. 6 Tbs. creme fraiche
11. Zest of a small lemon
12. 2 Tbs. chopped fresh dill
13. 1/2 cup sliced scallions

### Preparation

1. Rinse and place the clams plus the water in a large pot. Cover and over high heat bring to a boil. Reduce heat to medium-high and continue to cook until the clams just start to open. Remove from

# TODAY'S COOKING

heat; remove the clams with the shells; strain the stock and add enough fish or chicken stock to make 6 cups.

2. In a large pot over medium high heat, melt the butter with the oil and cook the onions/leeks 5 minutes. Add items 5 through 8 and the stock. Bring to a boil; reduce heat and simmer for about 20 minutes.
3. Add items 9 through 12 plus the clams and simmer 4 to 5 minutes. Place 8 clams, in the shell, in each bowl. Ladle in the soup and garnish with the scallions.

## VENETIAN FISH SOUP - SERVES 4 AS MAIN DISH

### Ingredients

1. 4 lbs. whole fish (buy small fish of different types, such as bass or mackerel)
2. 4 cups water
3. 1 large onion, quartered
4. 2 bay leaves
5. 2 whole cloves
6. 3 Tbs. parsley
7. 1 to 2 tsp. salt
8. 6 peppercorns
- 
9. 1 Tbs. ground ginger
10. 1/2 cup olive oil
11. 2 cloves of garlic, minced
12. 1/2 tsp. dried oregano
- 
13. 1 cup dry white wine
14. 1 cup canned Italian peeled tomatoes

### Preparation

1. Cut the fish into boneless chunks and set aside.
2. In a stock pot combine what's left of the fish with items 2 through 8 and cook an hour or so to make a stock. Strain and set aside.
3. Add the oil to the stock pot and heat. Dust the fish with the ginger and lightly fry in the oil with the garlic and oregano. Add the stock, wine and tomatoes.
4. Cover and simmer 10 to 15 minutes. Serve.

# TODAY'S COOKING

## FISH CHOWDER - SERVES 6

### Ingredients

1. 3 small whole fish such as bass or halibut
2. 6 cups water
3. 1 bay leaf
- 
4. 2 Tbs. butter
5. 1 garlic cloves, minced or pressed
6. 1 each, chopped: leek, onion, carrot, celery, potato, green pepper and a wedge of green cabbage
7. 2 tomatoes, chopped
8. Salt & pepper to taste
9. 1 tsp. cornstarch
10. 2 Tbs. dry sherry

### Preparation

1. Cut the fish into boneless chunks and set aside.
2. In a stock pot combine what's left of the fish with items 2 & 3 and cook 1-1/2 hours to make a stock. Strain and set aside.
3. Add the butter to the stock pot and sauté items 5 & 6 for 5 minutes. Add the tomatoes and cook an additional 5 minutes. Add the stock and simmer 1-1/2 hours.
4. Add the fish and simmer 15 minutes. Adjust seasonings. Combine the cornstarch and sherry and stir into the soup. Serve.

## COD CHOWDER - SERVES 6

### Ingredients

1. 3 Tbs. unsalted butter
2. 1 large onion, diced
3. 2 large carrots, peeled & diced
4. 2 ribs celery, diced
5. 1 tsp. salt
6. 1/2 tsp. pepper
- 
7. 3 garlic cloves, minced or pressed

# TODAY'S COOKING

8. 1/2 cup AP flour
9. 4 cups seafood stock
10. 3 cups milk
11. 1-1/4 lbs. red potatoes, quartered
12. 4 sprigs fresh thyme
13. 1-1/2 to 2 lbs. skinless cod filet, cut into 1" pieces

## Preparation

1. In a stockpot melt the butter over medium-high heat and add items 2 through 6. Cook 5 minutes; add the garlic and cook 2 minutes. Stir in the flour and cook 2 minutes. Whisk in the stock and milk; add the potatoes and thyme.
2. Increase the heat to medium-high and bring to a boil. Reduce to medium-low heat and simmer 10 minutes. Add the cod; cover and cook 5 minutes. Remove the thyme prior to serving.

