



Dumbarton United Methodist Church

Seasonings of the Spirit

Soups

Basque Ham-Bean Soup
Best Barley Soup
Beef and Barley Soup
Caraway Potato Soup
Chicken Mongole Soup
Codabaga Stew
Cucumber Soup
Potato Cheese Soup
Canadian Cheese Soup
Eggplant Soup
Lemon Chicken Soup
Broccoli Bisque
Cream of Spinach Soup
Cream of Zucchini Soup
Swedish Fruit Soup
Gazpacho
Yogurt Soup

BASQUE HAM-BEAN SOUP WITH VEGETABLES

Suzanne Gell

--Serve *BIG* bowls of this soup with ham slices, sausages and plenty of crusty bread

1 lb. dried navy or pea beans	4 carrots, sliced
1 smoked ham butt, 3 to 4 lb.	6 white turnips, sliced
6 onions, sliced	1 cabbage, shredded
8 cloves garlic, chopped	1 lb. peas (or 10 oz. frozen)
1 green pepper, cut in strips	salt and pepper
1 hot pepper	12 to 16 pork sausages
1 lb. fava or lima beans (or 10 oz. frozen)	

Cover dried beans with 6 cups water, bring to boil in kettle or dutch oven and boil 2 minutes. Cover and let stand 1 hour, then cook until just tender. Add next 8 ingredients and more water, if necessary. Cover and simmer gently 3 to 4 hours. Add cabbage, peas and any other vegetables you may have. Cook until vegetable mixture is thick puree. Season to taste. Remove ham from soup when tender; cut in slices and keep warm. Cook sausages in skillet. Serve. Makes about 4 quarts.

BEST BARLEY SOUP

Boil 30 to 45 minutes: $\frac{1}{4}$ c. whole barley, washed 6 c. vegetable broth or beef broth
Add and boil for another 20 to 30 minutes: 1 c. sliced carrots $\frac{1}{2}$ c. diced celery $\frac{1}{4}$ c. chopped onions 2 c. skinned chopped tomatoes 1 c. fresh peas salt and pepper to taste

Just before serving, add $\frac{1}{2}$ c. chopped parsley.

BEEF AND BARLEY SOUP

Lyn Jenks Newberry

2 c. canned tomatoes - reserve juice	1 lb. boneless chuck - cut into $1\frac{1}{2}$ inch cubes
salt and pepper	$\frac{1}{4}$ c. barley
1 T. parsley	$\frac{1}{2}$ 10-oz. pkg. frozen green beans
$\frac{1}{2}$ c. carrots	$\frac{1}{2}$ c. celery
$\frac{1}{2}$ c. chopped onion	

Add enough water to juice to make 1 quart. Put in large kettle with meat, salt, pepper,

and parsley. Cover and cook slowly for 1 hour. Add remaining ingredients. Bring to a boil. Cook 45 minutes on low heat.

CARAWAY POTATO SOUP

Dorothy Firsching

8 good sized potatoes	fresh or dried parsley
3 c. chicken broth (optional - chicken meat)	
1 to 2 T. caraway seeds	white pepper, onion powder
3 c. milk	garlic powder, salt,
¾ c. Chablis Worcestershire sauce	2 T. butter

Cube and boil potatoes. Beat most of them in a blender until smooth; chop the rest into pieces. Return to pot and add all ingredients except milk, butter, and Chablis. Bring to a boil and simmer 10 minutes: Stir in milk, butter and wine; reheat until butter melts but do not boil.

This is good with crackers and sharp cheese.

CHICKEN MONGOLS SOUP

1 can pea soup	3 cans milk
1 can tomato soup	½ c. applesauce
1 can cream of chicken soup	¾ tsp. curry powder

Place 2 cans of soup and 1 can of milk in blender. Blend until smooth. Pour into cooking saucepan. Put remaining can of soup, 2 cans of milk, applesauce and curry powder into blender. Blend and add to saucepan. Heat slowly, stirring continuously. Add ¼ can of milk or water if soup seems to thicken.

