

Vegetable Soup Recipe

Compiled by tamrin



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1. Dr E's Get-Well Chicken Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 2 tb Olive oil
- 1 Chicken; (2 1/2 to 3 pounds), boned, skinned, and visible fat removed, (save the bones and the carcass, discard the skin) diced
- 2 1/2 ts Salt
- 10 Turns freshly ground black pepper; (1/2 teaspoon)
- 1 c Chopped onions
- 1/2 c Chopped celery
- 1/2 c Diced carrots
- 1/2 c Chopped green onions
- 2 tb Minced garlic
- 1/4 c (loosely packed) fresh parsley leaves
- 1 tb Chopped fresh basil
- 4 Bay leaves
- 1 tb Emeril's Creole Seasoning; see recipe
- 2 c Assorted chopped fresh vegetables; such as beans, zucchini, yellow squash, cabbage or whatever is in season
- 1 c (firmly packed) rinsed and torn spinach leaves
- 1/4 ts Crushed red pepper
- 3 qt Chicken stock
- 2 c Cooked fine or broad noodles

Directions

Heat the oil in a large heavy pot over high heat. When the oil is hot, add the chicken meat and bones, salt, and pepper and sauté, stirring occasionally, until the meat and bones are brown, for about 5 minutes. Add the onions, celery, carrots, green onions, garlic, parsley, basil, bay leaves and Creole Seasoning and sauté, stirring once or twice, for about 4 minutes. Add the chopped vegetables, spinach and crushed red pepper and sauté, for 1 minute. Add the stock to the pot and bring it to a boil. Reduce the heat and simmer, uncovered, for about 25 minutes. Add the noodles, bring back to a boil, and simmer for 5 minutes. Remove from the heat. Remove the carcass and loose bones. Unless you're too ill to wait, the soup will taste even better if you refrigerate it overnight. The next day, remove and discard the congealed fat on the top and reheat the soup over medium heat.

Air date on GMA 1/8/98

Busted by Barb on 2/20/98

NOTES : Emeril's New New Orleans Cooking

Recipe by: Emeril Lagasse

Posted to MC-Recipe Digest by "abprice[at]wf.net" <abprice[at]wf.net> on Mar 19, 1998

2. Farmhouse Vegetable Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 2 lb Potatoes
- 1 lb Carrots
- 1 lb Onions
- 1 Leek
- 2 Sticks of celery
- 2 oz Butter
- 1 pt Lamb stock
- Bouquet garni
- Salt and pepper

Directions

Peel and coarsely chop the carrots, onions, leek and celery. Melt the butter in a large saucepan and add the chopped vegetables. Saute for 10 minutes, stirring occasionally, until the vegetables are soft. Peel the potatoes and cut into small chunks. Put the potatoes, bouquet garni, stock, and salt and pepper into the saucepan with enough water to cover the vegetables. Bring to the boil and simmer for 45 minutes. Remove the bouquet garni and serve. The potatoes thicken the soup and may disappear into the liquid. The vegetables may be diced or finely chopped, using a food processor, if preferred. Posted to MM-Recipes Digest V3 #243

Date: Thu, 5 Sep 1996 19:19:50 +0000

From: "ray.watson" <ray.watson[at]ukonline.co.uk>

3. English Cheddar and Vegetable Medley Soup

tag: vegetable soup

Yield: 8 Servings

Ingredients

- 2 Onions; chopped
- 3 Carrots; peeled, chopped
- 2 Rib of Celery; sliced thin
- 2 Baking Potatoes; peeled and cut into 1/2 inch dice
- 1 Butternut Squash; peeled & seeded and fiber removed & cut into 1/2 inch dice
- 8 c Chicken Stock
- Salt and Pepper to taste
- 2 c Skim Milk
- 1/2 c Heavy Cream
- 2 tb Worcestershire Sauce
- 2 c Cheddar Cheese;sharp,grate
- == GARNISH ==
- 10 Bacon Strips; chopped, fried until crispy brown & drain
- 1 c White Cheddar Cheese; cubed into 1/4 inch pieces
- 1/2 c Parsley; chopped
- 1 French Bread; seenote

Directions

Seenote: French Bread, slice and broil on both sides to make toast. In a large pot, combine the onions, carrots, celery, potatoes and squash. Add the chicken stock and salt and pepper to taste. Bring to a boil, cover and reduce the heat to a simmer. Cook the vegetables 25-30 minutes or until tender. Strain the solids from the liquid and puree until smooth in a food processor or blender. Return the pureed vegetables to the hot cooking liquid. Stir in the milk, heavy cream and the worcestershire sauce. Bring just to the boil, then lower the heat. Add the shredded cheese and stir until smooth and creamy. Taste and adjust the seasonings with additional salt and pepper. Transfer the soup to a Tureen and garnish with the bacon in the center of the soup, the cheese surrounding the bacon and the parsley sprinkled on top. Serve with the slices of toasted French Bread.

4. Creamy Vegetable Tahini Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1/3 c Raw tahini
- 1/3 c Water
- 3 tb Tamari
- 1 tb Freshly squeezed lemon juice
- 1 ts Ground cumin
- 1 p Cayenne pepper
- n
- 4 c Vegetable stock or bouillon OR water
- 2 m Carrots; chopped
- d
- 2 c Finely chopped broccoli - florets and stalks
- 2 m Leeks; sliced - (thoroughly washed)
- d
- 2 m Tomatoes; coarsely chopped
- d
- 1/4 c Finely chopped fresh parsley

Directions

Put the tahini, the 1/3 cup water, the tamari, lemon juice, cumin, and cayenne in a small bowl, and stir together.

Put the vegetable stock and carrots in a large pot, cover, and bring to a boil over medium heat. Immediately reduce the heat, and simmer for 5 minutes. Stir in the broccoli, leeks, tomatoes, and parsley. Cover and return to a boil over medium-high heat, then immediately reduce the heat and simmer until the vegetables are tender, about 5 minutes.

Add the tahini mixture and stir until mixed. Bring just to a simmer, and serve immediately.

Source: May All Be Fed - by John Robbins (including recipes by Jia Patton and Friends) Typed for you by Karen Mintzias

5. Delicious and Nutritious Mixed Vegetable Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 2 m Sized potatoes
d
- 1 b Fresh spinach
n
- 5 m Carrot
d
- 4 Stalks Asparagus
- 1 m Large ripe tomato
d
- 1/3 b Fresh cilantro
n
- 3 m Carrots
d
- 5 c Water; about (up to 6)
- 1 p Salt
n
- 1 ds Ground black pepper

Directions

I make this soup whenever I have fresh vegetables at home. Also my favorite recipe as I do not like the taste of corn starch or any other thickner in my soup.

Chop the Spinach, carrots,Asparagus finely. Cut potatoes into large pieces, into not more than 4 pieces per potato, as we want big pieces of potatoes. Boil all the veggies in a large stock pot with the water and a pinch of salt, until the vegetables get soft. Then pick out the boiled pieces of potatoes and blend them with the tomato and 1/4 cup water in a blender. Put the potato - tomato paste in a non-stick pot and saute for 10-15 mins on a low heat until it gets roasted and dry. Then add the boiled vegetables with the water to the roasted paste and let simmer for another 5 minutes. Add more water if desired. Garnish with chopped cilantro and a dash of pepper.

Can Substitute spinach with cabbage . Can add other fresh vegetables like green beans, spring onions, beetroot....