## SEAFOOD CHOWDER - SERVES 8 - MAKES 2 QTS.

## Ingredients

1. 2 Tbs. butter
2. 1 small onion, chopped
3. 1 celery rib, chopped
4. 1 medium-sized carrot, sliced
- 
5. 2 Tbs. AP flour
6. 1/2 cup milk or half'n'half
- 
7. 3 cups seafood stock
8. 1 medium potato, peeled and diced
9. 1 Tbs. Worcestershire sauce
10. 1 tsp. salt
11. 1/2 tsp. pepper
- 
12. 1 lb. uncooked shrimp (41-50 count), peeled and deveined
13. 2 cans (6-1/2 oz. ea.) chopped clams, drained
14. 2 cans (6 oz. ea.) lump crabmeat, drained
15. 1 package (8 oz.) cream cheese, cubed
16. Minced fresh parsley

# TODAY'S COOKING

## Preparations

1. In a stockpot, heat butter over medium-high heat. Add items 2, 3 & 4; cook and stir until crisp-tender, 2 to 3 minutes. Stir in flour until blended and gradually add the milk. Bring to a boil; cook and stir until thickened, about 2 minutes.
2. Add items 7 through 11 and return to a boil. Reduce heat; cover and simmer until potato is tender, 10 to 15 minutes.
3. Add items 12 through 15 and cook, stirring until the shrimp turn pink and and cheese is melted, about 5 minutes. Garnish with parsley.

## CREAMY SEAFOOD CHOWDER - SERVES 8 - MAKES 2 QTS

## Ingredients

1. 2 tablespoons butter
2. 1 small onion, chopped
3. 1 celery rib, chopped
4. 1 medium carrot, shredded
5. 2 tablespoons all-purpose flour
6. 1/2 cup 2% milk
- 
7. 3 cups seafood stock
8. 1 medium potato, peeled and diced
9. 1 tablespoon Worcestershire sauce
10. 1 teaspoon salt
11. 1/2 teaspoon pepper
- 
12. 1 pound uncooked shrimp (41-50 per pound), peeled and deveined
13. 2 cans (6-1/2 ounces each) chopped clams, drained
14. 2 cans (6 ounces each) lump crabmeat, drained
15. 1 package (8 ounces) cream cheese, cubed
16. Minced fresh parsley

## Preparations

1. In a large stock pot over medium-high heat, melt the butter. Add onion, celery and carrot; cook and stir until crisp-tender, 2 to 3 minutes. Stir in flour until blended; gradually add milk. Bring to a boil; cook and stir until thickened, about 2 minutes.

# TODAY'S COOKING

2. Add items 7 through 11; return to a boil. Reduce heat; cover and simmer until potato is tender, 10 to 15 minutes.
3. Add items 12 through 15; cook and stir until shrimp turn pink and and cheese is melted, 4 to 5 minutes. Garnish with parsley.

## SALMON POTATO & CHEESE SOUP - SERVES 6

### Ingredients

1. 1/4 cup butter, cubed
2. 1-1/4 cups diced celery
3. 1 large onion, thinly sliced
- 
4. 3-1/2 cups sliced peeled uncooked potatoes
5. 1 cup chicken broth
- 
6. 3 cups whole milk, room temperature, divided
7. 1 cup half-and-half cream
8. 2 cups shredded sharp cheddar cheese
9. 1 tsp. dried thyme
10. 1 Tbs. Worcestershire sauce
11. 1 can (7-1/2 oz.) red sockeye salmon, drained, bones and skin removed
- 
12. Salt and pepper to taste
13. Minced fresh parsley

### Preparation

1. In a large saucepan, sauté items 2 & 3 in butter until tender. Add items 4 & 5; cover and cook on low heat until potatoes are tender.
2. Cool slightly. Puree potato mixture in a blender with 2 cups of the milk. Return to the pan; add remaining 1 cup milk and items 7 through 11; heat through. Season with salt and pepper. Garnish with parsley.

