

## Soups

Barley Soup	2
Bean Soup, Veneta*	3
Ukrainian Borsch*	4
Cabbage and Sausage Soup*	5
Bean, Cabbage, and Potato Soup*	6
Cauliflower Soup	7
Squash Soup	8
Cream of Celery Soup	9
New England Clam Chowder*	10
Manhattan Clam Chowder	11
Pumpkin Soup	12
Carrot and Squash Soup	13
Curried Carrot Soup*	14
Curried Turkey Soup*	15
Kale and Sausage Soup*	16
Cream of Vegetable Soup*	17
Tuscan Garbanzo Bean Soup*	18
Gazpacho	19
Lentil Soup	20
RedLentil Soup	21
Tomato Bulgur Soup	22
Mushroom Lentil Soup	23
Minestrone, Borghese*	24
Minestrone, Genovese*	25
Minestrone, Italiana*	26
Mushroom Barley Soup*	27
French Onion Soup	28
Pea Soup*	29
Chicken Soup*	30

## **Barley Soup**

1/4 lb ham, cut into small pieces

1 T olive oil

1 large onion, chopped

2 cloves garlic, minced

1 large can chicken stock

2 stalks celery, chopped

2 medium tomatoes, peeled, seeded and chopped or a small can diced tomatoes, rinsed in a colander

1 carrot, chopped

1/4 c fresh spices, chopped (parsley, sage, marjoram, oregano)

1/4 t pepper

1 c pearl barley

Fry the ham in the oil until it is browned. Add the onion and garlic and fry them until they are soft. Add the chicken stock and bring it to a boil. Add all the other ingredients and cook slowly, covered, for 30 minutes. Turn off the heat and allow the soup to sit for another 20 minutes.

## **Bean Soup, Veneta**

1 lb (2 c) Cranberry beans, soaked overnight  
1/3 lb ham, cut into slivers or a ham bone with some meat  
1 onion, chopped  
3 T olive oil  
1/4 t cinnamon  
1 large can chicken stock  
2 c water  
1/2 t pepper  
1/2 lb dry pasta

In a large pot, bring all the items in the first group slowly to a boil. Simmer, covered, for 1 1/2 hours.

If using a ham bone, remove the bone, cut the meat from it into small pieces, and put the meat back into the soup. Bring the soup to a fast boil, add the pasta, and cook for 8 to 10 minutes, depending on the type of pasta used.

**Variation:** The soup can be made with any large white beans, but it is best with cranberry beans.

## Ukrainian Borsch

6 c (large can) of chicken stock  
2 c of water  
1 medium onion, chopped  
3 medium beets, peeled and sliced or cubed  
1 carrot, thinly sliced  
1 large (white or yukon) potato, diced  
1 stalk of celery, sliced  
1 can of white beans, rinsed in a colander  
1/2 head of cabbage, finely sliced  
2 T of lemon juice  
salt and pepper to taste  
1/2 c of sour cream (optional)

In a large pot, bring the chicken stock and water to a boil. Add all of the first ingredients, bring back to a boil, turn the heat low, cover the pot, and cook for 10 minutes. Add all of the second ingredients, bring the pot back to a boil, turn the heat low, cover the pot and cook another 10 minutes. Add the third group of ingredients.

**Variation:** The borsch can be made richer by cooking a 1 1/2 to 2 lb piece of beef in it. Put the meat in the pot with the stock and water. Slowly bring the liquid to a boil and then skim off the scum that rises to the top. Cook the meat for 1 1/2 hours at low heat. Take out the meat and then follow the rest of the recipe. The meat can be thinly sliced and served with a mixture of equal parts Dijon mustard and horseradish.

**Variation: Meatball Borsch** Before you make the soup, make a 1 1/2 lb recipe of Italian Meatballs (without frying). It should make about twenty meatballs. Bake them in a preheated 450° oven for 15 minutes. Heat the stock in a wide pot, at least 2 inches deep. When the stock is boiling, add the meatballs and cook for 5 minutes. Then remove the meatballs and finish making the borsch.

## **Cabbage and Sausage Soup**

2 Italian sausages, skinned and sliced (while still partly frozen)

1/2 onion, chopped

1/2 small cabbage, cut up finely

1/2 carrot, in thin slices

large new potato, peeled and cut into 1/2 inch cubes

1 T parsley, chopped

1 small can chicken stock

2 c water

1 T white wine or cider vinegar

salt and pepper

Put everything in a pot and cook for 30 minutes.

