

Soup's On!

There is nothing better than a flavorful bowl of soup! *200 Soups* is chock-full of tasty recipes from scratch that fit the bill for light lunches, starters, or hearty suppers. Chicken and Corn Chowder, African Peanut Soup, Gingered Apple Pumpkin Soup, White Hot Chili, and Red Lentil and Barley Soup are just a few of the simple and satisfying recipes that will warm you up and keep you coming back for more.

5 1/4 x 7 3/4 inches
Jacketless Hardcover
with Concealed
Spiral Binding
208 Pages

\$12.99 U.S.
Cookbook

ISBN 978-1-4236-2331-1
5 1 2 9 9



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200 Soups

Baird



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SMITH

200 Soups

Madge
Baird



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Sesame Sirloin Stew

Sirloin steak makes wonderful stewing meat when the price is right. Trim the fat and cut into strips and then chunks. If the steaks are an inch thick or more, slice them to about 1/2-inch thickness before making the beef chunks.

Makes 8–10 servings

1½ pounds beef sirloin steak, cut into ½-inch cubes
2 tablespoons oil
1 large onion, chopped
2 garlic cloves, chopped
6 cups water, divided
1 bay leaf
1 tablespoon beef base
¾ cup pearl barley
5 large carrots, peeled and sliced
2 cups sliced mushrooms
2 tablespoons grated gingerroot
2 cups chopped bok choy, white and green
1 tablespoon soy sauce
½ teaspoon sesame oil
Sesame seeds for garnish

In a large soup pot, brown the beef in hot oil over medium-high heat, turning occasionally. Add onion and garlic and continue browning for 3 minutes more. Pour in 1 cup water and loosen the brown bits from bottom of the pan, then add 3 cups more water and bay leaf. Cover and reduce heat to a vigorous simmer for about 1½ hours. When meat is fork-tender, add the barley, carrots, mushrooms, and gingerroot and cook for 30 minutes. As the barley absorbs the liquid, add 1 to 2 cups more water. About 25 minutes before serving, add the bok choy and soy sauce. When the bok choy is tender, drizzle in sesame oil and stir. Taste the soup and adjust seasonings with beef powder and soy sauce, adding just a little at a time until it pleases your palate. Garnish each bowl with a tiny sprinkling sesame seeds.

Southwest Pantry Soup

Toss a few boxes and cans of stuff together in a saucepan. This hearty supper soup is ready in less than 10 minutes!

Makes 6–8 servings

2½ cups water
1 box macaroni and cheese
1 teaspoon butter
1 (15-ounce) can chili with beans
1 (15-ounce) can diced tomatoes
1 teaspoons beef bouillon
2 to 3 tablespoons favorite salsa (optional)
1½ cups milk, divided
Corn chips for garnish

In a large saucepan, heat the water to boiling, and then add macaroni. Boil lightly for 5 minutes, stirring frequently to prevent sticking. Add cheese packet and stir. Add chili, tomatoes, bouillon, and salsa if using. Stir to mix well and heat through. Add milk ½ cup at a time until soup is a consistency you like. Serve with corn chips for garnish.

Cream of Dilly Mushroom Soup

Just twenty minutes from start to serve. A mushroom-lovers delight can be eaten as soup, or served as a sauce for chicken, steak, or meat loaf.

Makes 6–8 servings

2 tablespoons olive oil
1 tablespoon butter
1 medium onion,
chopped
8 ounces white
mushrooms, sliced
2 teaspoons dill weed
1 (14-ounce) can
vegetable broth
2 tablespoons sour
cream
1/2 teaspoon paprika
1 teaspoon seasoning
salt
4 tablespoons flour
1 cup milk
3 ounces plain yogurt
Salt and pepper

In a medium saucepan, heat oil and butter. Sauté onion on medium-high heat until it begins to turn translucent. Add mushrooms and continue sautéing until they turn glossy and darker. Sprinkle with dill weed and cook 1 minute longer. Stir in broth, sour cream, paprika, and seasoning salt. Bring to a boil.

Whisk or shake flour into the milk. Add milk and yogurt to the saucepan and bring to a boil over medium-high heat, stirring, until soup thickens. Taste and adjust flavor with salt and pepper if desired. Serve.