

## Broadmead Friends' Recipes for Soup

### Winter Soup

*Mathilda*

Cook in a crockpot on high for 3-4 hours:

- split peas - 1 lb.
- broth (chicken or veg.) - 2 1/2 qts. The peas should disintegrate.

Add:

- carrots, sliced - 3/4 lb.
- onion, chopped - 1/2 lb.
- cabbage, chopped - 1/2 lb.
- celery, sliced - 1 rib or more
- salt - 2 t.
- pepper - 1/4 t.
- dry parsley - 1/4 c.

Cook until vegs. are tender (about an hour).

This freezes well. It may be thinned with either milk or water.

Fresh green beans make a nice addition.

### Homemade Vegetable Stock

In a stock pot or other large pot combine 5 cups vegetables, seasonings, and 6 cups water to make 3 to 4 cups stock. Simmer until the vegetables are completely softened, 45 to 60 minutes. Strain, pressing down on the vegetables to extract the juices. Season with salt and pepper to taste (optional). Let cool uncovered, then refrigerate until ready to use.

Recommended vegetables:

- 2 medium onions, sliced
- 1 carrot, peeled and sliced
- 6 cloves garlic, peeled and smashed

Recommended seasonings:

• A traditional bouquet garnish: small bunch of fresh parsley, 8 sprigs fresh thyme (or 1 t. dried), 1 bay leaf, 2-3 celery leaves (optional). You make a little bag of cheesecloth 4x4 inches and tie the seasonings in it with string. This makes it easy to remove them afterward. Not having all those fresh herbs on hand, I used 1/4 cup of dried parsley, 1 t. dried thyme, & 1 bay leaf. If you have a large tea egg you can put the seasonings in that if you don't have cheesecloth handy.

# Lentil Soup

*Dan & Mathilda*

## Crockpot method

Wash:

lentils - 1 lb.

Put in crockpot with:

water - 2 qts.

salt - 1 T.

bay leaf - 1

parsley - 2 t.

thyme - ½ t.

beef bouillon - 2 cubes\*

Cook on high 4-6 hours.

About 2 hours before eating time, add:

onion, chopped - 1 med-large

carrot - 1 ½ c. (around 6 ½ oz.)

celery - 1 or 2 ribs (optional)

About 1 hour before eating time, add:

hot dogs, sliced - ½ lb.\*

## Stovetop method

Sauté in a little oil for 5-10 minutes in large saucepan:

the vegetables

Add:

water, lentils, herbs, bouillon\*

Simmer 30-45 min. until the lentils are tender.

Add:

salt

hot dogs\*

Heat through.

\*omit for vegetarian version

# Thai Butternut Soup

*Mathilda*

In a large pan, sauté in oil:

- onion, chopped - 1 medium

Add and cook 1 minute:

- garlic, minced - 2 cloves
- ginger root, grated - 1-2 inches (or 1-2 T. grated)

Stir in and cook 1 minute:

- red curry paste - 1 T.

Pour in and heat:

- coconut milk - 1 can (14 1/2 oz.)
- chicken broth - 4 c.
- butternut squash, peeled, seeded, & diced into 1" cubes - 3 lbs.

Bring to a boil, then simmer 15-20 minutes until squash is tender.  
Puree soup.

Stir in:

- salt - 1/2 t.
- lime juice - 1 T. (~1/2 lime)

Heat to serving temperature (if necessary).

Serve with:

- scallions, snipped - 1/3 c.
- sliced almonds or unsalted peanuts - 1/3 c.

Serves 6.

## Thai Butternut Soup (vegan)

1 onion, chopped

2 cloves garlic, minced

1 Tbs. Grated ginger

1 Tbs. Red curry paste

1 can coconut milk

4 cups vegetable broth

Butternut squash, peeled, seeded, and diced into 1" cubes

Sauté in oil - onion and garlic. Add the rest in a large pan.

Boil and then simmer for 20 minutes. Puree soup.

Stir in 1 Tbs. Lime juice. Serve with chopped peanuts on top.

