

## Oyster Stew

3 or 4 tablespoons butter  
1 pint oysters  
1 pint milk  
salt, pepper, dill

Melt butter, add oysters, and stir until edges curl (5 minutes).  
Lower heat and add milk. Add salt, pepper, and dill to taste. Serves  
3.

*Submitted by Joyce Holmes*

## Midwest Chowder

10 ounces stick sharp Cracker Barrel cheese, shredded  
2 cups salted water  
2 cups diced potatoes  
1/2 cup chopped carrots  
1/2 cup chopped celery  
1/2 cup chopped onions

1/2 cup margarine  
1/2 cup flour  
2 cups milk  
2 cups creamed corn

Bring water to a boil, and simmer the vegetables for 10 minutes.

Make a cream sauce with margarine, flour, and milk; stir in  
shredded Cracker Barrel until melted. Add creamed corn and  
vegetables in their broth. Heat but do *not* boil. Garnish with parsley  
or chives.

## Baghdad Bisque

1 small onion  
2 stalks celery  
2 tablespoons butter or margarine  
1 teaspoon curry  
1 can cream of chicken soup  
1 can tomato soup  
1 1/2 cans water  
toasted coconut or slivered almonds

Chop onion and celery. Saute in butter or margarine with curry  
powder. Blend in cream of chicken soup and tomato soup, plus of  
water. Heat, stirring occasionally. Garnish with toasted coconut or  
slivered almonds. Makes 4 or 5 servings.

## St. Stephen's Superb Wild Rice and Bean Soup

1 package (2 cups) St. Stephen's signature wild rice and  
bean mix  
*(St. Stephen's signature wild rice and bean mix is  
available at the St. Stephen's Cookie Walk, held every  
year on the first Saturday in December)*  
water to cover

4 cups water  
1 clove garlic, minced  
1 onion, chopped  
1 16-ounce can of stewed tomatoes  
1 hambone or ham hock or country ham seasoning pieces  
celery and/or carrots, chopped (optional)  
salt and pepper to taste

Cover wild rice and bean mixture in water and soak overnight.

Add 4 cups water (more if needed) and remaining ingredients.  
Cook about 3 hours, or until beans are tender. Sprinkle with  
Parmesan cheese and serve piping hot.

## Hearty Hasty Vegetable Soup

4 ounces sliced Canadian bacon, cut into small pieces  
1/2 cup chopped onion  
1 tablespoon butter or margarine  
1 can bean with bacon soup  
1 can cream of mushroom soup  
1 can vegetarian vegetable soup  
2 soup cans water  
1 cup cooked whole kernel corn

In a skillet brown bacon and cook onion in butter until tender. Blend in soups, water, and corn. Serves 6–8.

## Cold Tomato Soup

1 can Del Monte's stewed tomatoes with onion, celery, and green pepper  
1 tablespoon Worcestershire sauce  
salt & pepper to taste  
1 cup sour cream

Puree all ingredients in blender. Chill and serve.

## Cold Cucumber Soup

4 large cucumbers  
3 tablespoons butter  
1 1/2 tablespoons minced onion  
1 1/2 tablespoons dried basil  
1 1/2 tablespoons dill weed  
3 cups chicken broth  
3 cups plain yogurt

Saute cucumbers and onions in butter until limp. Add basil, dill, and broth. Simmer 20–30 minutes Put into blender to puree. Cool. Add yogurt and chill. Garnish with chopped chives or thinly sliced cucumbers. Serves 8–10

*Submitted by Phyllis Rice*

Put vegetables in food processor and pulse until they are minced, but not liquefied.

Add the seasoning and vinegar and oil

Chill for few hours.

Serve with fresh croutons

This low-fat good-for-you soup is excellent in the summer. It lasts a long time, too, if you can keep it in the house!

*Submitted by Anne-Stuart Darrell*

## Ruth's Cabbage Soup

6 bouillon cubes  
3 cups hot water

1 large can tomato juice  
1 cup celery, sliced thickly  
1/2 onion, chopped  
3 tablespoons lemon juice  
1 large head cabbage, sliced

Dissolve bouillon cubes in hot water. Add remaining ingredients. Simmer 1 hour. Sprinkle servings with dill.

