

SOUPS



SWISS POTATO SOUP

Donna Browning

4-6 sm. potatoes, peeled	2 sprigs parsley
1 tbsp. butter	1 c. swiss cheese, cubed
4 green onions, sliced	1 – 13 oz. can evaporated milk
½ tsp. salt	

Boil potatoes until tender, drain, reserving ½ c. water. Cube potatoes, saute onions in butter. Combine all ingredients and microwave on high for 8 minutes. Serve or freeze. Makes 4 servings.

VEGETABLE CHEESE SOUP

Donna Browning

16 oz. pkg Tator Tots	2 tbsp. onion flakes
1 – 14 oz. can chicken broth	1 tsp. salt
1 c. water	1 lb. Velveeta cheese, cubed
16 oz. frozen mixed vegetagles	

Cook Tator Tots in broth and water until they fall apart. Add frozen vegetables, onion flakes and salt. Cook 30 minutes. Add Velveeta cheese. Warm over low heat, stirring often. Do not boil. Serve hot. Add boned chicken to this to make it heartier. It gets better each time it is reheated.

MEATBALL SOUP

Kelly Mahannah

1 lg. onion, cut in rings	1 lb. lean ground beef
½ tsp. garlic salt	salt & pepper
2 cans consume (2 cans water)	1 egg
1 lg. can tomatoes, cut in pieces	½ tsp. oregano
1 lg. green pepper, cut in slices	½ tsp garlic salt
	1 tsp. parsley flakes
	½ c. minute rice, uncooked

Combine onions, ½ tsp. garlic salt, consume, tomatoes and bell pepper in a large soup pot. Heat on medium fire until mixture boils. In meantime, mix ground beef, salt and pepper, egg, oregano, ½ tsp. garlic salt, parsley flakes and minute rice. Shape into meatballs. When soup boils, add the uncooked meatballs to the soup. Meatballs will cook in the soup. Reduce heat to low and cook until meatballs are done and vegetables are soft and tender.

CREAM OF PEANUT BUTTER SOUP

Dorothy Glick

1 pt. Milk
½ c. peanut butter
1 tsp. grated onion
dash celery seed

1 tbsp. cornstarch
½ tsp. salt
dash paprika and pepper

Put milk and peanut butter in blender until completely smooth. Pour into saucepan, add onion and celery seed. Heat, but do not boil. Dissolve cornstarch in a little water and add to soup mixture, stirring constantly until mixture thickens. Season with salt, pepper and paprika. Serve hot with croutons or crackers. Serves two.

SALMON SOUP

Uncle Jack Mullenax

1 – 16 oz. can salmon
1 can water
dash of salt & pepper

½ stick butter
3 c. milk

Cook salmon, water, salt and pepper in a 2 qt. saucepan until boiling. Boil about 5 minutes. Add butter and milk. Heat to boiling point. Serve with crackers.

LENTIL SOUP

Carole Elven

3 oz. salad oil
3 oz. diced bacon
¾ c. diced carrots

¾ c. diced celery
¾ c. diced onions

In a large saucepan, combine oil, bacon, carrots, celery and onions. Saute until onion and celery are transparent. Stirring constantly, add ¾ c. flour. When the flour is blended, slowly add 4 ½ to 5 quarts of water, stirring constantly. Then add:

1 lb. lentils
2 tsp. salt
2 tsp. thyme
4 tbsp. beef base

pinch of nutmeg
pepper
1 ½ c. diced potatoes
3 bay leaves

Simmer for approximately 3 hours.

CHICKEN SOUP

Carole Elven

3 lb. chicken
4 qt. water to cover chicken
1 ½ tsp. salt
4 stalks celery, chopped
4 carrots, chopped
2 onions, chopped

Simmer together until chicken is done and falls off the bone. Skim for a nice clear soup. End up with approximately 2 quarts of broth. Make a roux:

½ lb. butter
1 c. flour plus 2 tbsp.

Cook well. Bring soup to a light boil. Add the roux. Simmer for 15 minutes. Add:
1 c. chopped pimientos, drained
½ c. chopped green onion tops
½ tsp. MSG
½ tsp. pepper
yellow food coloring, if desired

HAMBURGER SOUP

Peggy Yearout

1 ½ lb. hamburger
browned and drained
1 c. flour
1 stk. butter
½ gal. Water

Melt butter in a very heavy large roasting pan, add flour and stir together, add water and slowly stirring all the time, until it begins to thicken. Add:

1 c. chopped onion
1 c. chopped celery
1 c. chopped carrots
2 tbsp. beef base
1 can tomatoes
1 pkg. mixed frozen vegetables
1 tbsp. Accent seasoning
1 tsp. pepper
cooked hamburger

Cook over low heat until all vegetables are well done. This can be warmed over and gets better with each warming. You'll love this soup when the snow flies!

PLAZA III STEAK SOUP

Hope Elven

2 – 3 lbs. round steak
2 stks. Butter
1 c. flour
½ gal. Water
pepper to taste
6 tbsp. instant onion
4 tbsp. or 12 beef bouillon cubes
2 lg. pkg. frozen mixed vegetables
1 can tomatoes

Bake the round steak at 300 degrees until well done. Chop the steak into very small pieces. In a Dutch oven, melt the butter and add the flour. While stirring this mixture gradually add the water. Add the pepper, onion and bouillon. Heat until it thickens. Add frozen vegetables, tomatoes and steak. Use the crock pot to cook the soup. I simmer mine for 24 hours. Freeze it and re-simmer it. The more you cook it the better it gets.

TACO SOUP

Marlene Parret
Corky Countryman

2 lb. ground beef
28 oz. can tomatoes
1 c. water
15 oz. can pinto beans,
rinsed and drained
1 env. Taco seasoning mix
1 med. onion, chopped

15 oz. can tomato sauce
14-16 oz. can whole kernel corn,
drained
shredded cheddar cheese
sliced avocado
tomato, chopped
corn chips

In a large saucepan brown beef and onion, drain. Puree the tomatoes in their liquid; add to pan with tomato sauce, water, beans, corn and taco seasoning. Bring to a boil. Reduce heat and simmer for 5 minutes. If desired, top each serving with cheese, avocado and tomatoes and serve with chips. Yield 10 servings. 2 ½ qt.