Serves 6

## Corn Chowder (vegan)

1 Tbs. Olive oil  
1 cup chopped onion  
6 cups fresh corn kernels  
3 cups vegetable broth  
½ cup chopped bell papper  
½ tpx. Rosemary  
½ tsp. Dried thyme  
¼ tsp. Pepper  
Cayenne to taste  
1 tablespoon basil

In a large saucepan, add oil and sauté onion for 5 minutes. Add 4 cups of corn and sauté 4-5 minutes. Add 2 cups of vegetable broth and cook until corn can be smashed with a fork. Puree until smooth. Put back in pan and turn on very low heat. Add bell pepper, and seasonings and remaining broth and corn. Stir 10 minutes until smooth and creamy.

## Curried Squash Soup

*Diane Mott*

3 lbs of squash, cooked and removed from skins  
(mix of acorn, butternut, and random squash)  
1 carrot, chopped  
1 tart apple, sliced  
1 onion, sliced  
2 stalks celery, sliced  
6 T butter or oil  
2 T curry powder (medium to hot)  
8 c. veggie broth (or chicken broth)  
Salt and pepper to taste  
Optional: 1/2 c. heavy cream

Cook squash and remove from skins.

Saute apple, carrot, onion, and celery in butter/oil until soft (about five minutes). Add curry powder and cook two more minutes. Add squash, salt, and pepper. Bring to a boil and then simmer thirty minutes.

Puree soup in small batches in blender/food processor or use an immersion blender. Reheat (and add optional cream). Heat until serving temperature.

Makes approximately twelve cups.

## Cream of Potato Soup

2 lg. Russet potatoes, chopped  
3 cups milk  
1 cup vegetable broth  
1 medium onion, chopped  
½ tsp. Celery salt  
1tsp. Morton's nature's seasonings and 12 cup low fat sour cream  
2 tsp. Parsley  
¼ cup chopped green onion

In large pot, combine potatoes, milk, broth, onion salts and seasoning. Bring to a boil. Lower heat and simmer until potatoes are tender. Remove from heat. Take half the mixture and puree in blender. Return to pot and stir in sour cream. Sprinkle with green onions and parsley.

## Potato Soup

Margarine, butter, or the oil of your choice  
Onions  
Potatoes  
Carrots  
Cabbage  
Vegetable bouillon  
Eggs (can use water instead)  
Flour

It is easy to make as little or as much of this desired. Generally, 2 servings require 1 potato, 1 carrot, and 1 egg. 1 onion and a half of a head of cabbage plus 3 potatoes, 3 carrots, and 3 eggs will make 6 good sized servings.

Sautee onion in butter, margarine, or oil. Take time to caramelize the onions. It will take time but will add lots of flavor.

While onion is cooking, wash and slice carrots. After onions are golden brown, add them to the pot. Make sure to deglaze the pan to get all that flavor. Add as much water as is necessary. Add carrots. Peel, chop, and rinse potatoes and add after carrots have almost become tender. Add vegetable bouillon to taste.

Chop cabbage. Set aside. In a bowl, add eggs and flour to make dough. Using water instead of eggs is fine. The dough does not have to be kneaded or heavily worked.

When potatoes are nearly tender, add dough by forkfuls into the boiling water. Add cabbage. The soup is done when the cabbage is tender.

## **Ghanaian Peanut Soup** (vegan)

1 onion, chopped  
1 bell pepper, chopped  
½ tsp. Ginger  
½ tsp. Cayenne  
6 cups of water  
16 oz. Natural peanut butter (no sugar)  
1 small can of tomato sauce

Mix peanut butter with 4 cups of water and blend with a whisk. Begin cooking on low heat. Meanwhile in a fry pan, mix onions and peppers and cook slightly. Add to peanut mixture along with seasonings. Add tomato sauce and 2 more cups of water. Cook for an hour, uncovered, on low heat, stirring often. Serve it over rice.

Serves 4

## **Taco Soup**

48 Oz. Jar of great northern beans  
2 - 14 oz. Cans diced tomatoes  
2 cans corn with peppers, drained  
1 pkg. Taco seasoning mix  
1 pkg. Hidden Valley ranch fat free dip  
2 cups water

Add all ingredients, and bring to a boil. Allow to simmer 10 minutes. Serve with dollops of sour cream and shredded cheese and crushed tortilla chips.