*Submitted by Joyce Holmes*

## Cold Berry Soup

1 package frozen raspberries (10 ounces)  
1 package frozen strawberries (10 ounces)  
2 cups frozen blueberries  
1 container vanilla yogurt (24 ounces)  
1/2 cup honey

Thaw berries. Process in blender with honey. Mixture will look like crumbs. Put into bowl and blend in yogurt. Chill and serve. Garnish with fresh mint.

*Submitted by Phyllis Rice*

## Quick & Easy Squash Pumpkin Soup

4 tablespoons unsalted butter  
1 large coarsely chopped onion  
1/3 cup pepper slices  
1 tablespoon finely chopped garlic  
1 tablespoon curry powder  
1 package frozen squash in box  
1 can pumpkin  
3 cups chicken broth  
1/2 cup apple juice  
1 cup half & half  
1 1/2 cups buttermilk  
salt & pepper to taste  
parsley & nutmeg to taste

Melt butter in large saucepan. Stir in onion, garlic, and pepper; cover and cook over low heat, stirring occasionally, until softened, about 15 minutes. Add curry powder and stir over moderate heat for 1 minute. Stir in squash and pumpkin, add stock and simmer over moderate heat about 25 minutes. Puree the soup in blender or food processor. It helps to add the apple juice at this point. Pour soup into clean saucepan and stir in buttermilk and half & half. Season with parsley, salt, pepper, and nutmeg. Simmer until just heated through.

*Submitted by Stephanie Verhage*

## Jose's Gazpacho

1 large can V-8 juice  
2 green peppers, well minced  
2 small onion, well minced  
2 cloves garlic, well minced  
2 cucumbers, peeled, seeded and minced  
Tabasco sauce  
salt and pepper  
1/2 cup red wine vinegar  
a few drops of olive oil

## Strawberry Soup

1 pint strawberries, hulled and washed  
2 cups orange juice  
1/2 cup honey  
1/2 cup sour cream  
1 cup white wine (optional)

In a blender, combine half of each ingredient and process until well blended. Repeat process with remaining ingredients. Chill and serve. Serves 6.

## Deep Sea Bisque

12 ounces frozen cod or haddock fillets  
4 cups boiling water  
3 teaspoons salt  
2 large carrots, sliced  
2 medium potatoes, slices  
1 large onion, chopped  
2 leeks, chopped  
1 teaspoons. parsley  
1/2 teaspoon each: thyme, lemon pepper  
2 cups cream  
1/2 cup flour  
1 tablespoon lemon juice

Simmer fish in salt and water for 15 minutes.

Remove fish. Cool. Separate into bit sized pieces. Check for bones. Add vegetables and herbs to broth and simmer 30 minutes.

Return fish to broth.

Blend flour with 1/2 cup cream until smooth. Stir into soup with remaining cream. Cook until thickened (bring to boiling point) Add lemon juice. Garnish with parsley, dill, or lemon slices.

*Submitted by Joyce Holmes*

## Canadian Cheese Soup

1 large potato, finely diced  
1 large onion, finely chopped  
1/2 cup carrots, finely diced  
1/2 cup celery, finely diced  
1 cup water  
2 cups chicken broth (4 bouillon cubes)  
2 ounces sharp cheddar cheese, grated  
1/2 cup sour cream  
2 tablespoons parsley, chopped

In covered pan, simmer vegetables in water until tender, 10–15 minutes. Add remaining ingredients except parsley. Heat and serve garnished with parsley. Serves 4–6.