## **Bean, Cabbage, and Potato Soup**

1 onion, sliced  
1 clove of garlic, minced  
a small head of cabbage, shredded  
3 T of oil

6 c of chicken stock  
1 large white potato, cubed  
1/2 of a carrot, sliced  
1 stalk of celery, sliced  
1 can of white beans, rinsed  
2 T of chopped parsley  
salt and pepper to taste

Lightly fry the onion and garlic until soft. Add the shredded cabbage and fry until just limp. Add the chicken stock, bring it to a boil, and then add the potato, carrot, celery, and parsley. Cook them for about ten minutes, taste the stock, and then add the beans, salt and pepper.

## **Cauliflower Soup**

2 medium baking potatoes, peeled and sliced

1 large can (6 c) of chicken stock

1 head of cauliflower, cut into small pieces

1 T parsley, chopped

1/4 t pepper

2 T grated parmesan cheese

2 T butter

Cook the potatoes in the chicken stock until they are quite soft. Add the ingredients in the second group and cook for 5 minutes. With a potato masher, mash everything well. Then add the cheese and the butter and mix.

## Squash Soup

**This comes out too dark.**

1/2 of an onion, chopped

3 T of butter

1 large potato, cubed

1 carrot, sliced

2 lbs of butternut squash, cubed

4 c of chicken stock

1/2 t of salt

1/4 t of nutmeg

dash of pepper

1/4 c of heavy cream

Fry the onion until softened. Add everything except the cream and cook for 45 minutes. Blend.



## **Cream of Celery Soup**

1 head of celery (about 1 1/2 lbs)

2 carrots

1 onion

2 T of parsley

1 1/2 quarts of chicken stock

3 T of butter

1/4 c of flour

salt and pepper

Coarsely chop all the vegetables in the first group. Put the chopped vegetables and the chicken stock in a pot, bring it to a boil, and cook slowly for 20 minutes. Drain through a large strainer and throw away the veggies. Melt the butter and mix in the flour. Heat the soup and quickly add the flour-butter mixture and continue mixing with a whip until the soup thickens a bit. Taste the soup and add the salt and pepper.

## Clam Chowder (New England)

1 can of baby clams  
3 slices of bacon, cut into small pieces  
1 onion, chopped  
1 bay leaf  
1 c water  
small can (2 c) of chicken stock  
1 large baking potato, peeled and diced  
2 T butter  
1 pint of half and half  
salt and pepper to taste

Drain the clams and retain 1/2 c of the juice. Slowly fry the bacon until it is crisp. Add the onion and fry it until it is soft. Add the bay leaf, water, clam juice, and chicken stock and heat to boiling. Add the diced potato, the butter and the clams and cook for about 10 minutes or until the potato is soft. Add the half and half and the salt and pepper.

## Clam Chowder (Manhattan)

1 T olive oil  
2 strips of bacon  
1 onion, chopped  
1 clove of garlic, minced

1 small can of diced tomatoes, rinsed in a colander  
1 carrot, chopped  
1 bay leaf  
1 t turmeric  
1 stalk of celery, chopped  
1 large can (6 c) of chicken stock  
1/2 c white wine  
1 can of baby clams with the juice  
2 white potatoes, peeled and diced  
pepper and salt to taste

Fry the bacon in the oil until crisp. Add the onion and garlic and fry them until they are soft. Add everything else, bring to a slow boil, and cook until the potato is done (about ten minutes). Remove the bay leaf.

## **Pumpkin Soup**

2 T butter

1 small onion, chopped

4 c chicken stock

3 c pumpkin puree (see below)

1 medium baking potato, peeled and thinly sliced

1/2 t cinnamon

1/2 t nutmeg

1/2 t sage

salt and pepper to taste (careful, the chicken stock may be salty)

Fry the onion in the butter until it is transparent. Add everything else, bring to a boil, and cook until the potato is quite soft. Blend it in a blender or food processor.