# TODAY'S COOKING

## MARYLAND CRAB SOUP - SERVES 4

### Ingredients

1. 1 (14-1/2 oz.) cans stewed tomatoes
2. 1-1/2 cups water
3. 1 cup fresh lima beans
4. 1 cup frozen corn kernels
5. 1 cup sliced carrots
6. 2 Tbs. chopped onion
7. 1 Tbs. Old Bay Seasoning
8. 1 cup beef broth
9. 1 lb. blue crab crabmeat

### Preparations

1. Combine all items. Bring to a boil; reduce heat and simmer 30 minutes.

## BASIC SHELLFISH SOUP - SERVES 6

### Ingredients

1. 1 large onion, chopped
2. 2 Tbs. butter
3. 1 Tbs. butter
4. 2 Tbs. flour
5. 1 quart (4 cups) boiling fish or chicken stock
- 
6. 1 lb. crab, shrimp or lobster meat
7. 1 tsp. grated lemon peel
8. 1/4 tsp. ea. ground allspice and clove
9. 2 hard cooked eggs, mashed (see [Todays Cooking Eggs pg. 7](#))
10. Salt & pepper to taste
11. Garnish: 2 green onions, chopped and 1 Tbs. parsley, chopped

### Preparations

1. In a large pot, combine and sauté items 1 & 2 for 5 minutes. Add items 3 & 4 and cook 4 minutes.

# TODAY'S COOKING

2. Slowly stir in the stock. Blend well and add items 6 through 10; bring to boil; reduce heat and simmer 15 minutes. Serve with garnish.

## SHERRY & CREAM CRAB SOUP - SERVES 6

### Ingredients

1. 1 quart (4 cups) milk
2. 2 hard cooked eggs, mashed (see [Todays Cooking Eggs pg. 7](#))
3. 1 Tbs. butter
4. 1 Tbs. flour
5. 1 Tbs. grated lemon peel
- 
6. 8 oz. crab meat
7. 1/2 cup cream
- 
8. 2 tsp. Worcestershire sauce
9. 1 tsp. salt
10. 1/2 tsp. white pepper
11. 3/4 cup dry sherry

### Preparations

1. Heat the milk to boiling.
2. In a separate sauce pan combine items 2 through 5. Add the milk and blend well.
3. Add the crab and simmer 5 minutes.
4. Add the cream; bring to a boil; remove from heat and add the rest of the items. Stir well and serve.

## CALLALOO CRAB & GREENS SOUP - SERVES 4 TO 6

### Ingredients

1. 3 Tbs. butter
2. 1/2 cup finely chopped onions
3. 1 garlic clove, minced or pressed
4. 1/2 lb. callaloo greens (dasheen or Chinese spinach) or use fresh spinach or Swiss chard
-

# TODAY'S COOKING

5. 3 cups chicken stock
6. 1/2 cup coconut milk
7. 1 tsp. salt
8. Black pepper to taste
9. 8 oz. crab meat
10. Dash of A-1, Pickapeppa ® or Worcestershire sauce

## Preparations

1. Wash the greens and discard any discolored leaves. Leave the callaloo greens whole, but if using regular spinach or Swiss chard, do not use the stems; bunch the leaves together and cut into fine strips.
2. In a large saucepan melt the butter over medium heat and sauté items 2 & 3 for 5 minutes. Add the greens and simmer, stirring until just wilted. Stir in items 5 through 8; bring to a boil over high; reduce heat; add the last 2 items and simmer 2 to 3 minutes, stirring and serve.

## EASY SHRIMP SOUP - SERVES 4 TO 6

### Ingredients

1. 1-1/2 lbs. shrimp
2. 4 cups fish stock
3. 1/2 tsp. thyme
4. 1/2 tsp. black pepper
5. 1 garlic clove, minced or pressed
6. 1/4 cup chopped onion
7. 3 Tbs. dry sherry
- 
8. 1 cup heavy cream or half'n'half
9. Parsley or cilantro, chopped for garnish

### Preparations

1. Cook the shrimp in the stock until just pink. Remove the shrimp; cool and shell.
2. Add the shrimp shells to the stock and items 3 through 7. Bring to a boil; reduce heat and simmer 10 minutes; strain and cool slightly. In a food processor, puree the stock.
3. Add the cream and half of the shrimp to the stock and puree again. Reheat.