*Submitted by M.S.B.*

## Larry's Favorite Bean Soup

1 ham bone or 4 knuckle bones in water to almost cover  
2 pounds mixed beans, rinsed  
2 cups carrots, sliced  
2 cups celery, sliced, with leaves  
2 cups onion, chopped  
1 16-ounce can tomatoes  
1 clove garlic, chopped  
1/2 teaspoon chili powder  
1 tablespoon lemon juice  
1/2 teaspoon sugar  
salt & pepper to taste

Bring ham bones to boil and simmer 2 hours. Add beans and return to simmer. Add chopped vegetables and return to simmer. Add remaining ingredients and simmer 2 hours. Serve garnished with dill. Serves 6.

*Submitted by Joyce Holmes*

sauce, and cayenne until well blended. Add 1/2 cup broth. Reduce heat; simmer, uncovered, for 5 minutes. Remove from the heat; cool for 10 minutes. Puree in a blender or food processor; set aside. In saucepan over low heat, melt butter. Stir in flour; cook and stir for 2 minutes. Gradually add remaining broth, and stir for 2 minutes; reduce heat to low. Gradually stir in cream and salt. Add puree; heat through. Crumble bacon over top. Garnish with chives and red pepper if desired. Serve immediately. Serves 2.

*Submitted by Beth Robey*

## Potato Soup

4 medium potatoes, cubed  
1 cup chopped celery  
1/2 cup chopped onion  
1 diced carrot  
2 teaspoons salt  
water to cover  
2 tablespoons butter  
1 quart milk (scalded)  
2 tablespoons chopped parsley  
1 tablespoon chopped pimento  
salt and pepper to taste  
*For dumplings:*  
2 eggs  
2 tablespoons cold water  
pinch of salt  
flour

Cover vegetables with water, add salt, and cook until tender. Add butter, milk, parsley, pimento, salt, and pepper.

Stir together eggs, water, and salt, adding just enough flour to make soft dough.

Place dough on flat plate and with a spoon pinch off small amounts into soup. Let it come to a boil. More milk may be added if desired. Serves 6.

## Watercress Soup

2 onions, chopped  
2 tablespoons butter  
3 potatoes sliced thin  
3 cups chicken stock  
1 cup milk  
1 large bunch watercress, washed and drained  
salt and pepper  
1 cup heavy cream

Saute onions in butter until golden. Add potatoes and stock. Bring to a boil and simmer, 30 minutes. Put in blender. Put back into pot and add milk. Cook 5 minutes. Scald watercress in  $\frac{1}{2}$  cup boiling water until limp. Put in blender. Add to other mixture, along with salt and pepper. Heat gently. Serve hot or chilled. Garnish with fresh watercress. Serves 4–6.

*Submitted by Phyllis Rice*

## Pretty Pepper Soup

1 bacon strip  
1 large sweet red pepper, chopped  
 $\frac{1}{2}$  cup chopped onion  
2 garlic cloves, minced  
1 tablespoon tomato paste  
 $\frac{1}{8}$  teaspoon paprika  
3–4 drops hot pepper sauce  
dash cayenne pepper  
1 cup chicken broth, divided  
1 tablespoon butter  
1 tablespoon all-purpose flour  
 $\frac{1}{2}$  cup whipping cream  
 $\frac{1}{2}$  teaspoon salt  
Chives and additional chopped red pepper, optional

In a skillet, cook bacon until crisp. Remove to paper towel to drain. To the drippings add red pepper, onion, and garlic; saute until onion is tender, about 4 minutes. Stir in tomato paste, paprika, hot pepper

## Butter Bean–Ham Chowder

$1\frac{1}{2}$  cups dry butter beans  
1 quart water  
1 cup chopped onion  
2 tablespoons butter  
1 meaty ham hock  
 $1\frac{1}{2}$  cups cream–style corn  
 $1\frac{1}{2}$  teaspoons salt  
1 quart scalded milk

Wash beans and soak overnight in the quart of water. Add ham hock and simmer gently until tender, about  $1\frac{1}{2}$  hours. Season with salt last  $\frac{1}{2}$  hour. Remove bones and skin from ham, then shred. Mash 1 cup beans. Saute onion in butter. Stir in corn, beans, 1 cup bean cooking liquid, ham and scalded milk. Heat thoroughly, but do not boil.