Posted to fatfree digest V97 #286 by "harnek singh" <harneks[at]hotmail.com> on Dec 05, 1997

6. Barley Vegetable Soup

tag: vegetable soup

Yield: 8 Servings

Ingredients

- 1/2 c Barley
- 2 qt Chicken broth
- Onion -- chopped
- Carrot -- peeled & chunked
- Celery stalk -- chopped
- Parsley sprigs
- 1 ts Thyme leaves
- Bay leaf
- 8 c Other vegetables

Directions

Place ingredients in large pot and bring to boil. Add salt and pepper to taste. Reduce heat, cover and simmer for about 1 hour, or until barley is tender. Remove parsley and bay leaf. Divide if not using entire soup at one meal. Half a batch should serve 4 with addition of vegetables suggested below. (suggestions for "other vegetables" listed in ingredients 2 c. green beans, 3 carrots, peeled and sliced, 2 zucchini, sliced thickly, 2 cups broccoli, 2 cups cauliflower florets, 2 stalks celery, 8 oz. mushrooms, washed and thinly sliced.

Recipe By :

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

7. Fresh Tomato Soup W/crunchy Vegetables

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 2 1/2 lb Tomatoes, ripe, red
- 2 tb Olive oil
- 2 c Onion; chopped
- 2 Garlic cloves; minced
- 2 lg Celery stalks; diced
- 3 c ;water
- 1/4 c Basil, fresh; chopped
- 2 tb Dill, fresh; chopped
- 1 ts Mustard, dry
- 2 c Tomato juice, or as needed
- 1 tb Lemon juice
- Salt and pepper to taste
- == CRUNCHY VEGETABLE GARNISH ==
- 1 lg Bell pepper, green; finely diced
- 1 lg Corn ear; cooked until just done, and kernels scraped off cob
- 1/2 c Cucumber, crisp; seeded and finely diced
- 2 tb Basil, fresh; minced
- dr Olive oil

Directions

Bring 2 quarts of water to boil in a large soup pot. Place the whole tomatoes in the water and cook for one minute. Drain, and when the tomatoes are cool enough to handle, slip the skins off; chop tomatoes, and set aside.

Heat the olive oil and 2 tablespoons water in a large soup pot. Add the onions, garlic and celery and saute over moderate heat, stirring frequently, until the onion just begins to turn golden. Add 3 cups of water and bring to a boil, then simmer over moderate heat, covered, until the onions and celery are quite tender, about 15 minutes. Add the tomatoes, basil, oil and mustard. Simmer for 10 minutes more. Remove from the heat. Stir in the tomato juice and lemon juice and season to taste with salt and pepper (salt carefully--you may not need any at all if the tomato juice is salted). Allow the soup to cook to room temperature, then puree in batches in a food processor or blender until smooth. Chill before serving.

Just before serving, combine all the ingredients for the crunchy vegetable garnish in a small mixing bowl. Ladle the chilled tomato soup into bowls and divide the garnish over the top of each.

Vegetarian Celebrations by Nava Atlas/MM by DEEANNE

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

8. Grandma's Vegetable Soup

tag: vegetable soup

Yield: 10 Servings

Ingredients

- 1 Soup bone w/meat
- 1 Onion; chopped
- 3 Carrots; sliced
- 3 Potatoes
- 5 Stalks of celery
- Green beans
- Corn
- 1 cn (large) Tomatoes
- 1 Handful Barley or alphabet macaroni
- 3 Bay leaves
- Salt

Directions

Boil soup bone in water enough to cover for 1 1/2 to 2 hours - until meat comes off bone easily. Remove bone - when cool enough - remove meat and cut fine. Return meat to stock - add onion, carrots potatoes celery, greenbeans, corn (not creamed) and tomatoes and bayleaves - add more water if needed - cook on a low fire after first coming to a boil. After 1 hour stir in barley or macaroni - cook another 1/2 to 1 hour - stir often as the barley will stick to pan and burns.

NOTES : Used to look forward to this on wintery Sunday nights. Yum Yum

Recipe by: Helen (Grandma) Kidder

Posted to recipelu-digest by Chtbaby[at]aol.com on Feb 16, 1998

9. Winter Vegetable Soup

tag: vegetable soup

Yield: 1 servings

Ingredients

- 1 pt Celery
- 1 pt Carrots
- 1 pt Green beans
- 1 qt Beef broth; OR 1 soup bone
- 1 pt Peas
- 2 tb Salt
- 1 pt Corn
- 1 c Soup beans
- 1 pt Lima beans
- 1 pt Tomatoes
- Water
- 1/2 c Rice

Directions

Amish Cooking, Crescent Books

Chop the celery, carrots, cabbage, and green beans finely. Combine them with the rest of the ingredients in water to cover (except the rice), and cook them for 2 1/2 to 3 hours. Add the rice 15 min. before serving.

Posted to MM-Recipes Digest V4 #8 by janet <tjw[at]defnet.com> on Feb 14, 1999, .

10. Cream of Fresh Greens Soup (Corrected)

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 6 tb Olive Oil
- 1 Onion, Chopped
- 1 Head Lettuce Or Escarole, Finely Chopped
- 1 b Watercress, Finely Chopped
- n
- 1 lb Spinach, Chopped
- 6 qt Water, More If Needed
- 2 Bouillon Cubes
- 2 Potatoes, Sliced
- 1 pt Heavy Cream
- Salt, Nutmeg And White Pepper, To Taste
- Paprika, For Garnish

Directions

1. Pour the olive oil into the soup pot and saute the onion slightly. Add the chopped greens, potatoes, bouillon cubes, and water. Boil the soup for 15 minutes and the simmer for another 15 minutes.

2. Blend the soup in a blender and return it to the pot. Add the heavy cream and seasonings and stir well. Reheat the soup and serve hot, sprinkling some paprika on top of each serving.

Recipe by: Twelve Months of Monastery Soups. p. 85 Posted to MC-Recipe Digest V1 #649 by Sue <suechef[at]sover.net> on Jun 26, 1997

11. French Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 c Fresh basil leaves; (I use one whole bunch)
- 3 tb Lite Soy Parmesan or Fat-Free Parmesan Cheese
- 1 Cloves of garlic; pureed, (I use the pureed garlic you can buy in a jar), up to 2
- 6 c Vegetable broth; (or 6 cups water and 6 tsp. chicken flavored vegetarian bullion)
- 1 cn (28 oz.) skinless chopped tomatoes
- 2 m Carrots; thinly sliced, up to 3
d
- 1 cn (16 oz.) rinsed and drained white beans
- 1 cn (16 oz.) french style green beans; drained
- 1/4 c Vermicelli; broken in 1/2" pieces

Directions

In a 3-qt saucepan over medium-high heat, bring the stock, tomatoes and carrots to a boil. Reduce the heat to medium and simmer for 15 minutes (or until carrots are slightly tender).

While this is cooking, cut basil leaves off of stems, wash, and chop fine in a food processor or by hand and set aside.

Add the white and green beans and vermicelli to the tomatoe/carrot mixture and simmer until pasta is done. Stir the basil, parmesan and garlic into the soup.

We usually serve this with warm sourdough french bread.

Posted to fatfree digest by "Dulude, Karen" <karen.dulude[at]lamrc.com> on Apr 15, 1998

12. Aunt Gin's Vegetable Soup

tag: vegetable soup

Yield: 12 Servings

Ingredients

- 1 lb Flank steak cut up (or similar cut)
- 2 Potatoes; chopped
- 1 qt Canned tomatoes
- 1 pt Canned corn
- 1 pt Canned green beans
- 1 Onion, chopped
- 2 c Chopped cabbage
- 1/4 c Sugar
- 1/2 c Celery
- Salt & pepper to taste

Directions

Combine in crockpot.(you may not need all the juice from the corn & gr. beans) Cook on low at least 8-10 hours. You can use home canned or store bought vegetables. Walt MM Posted to MM-Recipes Digest V3 #263

Date: Wed, 25 Sep 1996 23:36:59 -0400

From: Walt Gray <waltgray[at]mnsinc.com>

13. Double-Mushroom Barley Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 2 ts Safflower oil
- 2 c Onions; coarsely chopped
- 1 Garlic clove; finely chopped
- 6 c Vegetable broth; or more as needed
- 1/2 c Pearl barley
- 1/2 lb Fresh mushrooms; sliced or quartered
- 1/2 oz Dried mushrooms; see note
- 2 lg Carrots; half-moon slices
- 2 lg Celery stalks; diced
- 2 lg Bay leaves
- 1 1/2 tb Dillweed
- Salt and pepper; see Nutrition

Directions

1. In 6-quart pressure cooker, heat oil over medium-high heat. Add onions and garlic and cook 1 minute. Add vegetable broth or heartier vegetable stock, barley, fresh and dried mushrooms, carrots, celery, bay leaves, dillweed, salt, and pepper.
2. Lock lid into place; heat to high pressure over high heat. Reduce heat to just enough to maintain high pressure and cook 18 minutes. Let pressure drop naturally (see "Releasing Pressure") or use quick-release method. Remove lid, opening it away from you, to allow any remaining steam to escape.
3. Discard bay leaves from soup and add more dillweed, salt, and pepper to taste. Soup will thicken considerably on standing. Thin to desired consistency with additional vegetable stock.