# TODAY'S COOKING

4. Roughly chop the remaining shrimp and place into the serving bowls. Add the soup and garnish with the parsley.

**Variation:** Omit the sherry and add 1 Tbs. curry or chili powder. Instead of parsley, sprinkle on some toasted coconut.

## SPANISH SHRIMP SOUP - SERVES 4 TO 6

### Ingredients

1. 3 Tbs. unsalted butter
2. 1 small onion, chopped
3. 4 garlic cloves, minced or pressed
- 
4. 1/3 cup lemon juice
5. 1 Tbs. sugar
6. 2 cans (14-1/2 oz. ea.) petite diced tomatoes, with juices
7. 2 cups fish stock or clam juice
8. 1 can (5 oz.) diced, mild chilis, drained
9. 3 oz. tomato paste
10. 1/2 tsp. black pepper
- 
11. 2-1/2 cups chicken stock
12. 1-1/4 cups uncooked rice
- 
13. 1-1/2 lbs. shrimp
14. Chopped parsley or cilantro for garnish

### Preparations

1. In a large skillet, melt the butter and cook items 2 & 3 for 4 minutes.
2. Stir in items 4 through 10. Bring to a boil; reduce heat and simmer, partially covered, for 50 minutes or transfer to a slow cooker and cook, covered for 2 to 3 hours.
3. In a saucepan, bring the chicken stock to a boil; stir in the rice; reduce heat to low; cover and cook 20 minutes.
4. Add the shrimp to the soup and cook until just pink, about 3 minutes.
5. Serve the soup on some of the rice and garnish with the parsley.

# TODAY'S COOKING

## RATATOUILLE & SHRIMP SOUP - SERVES 4 TO 6

### Ingredients

1. 3 Tbs. olive oil
2. 1 large onion, diced
3. 4 garlic cloves, minced or pressed
- 
4. 2 to 3 tsp. herbs de Provence
5. 2 Japanese eggplants, diced
6. 1 small zucchini, diced
7. 1 yellow bell pepper, diced
- 
8. 1 can (28 oz.) diced tomatoes with the juice
9. 2 to 4 cups chicken or vegetable broth
10. Dash of hot sauce
- 
11. 1/2 to 3/4 lbs. cooked shrimp, whole or cut into pieces
12. Large handful of fresh basil leaves, chopped
13. Salt & pepper to taste
14. Serve with a baguette and grated cheeses (Manchego, Parmesan or Mahon)

### Preparations

1. Heat the olive oil in a large pot over medium-low. Add the onion; stir; cover and cook 10 minutes. Add the garlic and cook an additional 5 minutes.
2. Stir in items 4 through 7 and cook, stirring, 5 minutes. Add items 8, 9 & 10; bring to a boil; reduce heat and simmer 20 minutes.
3. Add items 11, 12 & 13. Simmer a few minutes and serve with the bread and cheeses.

### Herbs de Provence: yields 4 Tbs.

2 tsp. ea. dried thyme, oregano, basil, marjoram, fennel seed - crushed and rosemary leaves - crushed

# TODAY'S COOKING

## CIOPPINO - SERVES 4

### Ingredients

1. 8 clams in the shell
2. 1/2 lb. shrimp, shelled and deveined
3. 1/2 lb. fish filets (halibut, sea bass or similar fish)
- 
4. 1 Tbs. olive oil
5. 1/2 cup sliced mushrooms
6. 1/3 cup chopped green and/or red pepper
7. 1/4 cup chopped onion
8. 2 cloves garlic, minced or pressed
- 
9. 1 can (14-1/2 oz.) tomatoes (cut in the can, saving the juice)
10. 2 Tbs. tomato paste
11. 1 Tbs. lemon juice
12. 1/3 cup dry white wine
13. 1/4 cup water
14. 1-1/2 tsp. chopped, fresh basil or 1/2 tsp. dried
15. 1-1/2 tsp. chopped, fresh oregano or 1/2 tsp. dried
16. 2 Tbs. chopped parsley
17. 1 tsp. sugar
18. 1/8 tsp. crushed red pepper