## Cheddar Potato Soup

$\frac{1}{3}$  cup chopped onion  
 $\frac{1}{3}$  cup chopped celery  
2 tablespoons butter or margarine  
3 cups chicken broth  
2 cups (8 ounces) shredded cheddar cheese  
2 cups milk  
 $\frac{1}{2}$  teaspoon pepper  
Dash paprika  
Seasoned croutons and minced fresh parsley

In large saucepan, saute onion and celery in butter until tender. Add potatoes and broth; bring to a boil. Reduce heat; cover and simmer for 10–15 minutes or until potatoes are tender.

Puree in small batches in a blender until smooth; return to pan. Stir in cheese, milk, pepper, and paprika. Cook and stir over low heat until the cheese is melted. Garnish with croutons and parsley. Serves 8.

*Submitted by Beth Robey*

## Easy Clam Chowder

3 slices bacon, minced  
1 small onion  
1 can Campbell's cream of potato soup  
1½ soup cans milk  
1 can minced clams, undrained  
1 tablespoon butter or margarine  
Salt and pepper

Fry bacon in large saucepan until crisp. Remove bacon and set aside. Discard all but one tablespoon fat, saute onion in fat until transparent. Add potato soup, milk, clams, and clam broth. Add reserved bacon. Heat, but do *not* boil. Season with butter, salt, and pepper.

*Submitted by Mavis Turner*

## Bean and Barley Soup

2 tablespoons olive oil  
2 large onions, chopped  
2 cloves garlic, minced  
½ cup pearl barley, raw and rinsed  
2 large celery stalks, diced  
1 bay leaf  
2 teaspoons oregano  
14-ounce can plum tomatoes with liquid, chopped  
6 cups water  
2 cups cooked or canned red kidney beans (if using canned beans, drain and rinse)  
3 tablespoons parsley, fresh, chopped  
2 tablespoons dill, fresh, minced  
Fresh ground pepper to taste

Heat olive oil in large soup pot.

Add onions and garlic and saute over moderate heat until the onions are a golden.

and the shrimp are completely covered. Slowly bring the fish and shrimp to a simmer and cook until they are done: the fish will take about 8 minutes per inch of thickness, and shrimp about 3 minutes. The shrimp are done as soon as they turn completely pink.

Distribute the fish and shrimp among hot soup bowls. Season the broth with salt and pepper to taste and pour it into the bowls. Serve immediately. Serves 6.

*Submitted by Mary Ann Ley*

## Vegetable Soup

2 large soup bones  
1 large can of crushed tomatoes  
salt and pepper to taste  
garlic salt  
1 pound bow tie pasta  
1 large onion, diced  
tarragon  
1 pound sirloin beef cubes  
1 large bag of frozen Soup Vegetables  
Italian spices  
½ cup mashed potatoes (if you have this!)  
3 beef bouillon cubes  
2 bay leaves

Place the soup bones in large stock pot and cover with water. Add the seasonings, bay leaves, and the bouillon cubes. Simmer for 2 hours. Remove the bones from water. Add the diced sirloin cubes, onion, the frozen vegetables, tomatoes, and if possible, the mashed potatoes to the stock. Taste for seasonings. Add the pasta. This can cook for hours on *very* low heat.

Nanny makes this soup and I've adopted this recipe for my family. If I'm able, I will make a fresh loaf of bread to make a wonderful meal. This is a nice, rich, thick soup that sticks to your ribs. Nanny serves this every year after Lessons and Carols. A nice way to start Advent.