Note: *1/2 ounce (generous 1/2 cup) sliced dried mushrooms, soaked if necessary. Some dried mushrooms must be soaked to remove sand and grit. In a small bowl, combine mushrooms and boiling water to cover by 1 inch. Cover and set aside until soft -- 15 to 30 minutes. Lift out soaked mushrooms, rinse carefully, and cut away any gritty sections. Strain the flavorful soaking liquid through cheesecloth or a coffee filter and use it in place of part of the vegetable broth called for in the recipe.

SUBSTITUTIONS: *safflower or canola oil *coarsely chopped onions or thinly sliced leeks (white and light-green parts)

TIP: *Halve the carrots lengthwise and thinly slice crosswise.

NUTRITION: per serving using 1/2 teaspoon salt and 1/4 teaspoon pepper -- protein: 4 grams; fat: 2 grams; carbohydrate: 24 grams; fiber: 6 grams; sodium: 380 milligrams; cholesterol: 0; calories: 122.

Double-Mushroom Barley Soup (serves 6): 1996 by The Hearst Corporation; all rights reserved "Country Living; The Pressure's On!" ~Requiring just under 20 minutes cooking time, this flavorful soup, which is made with both fresh and dried mushrooms, is well suited to an impromptu supper with friends. Just serve with whole-grain bread and a mixed-greens salad. (Adapted from Great Vegetarian

Cooking Under Pressure by Lorna J. Sass.)

Recipe by: Lorna Sass (199x) Great Vegetarian Cooking Under Pressure

Posted to Digest eat-lf.v097.n329 by KitPATH <phannema[at]wizard.ucr.edu> on Dec 28, 1997

14. Curried Cold Asparagus Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 1 lb Asparagus
- 5 c Chicken broth
- Salt
- 1/4 c Unsalted butter
- 1/4 c Flour
- 3 Egg yolks
- 1 ts Curry powder (or more)
- 3/4 c Whipping cream
- 1 ds Lemon juice
- Freshly ground pepper

Directions

Snap off woody ends from asparagus stalks. Clean stalks with vegetable peeler, cut off tips and reserve. Combine chicken broth and asparagus stalks in large kettle. Heat to boiling, cover, reduce heat and simmer 40 to 45 minutes. Drop asparagus tips into boiling, lightly salted water and cook 3 to 5 minutes or until tender. Drain and reserve. Puree broth and asparagus stalk mixture in blender. Melt butter in heavy saucepan, add flour and cook, stirring, 2 minutes without browning. Add puree all at once and bring soup to boil. Cook over low heat until thickened and mixture lightly coats spoon. Stir small amount of soup into egg yolks. Add egg mixture to soup. Stir in curry powder, cream and lemon juice. Season to taste with salt and pepper. Stir in asparagus tips. Serve chilled. Makes 4 to 6 servings

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

15. Chicken Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 Chicken; cut up
- 5 c Water
- 1 ts Salt
- 1/2 ts Pepper
- 1 m Onion; chopped
d
- 2 c Celery; chopped
- 2 c Potatoes; diced
- 2 c Carrots; diced
- 2 -(up to)
- 3 c Cooked rice
- 4 Chicken bouillon cubes
- 1 lb Velveeta cheese

Directions

Cook chicken pieces in water with salt, pepper, onion and celery for 1 hour, or until chicken falls off the bone. Remove chicken, skin and debone, and return chopped meat to broth. Add carrots, potatoes, rice and bouillon cubes. Cook over low heat for 1-1/2 hours. Cut up cheese and add to soup. Heat until melted.

BUDDY & MITZI MCKINNEY

SAN ANGELO, TX

From the book <High Cotton Cookin'>, Marvell Academy Mothers Assn, Marvell, AR 72366, ISBN 0-918544-14-9, downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

16. Crockpot Italian Vegetable Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 1 cn Corn
- 1 cn Italian zucchini squash
- 1 (16 oz.) can tomatoes
- 1 (8 oz.) can tomato sauce
Diced
- 1b Hamburger
- 2 tb Oregano leaves
Pinch basil leaves
Couple shakes garlic salt
- 3 Bay
Potatoes
Leaves

Directions

Brown hamburger. Drain well. Add all ingredients in crock pot. Cook on low 6- 8 hours. Recipe doubles nicely for family serving.
Recipe By :

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

17. Caribbean Chicken-Vegetable Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 1 c Chopped onions
- 1/2 c Chopped celery
- 1/2 c Red and green bell peppers; diced
- 4 1/2 c Low sodium chicken broth; defatted
- 1 c Water
- 2 lg Bay leaves
- 1 ts Chili powder
- 1/2 ts Curry powder
- 1/2 ts Dried thyme
- 1/4 ts Ground allspice
- 1/8 ts Freshly ground black pepper
- 1 1/4 lb Skinless chicken breast halves; bone-in
- 1/4 c White rice; dry measure
- 14 1 2 z Black beans, cooked; rinsed and drained

Directions

Review: "Zest and aroma! and Easy Freeze."

In a large pot, combine the oil, onions, celery and red and/or green peppers. Cook over high heat, stirring, for 5 minutes, or until the vegetables soften. If needed, add a little water to prevent burning. Stir in the broth, water, bay leaves, chili powder, curry powder, thyme, allspice and black pepper. Add the chicken and bring to a boil. Reduce the heat and simmer, stirring occasionally, for 25 minutes, or until the chicken is cooked through. Transfer the chicken to a plate and set aside until cool enough to handle. Stir the rice and beans into the pot. Cover and simmer for 15 minutes, or until the rice is just tender. Remove chicken from bones and cut into bite-size pieces. Add to the pot and cook for 5 minutes. Remove and discard the bay leaves. 299 cal (6.5 g fat)

Caribbean Chicken-Vegetable Soup FREEZES very well. - - Thaw the soup in the microwave on 50% power. - - Heat through on high power. Before serving, adjust the spiciness and garnish each bowl with chopped red peppers and nonfat yogurt. ISBN 0-87596-269-6 edited by Jean Rogers; listed Nov 1996 by Path c/o McRecipe Recipe By : Prevention's Healthy One-Dish Meals (1996)

Posted to MC-Recipe Digest V1 #280

Date: Tue, 5 Nov 1996 14:54:42 -0800 (PST)

From: PathH <phannema[at]wizard.ucr.edu>

18. Crockpot Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1 Chopped onion
- 2 m Chopped Potatoes
- d
- 3 Cans Chicken Broth
- 14 oz Can Whole Tomatoes. (Drain)
- 1 lg Can V-8 Juice
- 2 Stalks Celery. Chopped
- 1 c Chopped Spinach
- 1/2 ts Salt & Pepper
- 1 ts Dried Basil
- 1/2 ts Dried Thyme
- 1 tb Butter
- 2 Sliced Carrots
- 4 c Water
- Dash Red Pepper Flakes

Directions

Add bow tie pasta if desired. Cook overnight in the crockpot. Sue Kuhn (Granite Bay, Ca)

Posted to MM-Recipes Digest V3 #261

Date: Mon, 23 Sep 1996 18:32:59 -0700

From: marthahs[at]ix.netcom.com (Martha H Sheppard)

19. Creamed Soups From Fresh Vegetables

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1 1/2 c Chicken broth, water, or Parve chicken flavored stock
- 1/2 c Chopped onion
- Desired vegetable and seasoning
- 2 tb Butter or margarine
- 2 tb All purpose flour
- 1/2 ts Salt
- 1 ds White pepper
- 1 c Milk or parve substitute

Directions

Use this basic recipe and add the fresh vegetable and seasonings of your choice.