CODABAGA STEW

John Firsching

1 qt. fish stock (see note)	2 c. vinegar
2 medium rutabagas, peeled	2 T. Worcestershire sauce
3 to 4 medium potatoes, peeled	onion powder, garlic powder
3 onions	rosemary and salt
1-2 green peppers	fresh pepper
2 codfish fillets, frozen	1 egg, lightly beaten
chopped parsley	2 c. milk

Cube rutabagas, potatoes, onions, and cod; slice peppers. Boil vegetables until nearly tender, add vegies (including water) and cod to stock. Season to taste, return to boil and simmer. Dribble in beaten egg while constantly stirring. Add milk (do not

allow to boil), adjust seasoning, garnish with parsley and serve. This reheats well.
NOTE: Make stock by boiling fish heads, bones, and leftovers; strain and reduce. This may be done ahead.

CUCUMBER SOUP

Billie Stultz

1½ lb. cucumbers (about 3)	¾ tsp. dried dill weed
½ c. minced shallots	4 T. quick cooking farina
3 T. butter (cream of wheat)	6 c. light chicken stock 1 c. sour cream
1½ tsp. wine vinegar	Fresh dill, tarragon, or parsley

Peel cukes. Cut into 20 paper-thin slices and reserve. Cut rest into ½-inch chunks (4½ cups). Cook shallots in butter for several minutes until tender but not brown. Add cuke chunks, chicken stock, vinegar, and dill. Boil. Stir in farina. Simmer partially covered for 20 to 25 minutes. Puree in blender and strain through sieve. Return to pan. Thin out with more liquid if necessary. Season with salt and pepper. Simmer before serving and beat in ½ c. sour cream. Ladle. Garnish with dollop of sour cream. Float cucumber slices. Sprinkle 1 to 2 T. fresh dill, tarragon or parsley.

POTATO CHEESE SOUP

Mike Beard

4 c. potatoes, sliced and peeled	1 c. grated cheese
2 c. water or stock	2 T. margarine
???? 2 tsp. salt	1 tsp. salt
1 small onion, sliced	¼ tsp. pepper
1 T. oil	¼ tsp. garlic powder
5 sprigs parsley	1 tsp. Worcestershire sauce
3 c. milk	

Cook potatoes in water with salt until tender. Reserve cooking liquid. Saute onion in oil until soft. Then place some of the potatoes, the potato water, onion and parsley in blender and puree, with the blender no more than half full, until potatoes are smooth. Return potato mixture to pot and add the milk. Stirring continuously, add the cheese, margarine and seasonings. Heat until cheese is melted and soup is hot, but do not boil.

HELEN CORBITT'S CANADIAN CHEESE SOUP

¼ c. butter	1 qt. chicken stock
½ c. finely diced onion	1 qt. milk
½ c. finely diced carrot	1/8 tsp. soda

½ c. finely diced celery
¼ c. flour
1½ T. cornstarch

1 c. cheddar cheese, grated
salt and pepper to taste
2 T. parsley, finely chopped

Melt butter in the pot you are going to make the soup in. Add onions, carrots, celery and saute over low heat until soft. Add flour and cornstarch and cook until bubbly. Add stock and milk and make a smooth sauce. Add soda and cheese. Season with salt and pepper. Add parsley a few minutes before serving.

EGGPLANT SOUP

Leah Johnson

1½ c. onion, chopped
1½ tsp. garlic
3 T. butter
2 lb. eggplant, peeled and chopped
Parmesan cheese

¼ c. minced parsley
½ tsp. oregano
8-oz. tomato sauce
salt and pepper to taste
4 c. chicken broth

In a pot saute onion and garlic in butter. Add remaining ingredients, except cheese. Bring to a boil and then simmer, covered, for 45 minutes. Just before serving sprinkle with lots of Parmesan cheese and bake in 400°F. oven for 10 minutes. This may be prepared in separate oven-proof bowls or in one large oven-proof pot.

LEMON CHICKEN SOUP

Nettie Ruth Bratton

--This is a fun meal for around the fireplace in the winter--

2 broiler-fryer chickens
8 c. water
2 c. diced celery
¾ c. leek (white part only)
1 onion, chopped fresh parsley
freshly ground pepper
½ tsp. dry thyme

4 T. butter
6 T. flour
2 egg yolks
3 T. lemon juice
1½ tsp. salt
½ bay leaf
6 whole peppercorns

Cover chicken with water. Add the celery, leeks, onion, salt, bay leaf, thyme, and peppercorns. Cook until chicken is tender. Remove chicken from stock, bone and skin, and cut into bite-size pieces. Strain stock.