**Pumpkin Puree:** Remove the stem of the pumpkin and cut the pumpkin in half. Scoop out all the seeds. Put the halves, cut side down, on oiled aluminum foil, and bake at 375 ° for 40 minutes. It should then be easy to scoop the flesh out of the skin. Of course, lazy people can just buy canned pumpkin puree.

## Carrot and Squash Soup

4 T butter

1 onion, chopped

pinch of nutmeg and pepper

6 c chicken stock

1/2 lb carrots, chopped

1/4 c rice

1 - 1 1/2 lb squash, cooked

Fry the onion until transparant. Add the nutmeg, the pepper, the stock, the rice, and the carrots. Bring to a boil and cook for twenty minutes. Chop the squash coursely and add to the soup. Cook for another ten minutes. Process in a blender until smooth.

## Curried Carrot Soup

2 T of olive oil

2 T of butter

1 onion, chopped

2 lbs of carrots, thinly sliced

6 c of chicken stock

1-2 T of curry powder

1/2 c of Greek yogurt

Fry the onion in the oil and butter until soft. Add everything except the yogurt, bring to a boil, and simmer, covered, for 20 minutes. Add the yogurt and put through the blender.

## Curried Turkey Soup

2 T of butter  
2 c of chopped onion  
1 c of sliced celery  
1 c of diced carrot  
4 t of curry powder  
4 c of chicken stock  
1/4 c of rice  
2 green apples, peeled, cored, and diced  
1 t of salt  
2 bay leaves  
1/4 t of black pepper  
2 c of diced cooked turkey breast

Fry the onion, celery, and carrot in the butter until soft. Add the curry and cook for two more minutes. Add the bay leaves, stock, and rice, bring to the boil, and simmer for five minutes. Add the apples, salt, and pepper and simmer for ten more minutes. Add the turkey and heat for one minute.

## **Kale and Sausage Soup**

1 lb mild italian sausage meat

1 1/2 T oil

a small onion, diced

2 cloves of garlic, diced

1/2 t dried oregano

pinch of red pepper flakes

6 c of chicken broth

1 lb of new potatoes, cubed

1 bunch of kale, chopped

Fry the sausage in the oil until browned, breaking it up as it cooks. Add the onion and garlic and fry for another minute or two. Add the oregano, pepper flakes, and broth and bring to a boil. Add the potatoes and cook until they are soft, about ten minutes. Add the kale and cook for another two minutes.



## Cream of Vegetable Soup

4 T (1/2 stick) of butter (or less, or substitute 2 T corn oil)

1 onion, chopped or sliced

6 c (large can) of chicken stock

1/3 c rice

salt and pepper (careful with the salt; the chicken stock may already be salty)

In a large pot, cook the onion in the butter only until it is transparent.

Add the chicken stock, nutmeg (for spinach), rice, salt, and pepper. Bring to a boil and cook over a low heat for 15 minutes.

Add one of the vegetable combinations shown below and cook for the indicated time.

Puree the soup in a blender or food processor. **Warning:** in a blender, the machine must be started at the lowest possible speed or else the hot liquid may spray out of the top.

**Spinach:** Either 2 packages of frozen spinach, completely thawed, or 1 1/2 lbs of fresh spinach. Add 1/4 t of nutmeg and cook only for 5 minutes.

**Broccoli:** 1 1/2 lbs of fresh broccoli. Cook for 10 minutes.

**Asparagus:** 1 lb of fresh asparagus, cut into 2 inch pieces plus 1 stalk of celery, sliced. Cook for 10 to 15 minutes, depending upon how tough the asparagus is. For large, tough asparagus it may be necessary to strain the soup, after blending it, in order to remove the fibers.

## Tuscan Garbonzo Bean Soup

1 lb (2 c) garbanzos, soaked overnight

4 c water

1 large can (6 c) of chicken stock

1 T fresh rosemary or 1 t dried

1/2 t pepper

1/3 c olive oil

2 cloves of garlic, minced

A small can of anchovies, rinsed in cold water and chopped, or a tube of anchovy paste

1/2 c tomato paste

1/3 lb shell or small tube pasta, cooked separately

Put the rosemary into a large tea egg or tie it up in cheesecloth. In a large pot, bring all the items in the first group to a boil and simmer, covered, for 2 hours. Take out the rosemary.

In a frying pan, brown the garlic in the oil. Add the tomato paste and the anchovies and cook at low heat for 5 minutes.