In saucepan, combine broth, onion and vegetable and seasoning. Bring to boil. Reduce heat, cover, and simmer until vegetable is tender. Place vegetable mixture in blender or food processor. Blend until smooth. In same saucepan, melt butter or margarine. Blend in flour, salt, and pepper. Add milk all at once. Cook and stir until thickened and bubbly. Stir in vegetable puree. Cook until heated thru.

Posted to JEWISH-FOOD digest V97 #025 by "Judy Sherman" <jsherman[at]jci.net> on Jan 21, 1997.

20. Chicken in Broth with Sour Vegetable

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 Fryer chicken without breast meat (OR
- 2 Chicken legs & thighs & wings
- 8 c Cold water
- 1 c Salted mustard green, shredded

Directions

This is a lovely, simple dinner soup.

Preparation: Separate thighs, legs and wings from chicken carcass, and chop them into bite-size pieces. Be sure to remove any bone splinters. Chop carcass into several pieces. Drain the mustard green; cut into 2" square pieces.

Soup: Put chicken and cold water in large pot. Bring to boil; skim froth and chicken fat; reduce heat to simmer. Simmer for 2 hours. Remove chicken carcass. Add mustard green; simmer another 15 minutes. Transfer soup with pieces and mustard green to serving bowl. Serve.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

21. Curried Vegetable Soup (Vegan)

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 1/3 c Dried green or yellow split peas
- 1/4 ts Turmeric
- 4 c Water
- 1 tb Safflower oil
- 1 tb Curry powder
- 1/2 c Onion; chopped
- 1/2 c Carrot; chopped
- 1/2 c Celery; chopped
- 1 1/2 c Water
- 14 oz Can plum tomatoes; chopped with liquid
- 1/2 ts Salt
- 1/4 ts Pepper
- 2 tb Cilantro; chopped

Directions

In a large sauce pan, combine peas, turmeric and 4 cups water; bring to a boil. Reduce heat; simmer until peas are tender, about 1 hour. Drain.

In a medium saucepan, heat oil over medium heat (note you may need to add up to 2 tablespoons more oil); add curry and cook about 30 seconds. Add onions, carrots and celery; cook 3 minutes. Add peas, 1 1/2 cups water, tomatoes, salt and pepper; cook, covered 10 minutes.

Transfer half the mixture to food processor or blender and puree. Add puree back to soup. Chill. Garnish with cilantro if desired.

This soup freezes well. Posted to MC-Recipe Digest V1 #180

Date: Fri, 02 Aug 1996 12:20:01 -0700

From: Sami <FeralCat[at]ix.netcom.com> NOTES : People who live in hot climates eat spicy food to stay cooler. This curried soup is delicious served hot or cold.

22. Chilled Cream of Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 c Chopped celery leaves
- 1 m Carrot; diced
d
- 1 s Green bell pepper; diced
m
- 1 c Chopped spinach leaves
- 1/2 c Chopped parsley
- 1 lg Onion; chopped
- 4 c Chicken broth
- 3 Parsley sprigs
- 1 Bay leaf
- 1/2 ts Dried thyme
- 2 Whole cloves
- 1 Garlic clove
- 1/4 c Rice
Salt, pepper
- 2 Egg yolks
- 2 c Half and half
Sour cream
Parsley; minced
Chives; minced
- 2 m Tomatoes; peeled & chopped
d

Directions

Combine celery leaves, carrot, green pepper, spinach, chopped parsley, onion and chicken broth in kettle. Tie parsley sprigs, bay leaf, thyme, cloves and garlic in small square of cheesecloth. Add to broth mixture along with rice. Season to taste with salt and pepper. Bring to boil, cover and simmer 40 minutes. Discard seasonings in cheesecloth bag. Press soup through fine sieve or puree in blender. Return soup to kettle and bring to boil. Beat egg yolks and stir a few tablespoons of soup into yolks. Stir yolk mixture into hot soup and cook, stirring, until smooth. Do not boil. Stir in half and half and simmer 2 or 3 minutes, stirring constantly. Remove from heat and chill thoroughly. If soup separates, stir before serving. Spoon into chilled soup bowls. Top each serving with dollop of sour cream and sprinkle with parsley, chives and chopped tomato.

(C) 1992 The Los Angeles Times

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

23. Abc Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1 ts Vegetable oil
- 1/2 c Chopped onion
- 1 Clove garlic;, chopped
- 2 cn Reduced salt chicken broth
- 1 cn (28-ounces) crushed tomatoes
- 1/3 c Alphabet pasta
- 1/2 c Parsley leaves
- 1 c Chopped broccoli
- 1 c Chopped carrots
- 1 c Sliced celery
- Salt and pepper to taste
- 2 tb Grated Parmesan cheese;, optional

Directions

Heat oil in a saucepan over medium heat. Add onion and garlic and cook until the onion is soft, about 2 minutes. Stir occasionally. Add chicken broth, tomatoes, pasta, and parsley to the saucepan. Bring the liquid to a boil, reduce heat, and simmer for 10 minutes. Add broccoli, carrots, and celery to soup; cook 10 minutes. Add salt and pepper to taste. With adult help, ladle soup into serving bowl and sprinkle with Parmesan cheese before serving, if desired.

Recipe by: Makes 6 servings

Posted to recipelu-digest Volume 01 Number 664 by James and Susan Kirkland <kirkland[at]gj.net> on Feb 01, 1998

24. Black Bean and Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 4 c Vegetable; (or chicken) stock (up to 6)
- 2 c Rinsed black beans
- 1/2 c Chopped celery
- 1 lg Carrot; diced
- 1 lg Yellow onion; diced
- 1/4 c Vinegar
- 1 ts Orange or lemon peel; grated
- 1/2 ts Cinnamon
- 1 p Cayenne; to taste, (as a New Mexican I use much more)
- n

Directions

Start with 4 cups of stock -- and add more as needed, depending on how thick you like your soup. Put all ingredients together in a pot and cook slowly for three hours.

Serve with the following garnishes to add to taste: non-fat sour cream or yogurt, chopped green onions, chopped red onions, chopped hard-boiled eggs, chopped tomatoes, chopped parsley, salsa.

Serve with a loaf of french bread, warm tortillas or pita bread. This is black bean soup as it is made in Mexico where the soups are superb. Enjoy!

Posted to recipelu-digest Volume 01 Number 536 by "Eeyore" <efalt[at]totacc.com> on Jan 15, 1998

25. Cheese Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 6 c Diced tomatoes
- 1 c Chopped celery
- 1 c Chopped carrots
- 1/2 c Chopped onion
- 2 ts Chicken bouillon
- 4 1/2 c Water
- 4 tb Water
- 3 c Milk
- 1 lb Velveeta cheese
- 2 ts Chopped parsley flakes
- 1 ts Salt
- 1/4 ts Pepper

Directions

Combine tomatoes, celery, carrots, onion, chicken bouillon and 4 1/2 c water and simmer until vegetables are done and liquid is reduced. Shake together flour with a small portion of milk and add to vegetables with the rest of the milk. Cut the velveeta cheese in cubes and add to soup along with parsley, salt and pepper. Simmer at low temperature till hot.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

26. Barley and Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 3/4 c Medium pearl barley
- 11 c Vegetable stock
- 2 tb Saute liquid (stock; wine or water)
- 1 1/2 c Chopped onion
- 1 c Chopped carrots
- 1/2 c Chopped celery
- 1 c Thinly sliced mushrooms
- Salt to taste
- 1/2 b Parsley
- n

Directions

In response to the person requesting barley soup recipes: I saw this today on the Ask Dr. Weil website at www.drweil.com.