*Submitted by Anne-Stuart Darrell*

## Vatapa (Brazilian fish soup)

2 pounds fish fillets, bones and skin removed  
1 pound large shrimp, peeled and deveined  
1/2 cup shelled raw peanuts or cashews, or 1/3 cup peanut butter or cashew butter  
3 tablespoons safflower oil  
1 large onion, finely chopped  
3 garlic cloves, minced  
3 Thai chilies or 6 jalapeño peppers, halved, seeded and finely chopped  
1 1/2 inch slice fresh ginger, peeled and finely chopped  
6 medium tomatoes, peeled, seeded, and coarsely chopped, or 3 cups canned tomatoes, seeded and drained  
juice of 2 limes  
1/2 cup dried shrimp, ground to a powder (about 2 tablespoons), optional  
*(Dried shrimp are sold in cellophane packets and can be found in Asian or Mexican markets)*  
4 cups chicken stock  
2 cups unsweetened coconut milk  
2 tablespoons finely chopped fresh cilantro leaves  
salt and freshly ground black pepper

Cut fish fillets into 1 or 2 inch cubes. Keep the fish and shrimp refrigerated until just before serving. If you are using whole nuts, grind them in food processor until they have the consistency of peanut butter. This takes about 3 minutes, and you may have to scrape sides of bowl with spatula once or twice to get mixture moving. Set aside. In a soup pot, heat the oil over medium heat. Add the onion, garlic, chilies or jalapeños, and ginger, and saute until vegetables shine, about 10 minutes. Add the tomatoes, lime juice, ground dried shrimp, if using, and pureed nuts or nut butter. Whisk in the coconut milk and cilantro.

Just before you are ready to serve the soup, arrange the fish cubes in a straight-sided saute pan just large enough to hold them in a single layer. Place the shrimp in a medium saucepan. Pour half of the soup over the fish and half over the shrimp, making sure both the fish

Add barley, celery, bay leaf, oregano, tomatoes and water. Bring to a boil. Cover and simmer over low heat for 1 hour until barley and vegetables are tender.

Add beans, parsley, and dill. Continue to simmer for 30 minutes over low heat.

Season to taste with pepper. Remove bay leaf.

Heat and serve immediately. Serves 6

## Savory Cheese Soup

1/2 cup chopped onion  
3 tablespoons butter or margarine  
1/2 cup all-purpose flour  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/8 teaspoon garlic powder  
2 cups milk  
1 can (14 1/2 ounces) chicken broth  
1/2 cup shredded carrots  
1/2 cup finely chopped celery  
1 1/2 cups (6 ounces) shredded cheddar cheese  
1/2 cup shredded mozzarella cheese  
Fresh or dried chives, optional

In large saucepan, saute onion in butter until tender. Add flour, salt, pepper and garlic powder; stir until smooth. Gradually add milk; cook and stir over medium heat until thickened and bubbly. Meanwhile, bring chicken broth to a boil in small pan. Add carrots and celery; simmer for 5 minutes or until vegetables are tender. Add to milk mixture and stir until blended. Add cheese. Cook and stir until melted (do not boil). Garnish with chives if desired. Serves about 4.

*Submitted by Melba Collier*

## Crab Soup

1½ cups chicken broth  
½ teaspoon pepper  
1 quart half & half  
1 cup whole milk  
½ cup butter  
½ cup flour

1 tablespoon chopped parsley  
1 tablespoon Old Bay seasoning  
1 pound crab meat (claw or clump)

Cook liquid ingredients with butter, flour, and pepper until thickened, stirring constantly. Add parsley, Old Bay, and crab meat.

*Do not boil.*

*Submitted by Barbara C. Andrews*

## Sausage Kale Soup

1 pound uncooked Italian sausage (hot, spicy are best)  
½ cup chopped onion  
3 bacon strips, diced  
2 garlic cloves, minced  
1 cup water  
4 cans (14½ ounces) chicken broth  
2 cups diced potatoes  
2 cups thinly sliced fresh kale or spinach  
⅓ cup whipping cream

Peel off casing from sausage, crumble and fry; drain off fat and put sausage on paper towel to cool. In a saucepan, saute onion and bacon for 3 minutes or until onion is tender. Add garlic, saute for 1 minute. Add water, broth and potatoes, bring to a boil. Reduce heat, cover and simmer for 20 minutes or until potatoes are tender. Add kale, cream and sausage to soup, heat through. *Do not boil.*

This soup tastes a lot like Olive Garden's Italian soup.