### Preparations

1. In a large bowl cover the clams with water; mix in 3 Tbs. salt and 2 Tbs. corn meal or corn starch. Soak 30 minutes; drain and rinse and repeat.
2. Remove and skin from the fish and cut filets into 1-1/2" pieces. Cover and refrigerate the seafood until needed.
3. In a large stockpot combine items 4 through 8 and cook 5 minutes. Add items 9 through 18; bring to a boil; reduce heat; cover and simmer 30 minutes.
4. Add the seafood; cover and simmer about 10 minutes or until clams open. Discard any that don't open. Serve with French bread.

# TODAY'S COOKING

## OYSTER CREAM SOUP - SERVES 4 TO 6

### Ingredients

1. 2 Tbs. unsalted butter
2. 1/4 cup each finely chopped onion and leek
3. 1/2 cup each shredded carrot and finely chopped celery
- 
4. 2 cups shucked oysters (about 10 to 12 in the shell)
5. 1/2 tsp. salt
- 
6. 2 cups milk
7. 1 cup half'n'half
8. 1 tsp. Worcestershire sauce
9. 1 Tbs. pimiento
10. 1/4 tsp. white pepper
11. 1 Tbs. dry sherry
12. Parsley or cilantro, chopped for garnish

### Preparations

1. In a large saucepan combine items 1 through 3 and cook 5 minutes over medium heat. Stir in items 4 & 5 and cook 5 minutes. Add items 6 to 11; heat, but do Not boil.

## CLAM, TOMATO & BACON SOUP - SERVES 4 TO 6

### Ingredients

1. 1/4 cup olive oil
2. 1 cup ham, smoked ham or Canadian bacon, chopped
- 
3. 1-1/2 cups chopped scallions
4. 1 cup chopped green pepper
5. 2 garlic cloves, minced or pressed
6. 2 cups chopped ripe tomatoes
- 
7. 1 cup dry white wine

# TODAY'S COOKING

8. 3 cans (15 oz. ea.) chopped clams w/ the liquid
9. 2-1/2 cups seafood or chicken stock

## Preparations

1. In a large saucepan combine items 1 & 2 and cook 5 minutes over medium heat.
2. Stir in items 3 through 6 and cook another 5 minutes. Add the last 3 items and bring to a simmer. For a thicker soup, mix cornstarch with water at a 1 to 2 ratio and add a little to the soup at a time until the soup reaches the desired consistency.

## MANHATTAN CLAM CHOWDER - SERVES 4

### Ingredients

1. 3 medium-sized red potatoes, cut into 1/2" cubes
2. 1/ Tbs. olive oil
3. 1 medium-sized onion, chopped
4. 1 to 2 garlic cloves, minced or pressed
- 
5. 1 medium-sized carrot, sliced
6. 1-1/2 celery ribs, sliced
7. 1/4 bell pepper, chopped
- 
8. 4 bacon strips, cooked and crumbled or chopped pancetta or jamón serrano
9. 1 Tbs. fresh chopped parsley (or 1/2 Tbs. dried)
10. 3 bay leaf
11. 3/4 tsp. dried thyme
12. Salt & pepper to taste
13. 1 can (14-1/2 oz.) diced tomatoes, undrained
14. 1 cup ea. clam juice & chicken stock
15. 2 cans (6-1/2 oz. ea.) chopped clams, undrained

### Preparations

1. Soak the potatoes in cold water for about an hour.
2. Heat the oil in a stockpot over medium-low. Add items 3 & 4; cover and cook, stirring occasionally, for 10 minutes. Add items 5, 6 & 7 and cook an additional 10 minutes.
3. Add items 8 through 14 plus the liquid from the clams. Cover the clams with plastic wrap and refrigerate.

# TODAY'S COOKING

4. Bring the soup to a boil and add the potatoes. Reduce heat to low; cover and cook until the potatoes are tender (15 to 25 minutes). Add the clams and simmer about 5 minutes.