Put everything together and puree it in a blender or food processor. **Warning:** in a blender, the machine must be started at the lowest possible speed or else the hot liquid may spray out of the top. Cook the pasta in a separate pot and add it to the soup bowls when serving. (It absorbs too much water and solidifies the soup if left in it overnight.)

## **Gazpacho**

2 slices of bread, cut into squares, soaked in water, and squeezed dry in a towel

a cucumber, peeled, seeded, and chopped

2 lbs of ripe tomatoes, peeled, seeded, and chopped

1 clove of garlic, minced

2 T of wine vinegar

1/3 c of olive oil

salt and pepper

Blend everything in the blender and refrigerate for two hours.

**Garnishes:** Chopped green pepper, diced cucumber, croutons.

## **Lentil Soup**

2 c (small can) of chicken stock

2 c water

1 c brown lentils

1 medium onion, chopped

1 clove of garlic, minced

1 stalk of celery, chopped

salt and pepper to taste

Put everything in a pot and cook it slowly for about an hour.

## Red Lentil Soup

3 T of olive oil

1 large onion, chopped

2 garlic cloves, minced

1 T of tomato paste

1 t of cumin

1/2 t of salt

1/4 t of pepper

small pinch of chile powder

4 c of chicken broth

2 c of water

1 1/2 c of red lentils

1 large carrot, diced

juice of 1/2 of a lemon

Lightly brown onion and garlic in the olive oil. Add tomato paste, cumin, salt, pepper, and chile and fry for another two minutes. Add the chicken broth and water and bring to a boil. Add the lentils and carrot and simmer for 30 minutes. Partially pure the soup by putting half of it in the food processor or blender. Add the lemon juice.

## Tomato Bulgur Soup

4 c broth, divided

1 small yellow onion, finely chopped

1 clove garlic, finely chopped

1 t ground coriander

1/2 t cinnamon

1 cup uncooked bulgur wheat

1 small can diced tomatoes, lightly processed in the food processor

1 T fresh lemon juice

2 T chopped fresh parsley leaves

1 T feta cheese, finely crumbled

In a medium pot over medium-high heat, bring 1/2 cup broth to a simmer. Add onion and garlic and cook on low heat about 5 minutes or until onion is translucent and tender. Add the rest of the broth, the bulgur, the spices, and the tomato. Bring to a boil, cover and cook on low heat for 12 minutes, stirring occasionally. Add the lemon juice. Mix the parsley and chopped feta and serve with the soup as a garnish.

## Mushroom Lentil Soup

3 T of olive oil

1 onion

1 clove of garlic

1/2 lb of mushrooms, sliced

1 t of cumin

1 t of tumeric

1 t of salt

6 c of chicken stock

1 T of beef essence

3 T of parsley

1 1/2 c of red lentils

1 carrot, sliced

2 stalks of celery, sliced

Fry the onion and garlic until they are soft. Add the mushrooms and fry until they begin to brown. Add all the second group of ingredients, bring to a boil and simmer, covered for 30 minutes. Add the carrot and celery and cook another 15 minutes.

## Minestrone Borghese

1/3 lb ham

3 T olive oil

1 onion, chopped

1 clove of garlic, crushed

2 tomatoes, peeled, seeded, and chopped or a small can of diced tomatoes, rinsed in a colander

2 stalks of celery, cut into small pieces

1 large can of chicken broth

4 medium potatoes, in small cubes

1 c small pasta

4 zucchini, in small cubes

2 green or red peppers, in small squares

1/2 c fresh basil, chopped

salt and pepper to taste (careful with the salt—the ham is salty)

Cut the ham into slivers and fry it in the oil in a large pot until it begins to brown. Add the onion and garlic and cook until it becomes transparent. Add the tomatoes and celery and cook for 10 minutes.

Add the chicken stock and bring it to a boil. Add the potatoes and cook for 10 minutes.

Add the macaroni and cook for 10 minutes.

Add the zucchini and peppers and cook for 5 minutes.

Add the basil, salt, and pepper.