*Submitted by Melba Collier*

1½ cups sliced fresh carrots  
1 cup diced celery  
1 cup cut fresh snap beans  
1½ quarts diced tomatoes

Simmer first 10 ingredients together in a covered saucepan 4 or 5 hours. (Do not let mixture boil at any time.) Remove bones and meat. Discard bones and cut meat in small pieces and set aside to add to stock later. Strain stock and combine with remaining vegetables. Cover and cook until vegetables are tender crisp. Add meat, season to taste with salt and pepper. Serve hot as the main course with crackers or croutons. Serves 10–12.

## Black Bean Soup

1 pound dried black beans  
1 medium yellow onion  
½ teaspoon pepper  
fresh chives  
2 ham hocks or 1 hambone  
7–8 cups of water  
1 tablespoon sherry  
1 medium red onion  
½ teaspoon salt  
low fat sour cream

Pick over the dried beans and rinse them three times. Cover with cold water and bring to a boil for 2 minutes. Remove from the heat and let stand at least 1 hour. Drain beans. Place in a large pot.

Rinse the ham hocks. Peel and quarter the onions. Bury the ham hocks and onions in the beans. Add the water. Bring to a boil. Turn down the heat and simmer for 1½ to 2 hours. Beans will soften.

Remove hocks and strip the meat off the bone. Add the meat to the soup and puree it all. Put pureed soup in a clean, warm pot. Add the seasoning and the sherry. Serve with a dollop of sour cream and snip some fresh chives on top. A crusty bread and a green salad turn this into a nice meal.

*Submitted by Anne–Stuart Darrell*



## Minestrone Soup

1 pound hamburger  
1 large onion  
2–3 quarts water  
4–5 beef bouillon cubes  
2 stalks celery, sliced  
1 large can tomatoes  
3 carrots, sliced  
1 package frozen mixed vegetables  
1 package frozen peas  
1 package frozen corn  
pepper to taste  
1 tablespoon Italian herbs  
1/2 teaspoon garlic powder  
1 teaspoon vinegar  
shredded parmesan cheese for topping

Brown hamburger and onions in 6–quart pan. Add water and bouillon cubes. Bring to boil and add fresh vegetables and tomatoes. Simmer until carrots and celery are half cooked, then add frozen vegetables and seasonings. Bring to a boil, simmer a while and add vinegar. Serve with parmesan cheese.

*Submitted by Mavis Turner*

## Hearty Fresh Vegetable Soup

2 pounds soup meat  
2 pounds soup bone  
2 quarts cold water  
2 tablespoons salt  
1/2 teaspoon peppercorns  
3 medium onions, quartered  
3 sprigs fresh parsley  
3 stalks celery, with leaves  
2 cups diced tomatoes  
2 medium carrots, quartered  
4 cups diced raw potatoes

## Super Bowl Sunday Chili

2 pounds ground round  
2 large cans tomato sauce  
2 bay leaves  
4 tablespoons oregano  
1/2 cup crumbled feta cheese  
1 large onion, diced  
2 cans red kidney beans  
5+ tablespoons chili powder  
2 tablespoons Italian seasonings  
4 tablespoons olive oil  
4 cloves garlic, chopped  
2 cans beer  
salt and pepper to taste

Heat the olive oil in large stockpot. Brown the onions and garlic.

Add the ground round and brown. Drain off grease.

Add the tomato sauce, spices, and beer. Stir well. Taste. Simmer for 1 hour.

Stir in the undrained kidney beans. Taste for what's needed. Let simmer for another hour.

Add the crumbled feta cheese and stir.

Let this soup rest for 24 hours before serving.