## CARIBBEAN CRAB SOUP - SERVES 6

### Ingredients

1. 2 Tbs. olive oil
2. 1/2 tsp. salt
3. 2 tomatoes, chopped
4. 2 tsp. ground ginger
5. 1 lb. crab meat
- 
6. 4 cups boiling chicken stock
- 
7. 2 eggs
8. 2 Tbs. ea. white wine vinegar and dry sherry
9. 2 scallions, chopped

### Preparations

1. In a large saucepan sauté items 2 through 5 in the oil for 5 minutes over medium heat.
2. Stir in the stock and simmer 10 minutes.
3. Beat items 7 & 8 together and slowly stir into the stock. Add the scallions and serve.

## COUNTRY FISH CHOWDER - SERVES 10 - MAKES 2-1/2 QTS.

### Ingredients

1. 1 cup chopped onion
2. 4 bacon strips, chopped
- 
3. 3 cans (12 oz. ea.) evaporated milk
4. 1 can (15-1/4 oz.) whole kernel corn, undrained
5. 1 can (6-1/2 oz.) chopped clams, undrained
6. 3 medium potatoes, peeled and cubed

# TODAY'S COOKING

7. 3 Tbs. butter
8. 1 tsp. salt
9. 3/4 tsp. pepper
- 
10. 1 lb. fish fillets (haddock, cod or flounder), cooked and broken into pieces
11. Crumbled cooked bacon, optional
12. Minced chives, optional

## Preparation

1. In a large saucepan, cook onion and bacon over medium heat until onion is tender; drain. Add items 3 through 9. Cover and cook over medium heat, stirring occasionally, until potatoes are tender, about 20 minutes. Stir in fish and heat through. Top serving with bacon and chives.