## Minestrone Genovese

1 onion, chopped  
2 T of olive oil  
1 large can (6 c) of chicken stock  
1 1/2 c of dried limas, soaked overnight or 1 pkg of frozen lima beans, thawed  
1/2 lb of spinach or beet greens, chopped  
2 white potatoes, peeled and cubed  
  
1 c of fresh basil  
1 c of spinach leaves  
3 T of olive oil  
3 cloves of garlic, crushed  
2 T of parsley  
1/4 c of grated parmesan cheese  
  
1/3 lb of pasta

In a large pot, fry the onion in the oil until it is transparent. Add the stock. If using dried beans, add them and cook them until they are soft (about one hour). Add everything else in the first group. Bring to a boil and simmer, covered, for 15 minutes.

Put all the items in the second group into the blender or food processor. Add 1/2 cup of liquid from the soup and blend well.

Bring the soup to a rapid boil, add the pasta, and cook it for 8 to 10 minutes, depending on the type of pasta used. Add the pesto sauce from the blender.

Serve with some grated parmesan cheese.

## **Minestrone Italiana**

3 T of olive oil

1/3 lb of ham, cut into slivers

1 onion, chopped

1 large can (6 c) of chicken stock

3/4 lb of large white beans, soaked overnight

2 T of parsley, chopped

1/3 lb of pasta

1/2 lb of zucchini, cubed or sliced

1 lb of beet greens or spinach, chopped coarsely

salt and pepper to taste (careful—the chicken stock has salt)

In a large pot, slightly brown the ham in the oil. Add the onions and fry them until they are transparent.

Add the stock, the beans, and the parsley, bring to a boil and simmer, covered, for 1 1/2 hours.

Bring to a rapid boil, add the pasta, and cook for 8 minutes.

Add the zucchini, the greens, the salt, and the pepper, and cook 3 minutes longer.

Serve with grated parmesan cheese.

## Mushroom-Barley Soup

1 lb white mushrooms, sliced  
1 onion, chopped  
2 cloves garlic, minced  
2 T olive oil  
  
4 c water  
2 t beef essence  
1 can (2 c) of beef stock  
2 T parsley  
1 carrot, sliced  
1 stalk of celery, sliced  
2 t paprika  
no salt  
1 c barley  
  
1/2 c sour cream

Lightly fry the mushrooms, onion, and garlic in the oil. Add all the other ingredients except for the sour cream, bring everything to a boil and cook slowly for 30 minutes. Let the soup stand, covered, for another 30 minutes. Add the sour cream just before serving.

## **French Onion Soup**

2 lbs of onions, sliced finely

1 small carrot, chopped

3 T of butter or oil

1 1/2 T of cornstarch

6 c (large can) of chicken stock

salt and pepper to taste (careful with the salt; the chicken stock may already be salty)

Brown the onions and the carrot in the butter or oil in a large frying pan. Add the cornstarch to the pan and mix it thoroughly.

In a pot, bring the chicken stock to a boil, add the fried mixture, and simmer everything for about 15 minutes.

## Pea Soup

8 c water and/or stock

2 1/2 c split peas

1/3 lb of ham, cut into slivers, or a ham bone with some meat

bay leaf

1 large onion, chopped

2 stalks of celery, sliced

2 carrots, diced

Fry one half of the onion in 2 T of oil until soft. Add the water and/or stock, peas, ham, and bay leaf, bring to a boil, and cook slowly for two hours, scraping the bottom of the pot frequently. Throw away the bay leaf. If using a ham bone, cut up the meat and throw away the bone. Add the onion, carrot, and celery and cook everything for another half hour.

## Chicken Soup

1 chicken, with giblets  
1/4 c of chopped parsley  
2 thick carrots  
2 onions, skinned  
2 stalks of celery  
1 c of barley  
1 quart of chicken stock  
1 quart of water  
1 t of salt  
1/2 t of pepper  
1 bay leaf

Cut the chicken into six parts and skin them. Use the scraps with one quart of water and one teaspoon of salt for tomorrow's chicken stock. Heat the stock and water to boiling. Add one whole onion, the parsley, the bay leaf, one carrot, cut into a few large pieces, the barley, the salt and pepper, and the chicken parts. Cook for thirty minutes and then remove the breasts and the carrot parts to a plate. Slice the other carrot thinly and add to the pot. Slice the second onion and the celery and add. Cook for another thirty minutes and then remove the breasts to the plate with the leg pieces, slice the removed carrot thinly and add to the soup, and remove the bay leaf.