It called for 2 tablespoons olive oil which I substituted with broth or wine to saute the veggies in (or a slight nonstick oil spray). I would probably use a pretty flavorful veggie stock since the seasoning in this recipe is minimal...

Barley has been cultivated since the Stone Age and has been fermented to make beer since not long after that. Like other cereal grains -- wheat, millet, oats, corn and rye -- barley is a great source of fiber and carbohydrates, and can also be used to make cereal, bread and soup. Folk medicine uses barley in barley water, made by simply soaking barley in water, which is reputed to be a great tonic during convalescence. "Pearl" barley is the name of the grain when it's been polished, after the husk and bran have been removed. It's the form most commonly used in soups. Grains like barley keep well. Their bulk and comparative cheapness make them a useful staple, especially at this soup-worthy time of the year, so be sure to keep some in your cupboard.

In a saucepan, combine the barley and 3 cups of vegetable stock. Bring to a boil over medium heat, cover, and simmer for 1 hour, or until the liquid is absorbed.

Meanwhile, heat the saute liquid in a large pot and add the onion, carrots, celery, and mushrooms. Cover and sweat the vegetables for about 5 minutes, until they begin to soften.

Add the remaining vegetable stock and simmer 30 minutes, covered.

Add the barley and simmer 5 minutes more. Add salt to taste and ladle into bowls. Serve garnished with some chopped fresh parsley.

Posted to fatfree digest V97 #285 by Kelly_Carney[at]amat.com on Dec 4, 1997

27. Barley-Vegetable Soup

tag: vegetable soup

Yield: 9 Servings

Ingredients

- 1/2 c Pearl barley
- 3 cn (10.75 oz) chicken broth; strained
- 3 cn Water
- 1 s Onion; cut in fourths
- 1 m Carrot; cut into thirds
- 1 Stalk celery; cut into 1" slices
- 1 ts Thyme
- 1 Bay leaf
- Freshly ground black pepper
- 5 Carrots; sliced
- 2 Stalks celery; sliced
- 1/2 Zucchini; sliced
- 1/2 c Onion; chopped
- 2 c Fresh spinach; chopped

Directions

Place barley, chicken stock, onion quarters, carrot thirds, celery slices, thyme, and bay leaf in a large soup pot and bring to a boil. Reduce heat, cover, and simmer for about 1 hour or until barley is tender. Add sliced carrots, celery, zucchini, and chopped onion and cook until tender. Add spinach a few minutes before serving.

NOTES : A hearty soup that improves as it ages. Make it in the morning or the night before so it will have time to thicken.

Recipe by: Choose to Lose

Posted to MC-Recipe Digest V1 #971 by Carol Taillon <taillon[at]earthlink.net> on Dec 25, 1997

28. Winter Vegetable Soup with Sunburst

tag: vegetable soup

Yield: 1 servings

Ingredients

- 2 tb Unsalted butter or vegetable oil 25 mL
- 1 Onion; chopped 1
- 2 Cloves garlic; finely chopped 2
- 1 Potato; peeled and diced 1
- 3 c Diced; (peeled) root; vegetables such as; carrots, parsnips,; turnips, squash; and/or sweet; potatoes 750 mL
- 4 c Chicken stock 1 L
- Salt and freshly ground black pepper to; taste
- 3 tb Chopped fresh dill or parsley 50 mL
- 1/2 c Grated Cheddar cheese; (about 2 oz/60 g); 125 mL
- Yogurt; (for creating the; sunburst effect)

Directions

Heat butter or oil in large saucepan or Dutch oven on medium-high heat. Add onion and garlic and cook for a few minutes until fragrant and tender.

Stir in potato and diced vegetables. Add stock and bring to a boil.

Reduce heat, cover and simmer gently for 20 minutes, or until vegetables are tender.

Puree soup and return to saucepan to heat thoroughly. (Depending on the vegetables you have used, the soup may be too thick. If so, simply add a little stock or water.) Taste soup and season with salt and pepper if necessary.

Serve sprinkled with a little fresh dill and cheese - OR - to create a sunburst effect, garnish instead with a spoonful of yogurt and pull the tip of a knife through to look like the sun.

NOTES : From Bonnie Stern's "Appetizers" cookbook, this recipe serves 6 to 8.

29. 125 Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1 Beef knuckle bone
- 1 lb Chuck or lean beef short ribs
- 6 c Water
- 4 Celery stalk tops parsley
- 5 Garlic plant leaves
- 4 Cabbage leaves
- 2 Potatoes; chopped or diced
- 4 Stalks celery
- 4 Carrots
- 1 Kohlrabi; per person
- 1 Wedge cabbage; per person
- 1 Whole onion
- Paprika

Directions

Cook the meat and bone in 6 c. of water under a tight lid for several hours. Just before the meat is done, add the kitchen bouquet of celery tops, parsley, garlic leaves, and cabbage leaves tied in a cheesecloth. Add the potatoes, celery stalks, carrots, kohlrabi, cabbage wedges, and onion, and cook until done. When the meat is done, remove it from the soup to be served as a side dish with horseradish or tomato gravy. Keep the meat hot while noodles cook in the soup. Add a little paprika just before serving the soup.

Recipe By : Anna Horvath

Posted to Digest eat-lf.v096.n178

Date: Sat, 05 Oct 1996 00:15:35 -0400

From: "Sharon L. Nardo" <snardo[at]onramp.net>

NOTES : Dyers. Anna Horvath The San Bernardino Cookbook

Last modified by jcg on June 27, 1996

30. Beef and Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

BEEF BONE STOCK:

- 4 lb Meaty bones sawed into piece
 - 1 Halved onion
 - 2 Quartered carrots
 - 1 Outer stalk celery cut into 3 pieces
 - 1 s Turnip sliced optional
 - m
 - 12 Peppercorns
 - 1 Bay leaf
 - Pinch of thyme
 - 4 Parsley stalks
- #### SOUP:
- 3 pt Beef bone stock with fat removed
 - 3 tb Fat from stock
 - 1 lg Chopped onion
 - 1 c Diced carrot
 - 1/2 c Diced celery
 - 1/2 c Diced turnip optional
 - 1/2 c Diced parsnip optional
 - 1 1/2 lb Cross cut shanks
 - 1 c Chopped tomatoes
 - 1 ts Sugar
 - 1 tb Salt
 - 1/2 ts Pepper
 - 1/4 c Barley (if used soup must be eaten in a day or two)

Directions

STOCK: Wash soup bones in cold water, place in large kettle and cover with cold water, about 4 pints. Bring to a boil slowly, skimming when necessary. Add vegetables, peppercorns, herbs and salt. Cover and simmer 2-3 hours. Strain stock into a large bowl and discard the bones and vegetables. Store stock, covered, overnight in refrigerator. Next day remove the fat and retain 2-3 tb of it for the soup. SOUP: Place fat in soup kettle and saute onions, carrots, celery, turnips and parsnips over low heat for 10 minutes. Increase heat and add boned and diced shank meat. Cook, stirring, until beef juices run out and brown. Add stock, barley, tomatoes, sugar, salt and pepper. Bring to a boil. Reduce heat, cover and simmer for 1 1/2 hours or until beef is tender. Soup is ready to serve. Soup improves when served the next day.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

31. Easy Vegetable Lentil Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- Your favorite ff sauteeing liquid
- 1/2 lg Onion, diced
- 1 m Red or green bell pepper, diced
- d
- 2 Stalks celery, diced
- 2 Cloves garlic, minced or pressed
- 2 lg Carrots, diced
- 2 m Red potatoes, skins on, diced
- d
- 3/4 c Lentils, rinsed well and drained
- 1 Broccoli stems, peeled and diced (up to 2)
- 3/4 c Frozen corn (up to 1)
- 1/2 Chipotle pepper (dried not canned) crushed (OPTIONAL)
- 1 cn (32-oz) V-8 juice (sodium reduced works fine)
- Salt and pepper to taste
- Water or a lightly-flavored vegetable broth
- Vecon or other concentrated vegetable bullion (OPTIONAL)

Directions

In a very hot dutch oven (preferably non-stick), heat the sauteeing liquid, and saute the onion, red or green bell pepper and celery. Stir often to avoid burning but let them caramelize. Once they begin to get translucent, add the garlic, carrots, and broccoli stems. Saute for a few minutes.