## CRAB & ASPARAGUS SOUP - SERVES 6

### Ingredients

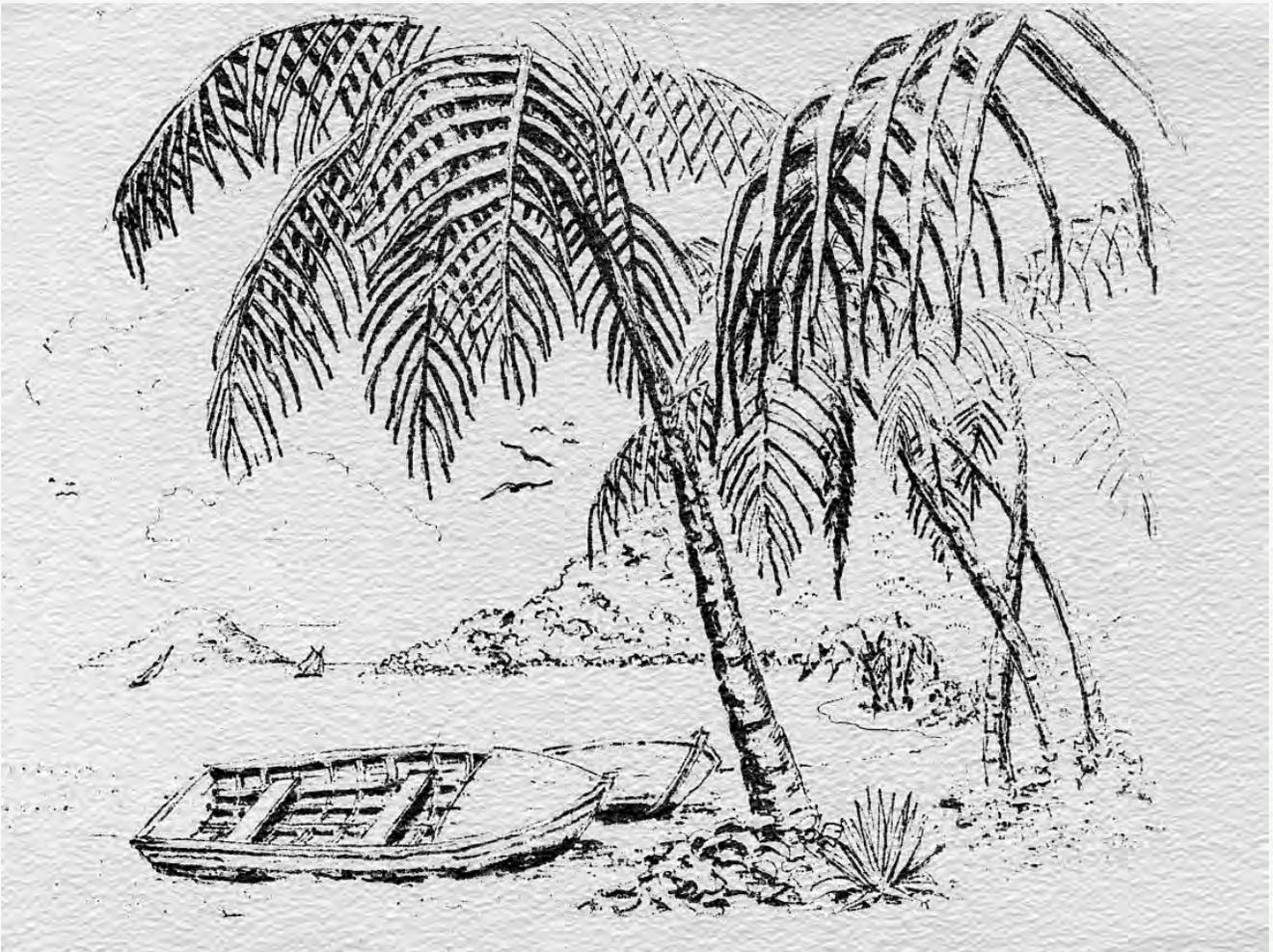
1. 1-1/4 cups chopped sweet onion
2. 1 celery rib, chopped
3. 2 Tbs. butter
- 
4. 2 Tbs. AP flour
5. 1/2 tsp. seafood seasoning such as Old Bay ® or Bell's ®
6. 1/4 tsp. ea. salt & pepper
7. 1/8 tsp. ground nutmeg
- 
8. 1 cup water
9. 1 Tbs. chicken base
10. 2 medium red potatoes, cubed
11. 8 oz. fresh asparagus, cut into 3/4-inch pieces
12. 2 cups half'n'half cream
13. 1 can (6-1/2 oz.) lump crabmeat, drained
14. Chopped fresh parsley and cracked pepper