When it comes time to serve chili, provide bowls for the following toppings:

bowl of chopped onions  
large bowl of shredded cheddar cheese  
large bowl of sour cream (fat free works fine)  
large bowl of diced tomatoes

*Submitted by Anne–Stuart Darrell*

## **Cream of Carrot Soup**

- 1 tablespoon butter
- 3 tablespoon chopped onion
- 1 tablespoon flour
- 2 cups chicken broth
- 1 cup sliced cooked carrots
- 1 cup milk or light cream
- 1/2 teaspoon dried basil
- 1/2 teaspoon ginger

Melt butter in saucepan, saute onion until soft. Stir in flour. Place mixture in blender or food processor, add broth and carrots. Cover, blend 30–60 seconds until smooth. Return mixture to saucepan, add milk or cream and seasonings. Cook and stir until soup is heated through.

*Submitted by Phyllis Rice*

## **Cream of Tomato Soup**

- 3 28–ounce cans whole tomatoes, packed in liquid, liquid reserved
- 2 tablespoons unsalted butter
- 1 cup finely chopped onion
- 2 tablespoons flour
- 2 cups good–quality chicken stock or broth
- 1/2 cup full–bodied dry white wine
- 1 tablespoon tomato paste
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- salt to taste
- 1/2 cup heavy cream

Place oven rack on top 1/3 of oven. Preheat to 250 °F. Line a jellyroll pan or rimmed cookie sheet with foil. Put the tomatoes from 2 cans in single layer on pan. Roast the tomatoes for 30 minutes. Remove from sheet, peel off any foil, and cut off any browned parts. Cut each tomato in half. Melt butter in bottom of heavy–bottomed pot. Saute the onions over medium heat for 10

## **Salmon Chowder**

- 1 can (7 1/2 ounces) salmon
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 clove garlic, crushed
- 3 tablespoons butter or bacon drippings
- 1 cup diced potatoes
- 1 cup diced carrots
- 2 cups chicken broth
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dill seed
- 1/2 cup diced zucchini
- 1 can (13 ounces) evaporated milk
- 1 can (8 1/2 ounces) cream style corn
- Chopped parsley for garnish

Drain and flake the salmon, reserving liquid. Saute onion, celery, green pepper, and garlic in fat until translucent.

Add potatoes, carrots, chicken broth, and seasoning.

Cover and simmer 10 minutes. Add zucchini and cook 5 minutes. Add flaked salmon, salmon liquid, milk, and corn. Heat thoroughly, without boiling. Serve with sprinkling of parsley.

*Submitted by Barbara C. Andrews*

## Fish Chowder

4 slices bacon  
1 cup chopped onion  
4 cups potatoes, peeled and diced  
1 pound any type of white fish, cut in small pieces  
10 ounces frozen corn  
1 12-ounce can evaporated milk  
Salt and pepper to taste

In heavy saucepan, fry bacon until crisp. Remove and set aside. Add onions and saute until translucent. Pour off any remaining fat. Break up bacon into small pieces and add with potatoes, fish, and corn to saucepan. Pour in enough water to cover (not more than 2 cups). Bring to boil and simmer until potatoes are tender and fish flakes. Add milk and season, heat thoroughly. Best when made a day ahead. Serves 4–6.

## Manhattan Clam Chowder

4 slices finely cut bacon  
1 minced onion  
7-ounce cans chopped clams (reserve liquor)  
2 cups finely diced potato  
1/2 cup diced celery  
1 cup diced carrots  
1/2 cup water  
2 1/2 cups cooked tomatoes (large diced can)  
1/2 teaspoon each thyme, lemon pepper  
2 teaspoons parsley  
1/2 teaspoon salt

Cook bacon and minced onion. Add reserved liquor from clams, along with vegetables, herbs, and water. Cover and cook until potatoes are tender.

Add clams and salt. Heat gently and serve. Serves 6

*Submitted by Joyce Holmes*

minutes, until the onions are soft. Remove pan from heat and stir in flour. Return the pan to medium heat and whisk in chicken stock. Stir in the 2 cups of reserved tomato liquid, the wine, tomato paste, lemon juice, sugar and roasted tomatoes. Bring to boil, reduce heat, and simmer for 10 minutes, stirring occasionally. Remove the tomatoes from the soup, put in food processor with some of the liquid and puree. Set them aside and puree the rest of the mixture; combine in pot and season with salt. Warm the soup over low heat. Add cream and stir to blend. Serve hot. Serves 6–8.