Add the rinsed, drained lentils, and 1/2 cup v-8 juice and 1/2 cup water or vegetable broth. OPTIONAL: add vegetable bullion at this point if desired. Add salt and pepper to taste and a tiny pinch of the crushed chipotle pepper. Note: You don't have to use salt at all...I use tiny bits of kosher salt in this soup...no more than 1/4 tsp for the entire recipe.

Let this mixture simmer for about 10 minutes. Add the diced potato and frozen corn. Add 1 cup each v-8 juice and water. Taste the mixture and add more salt, pepper, and chipotle pepper.

Let this simmer for 10 minutes. You may need to add more liquid depending on how thin you like the broth. The soup is done when lentils are cooked but not mushy and potatoes are firm but not mushy.

Serve with home-made whole wheat bread.

Options: Use sweet potato in addition or instead of the red potato. Add 1/2 box frozen chopped spinach. Use tomato sauce instead of V-8 juice. Posted to fatfree digest V97 #005 by "Judith E. Thomas" <jethomas[at]mailbox.syr.edu> on Feb 20, 1997.

32. Diet Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1/2 Head of cabbage, chopped
- Baby carrots, cut in half
- Celery
- 2 Chopped onions
- 2 Chopped bell peppers
- 2 Chicken billoun
- 1 pk Dried soup
- 8 oz V8 juice
- 2 cn Stewed tomatoes
- Canned green beans (opt.)
- Chiles (opt)
- Jalapenoes (opt.)

Directions

combine all in a large pot, and fill to the top with water. bring to a boil, for 10 minutes. Constantly stir. Bring to simmer, with lid on. Simmer until to desired crunchiness

It's a pretty good soup, but I like to add a little garlic or picante sauce to my personal serving. Posted to MM-Recipes Digest V4 #142 by Lucy Basow <lucbasow[at]sunflower.com> on May 21, 1997

33. Chinese Vegetable Miso Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 tb Sesame oil
- 2 Celery stalks, sliced
- 1 m Carrot, sliced
d
- 2 Garlic cloves, minced
- 1 c Vermicelli
- 1 m Turnip, diced
d
- 2 b Scallions, chopped
n
- 1 1/2 c Mushrooms, chopped
- 3/4 c Snow peas
- 1 c Mung bean sprouts
- 2 tb Dry sherry
- 1 tb Rice or white vinegar
- 2 Tofu cakes, diced
- 4 tb Miso

Directions

Bring 5 c of vegetable stock to a boil. Lower heat & add sesame oil, celery, carrot & garlic. Cover & simmer over low heat for 10 minutes. In the meantime, cook the noodles separately til lal dente. Drain & set aside.

Add turnip & white parts of scallions to the stock pot. Simmer for 5 minutes. Add rest of the ingredients except tofu, miso & noodles & simmer, covered, till cooked. Add the noodles & tofu. Remove from heat.

Dissolve miso thoroughly in 1/2 c warm water. Stir into soup. Serve immediately.

Nava Atlas, "Vegetariana"

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

34. Chicken Giblet Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- Uncooked giblets; of 1 or 2 chickens
- 6 3/4 c Cold water;
- 1 1/2 ts Salt or to taste
- 3/16 ts Fresh ground pepper;
- 3/4 c Carrot; finely diced
- 3/4 c Onion; chopped
- 3/4 c Celery; finely chopped even the leaves.
- 9 oz (1 cn) tomato juice
- 1 1/2 tb Parsley flakes; OR
- 3 tb Fresh parsley; minced
- 3/8 ts Paprika
- 3 tb Quick-cooking oatmeal;

Directions

Wash giblets and discard all fat pieces. Place in a large cooking pot with water, and if you must, salt. Bring to a boil and simmer about 25 minutes. Add all other ingredients except the oatmeal; simmer soup gently about 30 minutes more. Remove giblets and chop into small pieces. Return giblets to soup; add oatmeal, stir, and simmer 5 minutes. This was 4 servings, but was change to 6 serving.

Food Exchange per serving: 1 VEGETABLE EXCHANGE + 1/2 LEAN MEAT EXCHANGE Low-sodium diets: Omit salt. Substitute unsalted tomato juice. CHO: 7g; PRO: 5g; FAT: 1g; CAL: 56

Source: The Art of Cooking for the Diabetic by Mary Abbott Hess, R.D., M.S. and Katharine Middleton Brought to you and yours via Nancy O'Brien and her Meal-Master

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/diabetic.zip>

35. Ginger Squash Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 1 m Butternut or buttercup squash
d
- 2 tb Vegetable oil
- 1 m Yellow onion, chopped
d
- 3 tb Peeled and chopped ginger root
- 2 lg Cloves garlic, chopped
- 4 c Vegetable stock
- 3 tb Yellow or white miso
- 1/2 ts Salt
- 1/4 ts White pepper
Juice of 1 orange
- 1/4 To 1/2 cup half and half (optional)

Directions

Wash squash well, peel and use the peelings in the stock. Chop the squash into 1" pieces, discarding the seeds. You should have about 4 1/2 cups chopped squash. In a large soup kettle, saute the onion, ginger and garlic in vegetable oil. When the onion softens, add the squash and saute for 5 more minutes. Add stock and cover pot. Simmer over medium heat for 30 to 40 minutes. Add miso, salt, pepper and orange juice. Puree soup in a blender in batches, if necessary, until smooth. Add cream. If the soup is too thick, add more soup stock. Serves 4 to 6. Date: 23 Nov 1996 17:54:49 GMT Posted to MM-Recipes Digest V4 #007

From: "Kim" <kreese[at]paradise.net>

Date: Sun, 5 Jan 1997 23:09:46 -0500

36. Basic Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 3 c Beef broth; *see note
- 2 c Water
- 1 c Tomato juice
- 2 Potatoes; medium size
- 3 Carrots; diced
- 1 Small onion; diced
- 2 Celery stalks; diced
- 1/4 c Green peppers; diced
- 1/2 c Green beans; chopped
- 1/2 c Lima beans
- 1/2 c Corn
- 4 tb Margarine; solid
- 1/4 ts Black pepper
- 1/2 ts Salt; or to taste

Directions

* Use about 6 cups liquid. You may mix chicken and beef broth (canned lowfat, not bouillon cubes) with water and tomato juice or vegetable juice cocktail to suit your tastes.