Melt butter in a large heavy pot and blend in flour. Gradually stir in 4 cups of the chicken stock and cook until thickened, stirring constantly.

Beat egg yolks with lemon juice. Add some hot mixture and return all to pot. Remove

from heat. Pour over chicken pieces. Adjust seasoning to taste. Top with chopped parsley, fresh ground pepper and additional lemon slices.

This is very good served with a fresh vegetable tray and hearty bread or rolls and anchovy butter. (Melt butter with anchovy paste and dribble on bread or dip bread into the mixture.)

BROCCOLI BISQUE

2 10-oz. pkg. frozen chopped broccoli (or 1 to 1½ lb. fresh broccoli, chopped)
3 c. chicken broth
1 medium onion, grated
2 T. butter
1 tsp. salt
1 tsp. curry powder
dash of pepper
2 T. lime juice
sour cream
fresh chopped parsley or chives

Cook first seven ingredients 10 to 12 minutes. Place in blender and puree, adding lime juice. Serve hot or cold. Top each bowl of soup with a scoop of sour cream and fresh chopped chives or parsley.

CREAM OF SPINACH SOUP

Susan Owens

6 to 7 T. butter	3 large potatoes, peeled
3 large onions, sliced thinly and sliced	bay leaf
1 box frozen spinach	1 tsp. salt
1 c. cream	1 T. tarragon
1 to 2 T. soy sauce	1 10½ oz. can chicken broth
1 tsp. cumin or curry	2½ c. milk

Saute onions for approximately 5 minutes. Add bay leaf, salt, tarragon, broth and milk. Add potatoes and simmer until potatoes are tender. Add spinach (still frozen). When the spinach defrosts, remove from heat. Add soy sauce and cumin or curry. Pour mixture into blender and blend until it reaches moderately smooth consistency. Pour into tureen directly if served cold. If served hot, reheat. Cream should be added immediately prior to serving. Additional seasoning to taste may be desirable.

CREAM OF ZUCCHINI SOUP

2 lb. young green zucchini	2 cloves garlic, chopped
4 T. butter	½ tsp. salt
4 T. finely chopped shallots	1 c. heavy cream
2 to 3 c. chicken broth	½ tsp. curry powder

(amount depends on how thick you like your soup)

Scrub zucchini; do not peel. Slice thinly. In a heavy skillet, heat the butter and then add

the zucchini, shallots and garlic. Cover tightly and simmer 15 minutes, being careful not to let it brown. Spoon vegetable mixture into blender, add remaining ingredients and blend until smooth. Serve hot or cold.

SWEDISH FRUIT SOUP

--Especially good for a brunch, with scrambled eggs, etc.--

1 11-oz. pkg. dried, mixed fruit
1 medium unpared orange -thinly sliced and halved
2-¼ c. pineapple juice
½ c. raisins
½ c. currant jelly
3 to 4 inches stick cinnamon
¼ c. sugar
4 c. water
2 T. quick-cook tapioca
¼ tsp. salt

Combine first five ingredients in large pan and boil until fruit is tender--about 30 minutes. Add remaining ingredients. Cover and cook 15 minutes longer, stirring frequently. Serve hot or cold.

GAZPACHO

Ginny Finch

2 c. tomato juice
¼ c. cider or wine vinegar
½ c. green pepper, chopped
¼ c. olive oil
2 diced tomatoes
½ c. onion, chopped
¼ tsp. pepper
½ c. cucumber, chopped
½ tsp. salt

Combine all ingredients and chill at least 4 hours before serving.

YOGURT SOUP

Mittie Quinn

1 hard boiled egg 3 c. plain yogurt
1 cucumber, seeded ½ c. half & half

½ c. scallions
½ c. raisins
1 tsp. white pepper

½ c. water
1 tsp. curry powder
1 tsp. salt

Chop egg, cucumber, scallions and raisins. Combine all ingredients. Adjust seasonings to taste. Serve cold.