# TODAY'S COOKING

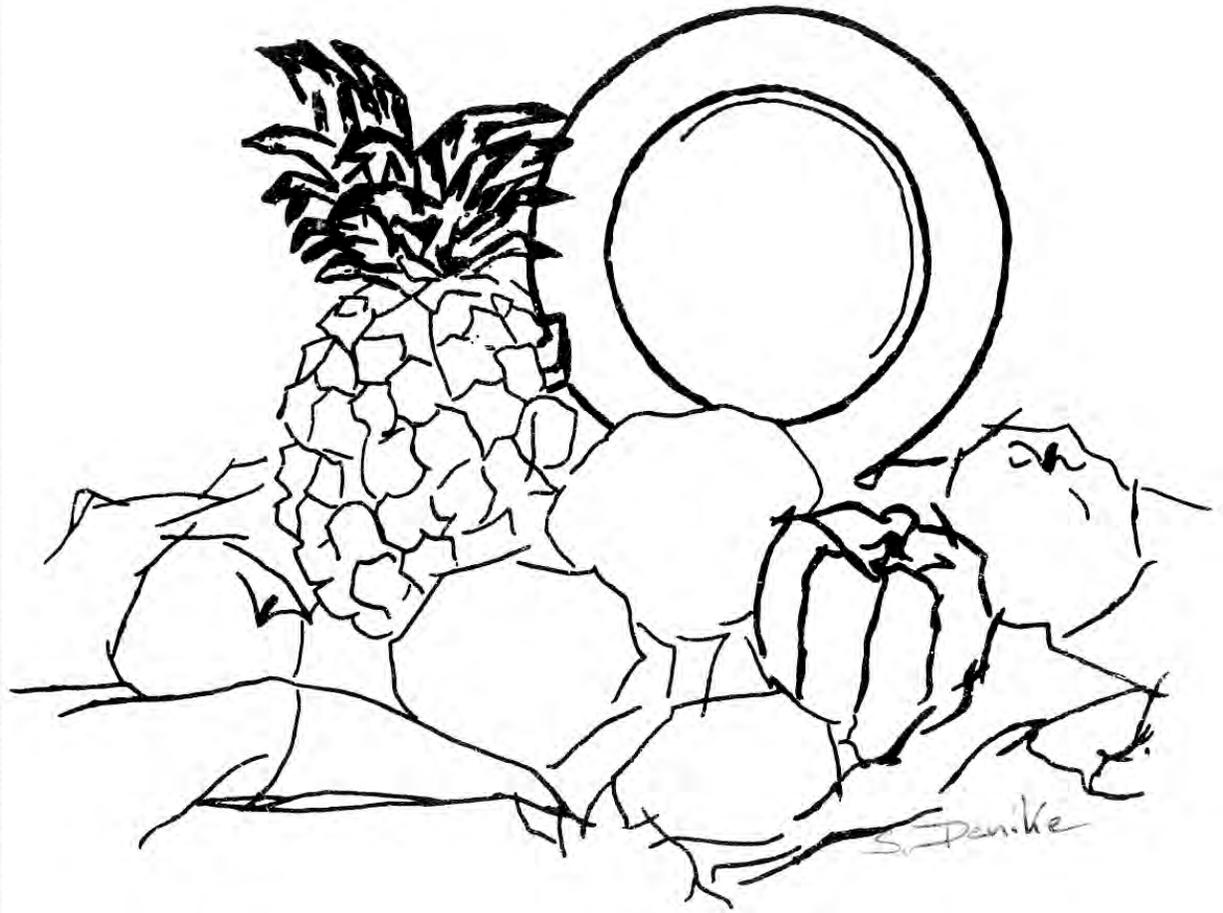
## Preparations

1. In a large saucepan, sauté the onion and celery in the butter. Stir in items 4 through 7 until blended. Gradually add the water and chicken base. Bring to a boil; cook, stirring for 2 minutes or until thickened.
2. Add the potatoes; reduce heat and simmer, uncovered, for 10 minutes. Add the asparagus and cook 8 to 12 minutes longer or until vegetables are tender. Stir in the cream and crab; heat through. Garnish with parsley and pepper.

# TODAY'S COOKING



# TODAY'S COOKING



BUON APPETITO!  
ITALIAN

EET SMAKELJK  
DUTCH

¡BUEN APETITO!  
SPANISH

BOM APETITE!  
PORTUGUESE

BON APPÉTIT !  
FRENCH

GUTEN APPETIT!  
GERMAN

ITADAKIMASU  
JANANESE

SMAKLIG MÁLTID!  
SWEDISH

CHIÁH HOK  
TAIWANESE

DA KANA!  
FIJIAN

VÆR SÅ GOD!  
DANISH

KALÍ ÓREKSI!  
GREEK

E 'AI KĀUA  
HAWAIIAN

KRIPYĀ BHOJAN KĀ ĀNNAĀND LIJĪYAI  
HINDI

NIZHÓNÍGO ADÍYÍÍĪ  
NAVAJO

GIN HÁI A-RÒI  
THAI

JAL MEOKKESSEUMNIDA  
KOREAN

ES GEZUNTERHEYT!  
YIDDISH

SMAKLIG MÁLTID!  
SWEDISH

POFTĂ BUNĂ!  
ROMANIAN

MWYNHEWCH EICH BWYD!  
WELSH

THOKOLEZA UKUDLA!  
ZULU

SMACZNEGO!  
POLISH

TAMA'A  
TAHITIAN

VÆR SÅ GOD!  
NORWEGIAN

ĂN NGON NHÉ  
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'  
ARABIC