1. Melt 4 tablespoons margarine in skillet. Add the chopped green peppers, carrots, celery and onion. Saute on low heat until vegetables are softened and onion browned lightly. Add this to the broth mixture which has been placed in a large, heavy pan with lid.
2. Add to this the potatoes, green beans, lima beans and corn. Cover and simmer for about 45 minutes or until all the vegetables are done. Add the salt and pepper.
3. Remove about 2 cups of the mixture and put into blender. Puree this mixture and return to pot with rest of soup. Turn off heat and cover soup. Best if allowed to set for up to 1 hour to blend flavors. Since this is a basic recipe for soup, you can add the vegetables you prefer and follow the directions above to finish the soup. Some suggestions: Add bay leaf, shredded cabbage, chopped zucchini, diced turnips, fresh tomatoes, okra or parsley. For added nutrition, serve with a sprinkling of lowfat cheese on the hot soup. Also good sprinkled with toasted croutons. This stores very well in refrigerator and is actually improved with time.

Recipe By : Jo Anne Merrill

Posted to EAT-L Digest 21 Sep 96

Date: Sun, 22 Sep 1996 07:29:20 -0500

From: Pat Roll <familyroll[at]NWOHIO.COM>

Serving Ideas : Serve with cornbread or cornsticks.

NOTES : My mother, Lillian Childers, made the best vegetable soup using whatever vegetables were in season.

37. Any Vegetable Soup

tag: vegetable soup

Yield: 8 Servings

Ingredients

- 8 c Assorted chopped vegetables; cooked or raw : cabbage lettuce; potatoes, leeks, onions; tomatoes (fresh or canned); green beans, peas, (fresh or frozen); zucchini or summer squash; turnips, spinach; canned corn
- 8 c Vegetable stock or water
- 1 1/2 ts Of salt
 - == HERB OF CHOICE ==
- 1 ts Basil; oregano or marjoram -or-
- 1/4 ts Rosemary -or-
- 1 Bay leaf
 - Cayenne pepper or freshly ground black pepper to taste

Directions

Date: Fri, 22 Mar 1996 18:41:37 -0500

From: destowe[at]usa.pipeline.com (Donald E. Stowe (Don), Kalamazoo, MI) I'm new to this digest. The favorite around our house is Any Vegetable Soup, especially when I do the cooking. Here it is:

PLACE all the ingredients in a soup pot. Bring to a boil, cover and simmer until the vegetables are tender, about 20 minutes. Serve hot.

We used 2 cups of carrots, 2 cups of celery, 2 cups onions, 2 cups of potatoes, 2 or 3 cups of cabbage, 1 can of corn (2 cups). We used the liquid from the canned corn and the remainder water (about 9 cups of liquid). We used the oregano one time and the basil about five times. I prefer the basil.. We also used 1 teas. onion powder and 1/2 teas. garlic powder. We use a generous amount of black pepper to give the soup some zing.

Taken from the Vegetarian Times Complete Cookbook

FATFREE DIGEST V96 #81

From the Fatfree Vegetarian recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

38. Carmen's Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

4 sl Slices bacon

2 1/2 qt Water

Onions; celery, carrots, potatoes; mushrooms (fresh), meaty soup bone; soy sauce, Worcestershire; oregano, basil; garlic salt, salt, pepper; parsley, celery flakes; paprika

Directions

Slowly cook bacon in large pot. While bacon is cooking, saute in its fat the vegetables. (Amount will depend on your taste). Meanwhile, boil water in large kettle, adding soup bone, soy sauce and worcestershire to taste. (As this is a soup that will never be the same twice, experiment and add herbs and/or condiments as you wish). When meat is tender, add to bacon and vegetable mixture. Season to taste with herbs and spices. Simmer slowly for at least 2 hours, tasting frequently to correct seasonings. (Note: a secret to this hearty soup is that it does not have tomatoes or tomato juice). Water may have to be added, depending on amount of vegetables included.

MRS JOHN MCDOWELL (CARMEN)

THOMPSON FALLS, MONTANA

From the book <High Cotton Cookin'>, Marvell Academy Mothers Assn, Marvell, AR 72366, ISBN 0-918544-14-9, downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

39. Beef 'n' Barley Vegetable Soup

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 2 lb Soup bone - 1/2 meat
- 1/4 c Barley
- 2 tb Fat
- 1 c Cubed carrot
- 2 qt Water
- 1/4 c Chopped onion
- 1 1/2 ts Salt
- 1/2 c Chopped celery
- 1/4 ts Pepper
- 2 c Cooked tomatoes
- 2 tb Minced parsley
- 1 c Fresh/frozen peas

Directions

Remove meat from the cracked soup bone; cut meat into cubes and brown slightly in hot fat. Place meat, soup bone, water, seasonings and parsley in soup kettle. Cover tightly and cook slowly 1 hour. Add barley and cook 1 hour longer. Cool and skim off excess fat. Remove soup bone. Add carrots, onion, celery and tomatoes; cook 45 minutes. Add fresh peas and cook 15 minutes.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

40. German Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 1 Soup bone, large
- 1 pt Tomato
- 1 pt Lima beans
- 1 pt Corn, grated
- 2 c Cabbage, chopped
- 1 Turnip, large, diced
- 1 Carrot, diced
- 1 Onion, sliced
- 1 ts Flour
- 1/2 c Milk
- Salt & pepper
- Water, cold

Directions

Wash soup bone thoroughly and cover with cold water and allow it to boil for several hours. Skim off the fat and add the vegetables. Season to taste. Mix the flour with the milk and stir into soup. Cook for 1 hour and serve hot. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

41. Ful Nabed (Egyptian Bean and Vegetable Soup)

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 c Chopped onions
- 2 x Garlic cloves, pressed
- 1/4 c Olive oil
- 1 ts Ground cumin seeds
- 1 1/2 ts Sweet Hungarian paprika
- 1/4 ts Cayenne
- 2 x Bay leaves
- Large carrot, chopped
- 1 c Chopped fresh tomatoes
- 3 1/2 c Vegetable stock
- 2 c Canned or cooked fava beans
- 1/4 c Chopped fresh parsley
- 3 tb Fresh lemon juice
- Salt and freshly ground
- Black pepper to taste
- Fresh mint leaves (optional)

Directions

A popular Egyptian soup, Ful Nabed is simple and nutritious.

In a large soup pot saute the onions and garlic in the olive oil until the onions are translucent. Add the cumin, paprika, cayenne, bay leaves, and carrots and cook on medium heat for 5 minutes. Stir in the chopped tomatoes and vegetable stock and simmer until the carrots are tender, about 15 minutes. Finally, add the cooked fava beans and the parsley and lemon juice. Add salt and pepper to taste.

Ful Nabed can be served with Pita Bread and garnished with fresh mint leaves.

Source: Sundays at Moosewood Restaurant Typed by Dale & Gail Shipp, Columbia Md.

42. White Bean Soup with Pistou

tag: vegetable soup

Yield: 4 servings

Ingredients

== FOR THE SOUP ==

- 2 tb Oil
- 1 Onion; finely chopped
- 1 Clove garlic; finely chopped
- 2 m Size tomatoes; skinned and; deseeded
d
- 1 m Carrot; cut into fine dice
d
- 1 m Parsnip; cut into fine dice
d
- 1 m Potato; cut into fine dice
d
- 1 Stick celery; cut into fine dice
- 1 Leek; cut into rings,; then into 4
- 2 Vegetable stock cubes made up with 1.25; (2 1/4 pints) of; litres, water
- 1 420 gram can white haricot beans
- 1 tb Fresh thyme; finely chopped
- 1 tb Fresh coriander; finely chopped

== FOR THE PISTOU ==

- 1/2 15 g pack fresh basil; finely chopped
- 3 Cloves garlic; finely chopped
- 2 tb Olive oil
- 50 g Parmesan; freshly grated; (2oz)

Directions

For the soup:Heat the oil in a large saucepan, add the onion and garlic and cook until softened.

Add the other fresh vegetables and allow them to cook gently for 3-4 minutes.

Add the vegetable stock, and cook for 30 minutes. Add the white beans and herbs 10 minutes before the end.

For the pistou:Mix together the basil, garlic, olive oil and parmesan. Place this mixture into the base of the soup tureen, or a little in the base of each soup bowl and pour the soup over the top.