*Submitted by Melba Collier*

## Chesapeake Bay Cream of Crab Soup

2 quarts half & half  
2 ounces chicken base  
4 ounces dry sherry  
pinch of white pepper  
2 quarts heavy whipping cream  
1 medium carrot, shredded  
1 cup flour  
2 pounds jumbo lump crabmeat  
pinch of Old Bay seasoning

Heat the half & half slowly in a soup pot for about 40 minutes. When the temperature reaches 165–175 °F add the chicken base, sherry, and seasoning. Stir slowly and continue to heat.

Make the roux: Melt the butter in a sauce pan and add flour. This should thicken to paste-like substance.

Add the roux to 180 °F soup and stir until it starts to thicken. This should take 2–3 minutes.

Sprinkle the carrots in soup while stirring.

Pick through crabmeat and make sure it is free of shells. Add crabmeat to soup.

Stir and serve with sherry.

Makes 5 quarts. Can be frozen. Stores for 5–7 days refrigerated.

*Submitted by Anne–Stuart Darrell*

## **Cream of Cucumber Soup**

1 medium onion, chopped  
5 cucumbers, peeled, seeded and chopped  
1/2 cup butter  
1/2 cup flour  
1 1/2 cups beef or chicken stock, heated  
2 cups hot milk  
1 cup light cream  
chives, chopped  
salt and pepper to taste

Saute onions and cucumbers in butter. When soft, add flour and blend thoroughly to form a roux. Add the hot stock and simmer 15 minutes. Add the hot milk and simmer for additional 10 minutes. Remove from heat. Place in blender and blend on high 30 seconds, or rub through a fine sieve. Add cream, and season with salt and pepper. Serve immediately or chill and serve cold.

Garnish with chopped chives

*Submitted by Mavis Turner*

## **Iced Cucumber Soup**

2 medium cucumbers  
2 small onions, sliced  
3 cups chicken broth  
1/2 tablespoon fresh dill, finely chopped  
juice of a lemon  
salt and pepper  
1 cup half & half

Peel, seed, and cut cucumbers.

Boil cucumbers and onions in the chicken broth until tender. Strain and puree in the blender, adding chopped dill, salt, and pepper and lemon juice.

Let cool, add half & half, and let cool in refrigerator.

Serve with fresh dill snipped on top. Serves 4.

## **Sour Cream Potato Soup**

2 tablespoons butter or margarine  
1 medium onion, minced  
4 cups potatoes, unpeeled and diced  
1 1/2 cups water  
2 cups milk  
1 teaspoon dill weed  
2 tablespoons flour  
1 cup sour cream

Melt butter in 2 quart saucepan over medium heat. Stir in onion and cook for 2 minutes. Stir in potatoes and cook for 2 minutes. Add water and bring to boil. Cover pan and simmer 15 minutes. (Do not drain.) Mash potatoes, leaving small pieces. Add milk and dill, bring to boil. Stir flour into sour cream and blend. Serves 4.

## **Creamy Chicken Tortellini Soup**

4 cups water  
1 can (49 1/2 ounces) chicken broth  
4 cups cooked chicken or 4 cans (10 ounces) cooked chicken  
2 cans cream of chicken soup  
1 1/2 cups chopped onion  
3 cloves minced garlic  
1/2 teaspoon basil  
1/2 teaspoon oregano  
1 package (16 ounces) Birds Eye Farm Fresh Mixtures  
    Broccoli, Cauliflower and Carrots  
1 package (8 ounces) dry cheese tortellini  
1/2 cup grated parmesan cheese

In large saucepan, combine water, chicken broth, chicken, cream of chicken soup, onion, garlic, basil and oregano. Cover; bring to a boil. Reduce heat to low; add vegetables and tortellini; cover and simmer 20 minutes. Top with cheese. Serves 10-12.

*Submitted by Melba Collier*