Notes Garnish with crispy pancetta.

NOTES : This substantial soup boasts a variety of fresh vegetables.

43. Garden Vegetable Soup with Beef

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 2 oz Freeze-Dried Beef,
- 4 oz Textured Veg. Protein, Beef
Flavored -- (TVP)
- 4 oz Pasta Shells
- 1 oz Freeze-Dried Peas
- 1 oz Freeze-Dried Carrots
- 1 oz Freeze-Dried Corn
- 3/8 oz Freeze-Dried Green Beans
- 1 tb Instant Minced Onion
- 2 tb Dried Parsley
- 1/4 c Tomato Crystals
- 4 Beef Bouillon,
- 1/4 c Bouillon Granules
- 1 ts Basil
- 1/8 ts Garlic Powder
- 2 Env Vegetable Beef Broth
Soup -- making 20-24 oz
Each
- 3 oz Parmesan Cheese -- grated
- 7 c Water -- as needed
- Or
- Or

Directions

1. Package all ingredients together, except the cheese, which is bagged separately. 2. To prepare, put ingredients, except cheese, in the pot. Add 7 cups cold water and heat, covered, to boiling. Reduce heat and simmer 10-20 minutes, or until vegetable and meat are the correct tenderness. 3. Add more water if soup is too thick. Add cheese on top of each serving.

Makes 8-9 cups.

Recipe By : "Backpacker's Cookbook" by Margaret Cross and Jean Fiske

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

44. Basic Cream of Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 3 tb Unsalted butter
- 1 c Chopped onion
- 1 Potato; peeled and diced
- 2 c Water or chicken stock
- 1 1/2 c Steamed vegetables, i.e. carrots, broccoli;
Pinach, r peas
Salt and pepper
- 1/2 c Heavy cream

Directions

In a large saucepan, melt butter over medium heat. Add the chopped onion and cook until tender without browning. Stir in diced potato and liquid. Bring to a boil and simmer until potato is tender. Stir in your steamed vegetable of choice and return to a simmer. Puree the soup in batches in a blender and return to saucepan. Leave 1 cup of vegetables not pureed if a chunkier soup is preferred. Season soup with salt and pepper and finish with heavy cream. Serve warm with french bread and a salad.

Recipe By : TVFN How To Boil Water

Posted to MC-Recipe Digest V1 #224

Date: Wed, 25 Sep 1996 22:46:27 -0500

From: "Jon and Angele Freeman" <jfreeman[at]netusa1.net>

NOTES : Show #BW8303

45. Alpine Potato-Vegetable Soup - Jane Brody

tag: vegetable soup

Yield: 6 Servings

Ingredients

- 1 Clove garlic; minced
- 1 lg Onion; chopped
- 1 tb Butter
- 5 c Chicken broth
- 3 m Russet potatoes; peeled & diced
- d
- 2 m Carrots; sliced
- d
- 2 Stalks celery; sliced
- 1 Zucchini; sliced
- 1 tb Fresh dill
- 3 tb Fresh parsley
- 1 ts Salt
- 1/2 ts Black pepper

Directions

In a large saucepan, saute the garlic and the onion in the butter until onion is translucent.

Add the broth, potatoes, carrots, celery [no tops], and zucchini to the pan.

Bring the soup to a boil, simmer for 15 to 20 minutes, or until potatoes are tender.

Add the dill, parsley, salt and pepper, reserved celery tops, and if desired, the thickener (1 T. cornstarch dissolved in 3T. water).

Simmer the soup until it is slightly thickened. Serve immediately, with croutons, if desired.

NOTES : very good - nice to have a vegetable soup without tomatoes

Recipe by: Jane Brody

Posted to MC-Recipe Digest by KSBAUM <KSBAUM[at]aol.com> on Mar 29, 1998

46. Four-Day Vegetable Soup

tag: vegetable soup

Yield: 8 Cups

Ingredients

- 1 lg Onion; peeled; fine chopped
- 3 Garlic cloves; peeled and finely chopped
- 2 c Cabbage; cooked and finely chopped
- 2 Carrots; peeled; shredded
- 1 s Turnip; peeled; fine diced
m
- 1 Mushrooms; chopped
- 4 Swiss chard leaves & stems
- 2 s Zucchini; finely diced
m
- 4 Rosemary leaves; fresh, or
- 1 ts Rosemary; dried; crushed
- 1 m Tomato; peeled; seeded and chopped
d
- 1 tb Salt; to taste
- 1 ts Pepper, black; ground fresh to taste

Directions

Put all the vegetables and the rosemary in a deep pan. Cover with water and add salt and pepper to taste -- about 1 tblspn salt and 1 tspn pepper. Bring to a boil gradually over low heat. Cover pot and simmer the soup gently for 1-1/2 to 2 hours, or until all the flavors are well blended. Taste and correct the seasoning. Serve with crackers, cheese, or whatever you'd like. * Examples of variations *

First day: Enough soup for four people. Serve as described above. Second day: Add to the remainder another couple of peeled and chopped tomatoes, a few leaves of finely chopped spinach, another zucchini, and a few leftover cooked chickpeas. Add a bit of grated lemon rind and a touch of onion about 10 minutes before serving. Third day: For lunch, the soup is good cold with a dollop of creme frai'che. Fourth day: Add 2 or 3 peeled and diced beets, another cup of finely chopped, cooked cabbage, 3 or 4 more mushrooms, and if any, a little left over vegetable broth cooked from another day. NOTE: Of course, if you have some chicken or vegetable broth you can add it to the soup. The secret is to have variations of color, texture and flavor.

47. German Potato Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 2 Potatoes; Medium
- 1 Onion; Medium Size
- 4 Celery & Leaves; Stalks
- 2 tb Vegetable Oil
- 1 Bay Leaf; Small
- 1/2 ts Salt
- 2 tb Butter
- 2 c Milk; Up to 3 Cups Maybe Used
- Boiling Water
- == GARNISH ==
- Parsley; Chopped

Directions

Peel and thinly slice Potatoes, onion and celery. Saute for 3 to 5 minutes in hot vegetable oil. In a large pot, add all of the vegetables and cover with just enough boiling water to cover. Place bay leaf and salt in pot and boil vegetables until tender. Drain vegetables and reserve liquid. Mash vegetables into vegetable stock; add butter. Thin soup with milk as desired; heat until warm. (DO NOT boil). Ladle into soup bowls and sprinkle with chopped parsley.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

48. Garden Vegetable Soup

tag: vegetable soup

Yield: 4 Servings

Ingredients

- 2 ts Margarine
- 6 Spring onions trimmed and
Chopped
- 1 lg Carrot finely sliced.
- 1 m Turnip chopped.
d
- 6 oz 180 g new potatoes scrubbed
And sliced.
- 15 pt 900 ml vegetable stock.
- 2 oz 60 g green beans trimmed and
Sliced
- 2 oz 60 g fresh or frozen peas.
Salt and pepper.
Chopped fresh chives to
Garnish

Directions

1. Melt the margarine in a large saucepan and saute the spring onions, carrot, turnip and potatoes for 3 to 4 minutes. Add the vegetable stock and bring to the boil. Reduce the heat and simmer covered for 20 minutes.
2. Add the green beans and peas to the saucepan and cover and cook for a further 10 minutes. Season to taste with salt and pepper.
3. Serve one portion of soup sprinkled with chives in a warm soup bowl.
4. To freeze the remaining soup cool quickly and transfer to three rigid containers. Seal label and freeze for up to three months. Defrost the soup and heat gently to serve.

Preparation 15 minutes Cooking 35 minutes.

From Gemini's MASSIVE MealMaster collection at www.synapse.com/~gemini

49. Convenience Vegetable Soup

tag: vegetable soup

Yield: 1 Servings

Ingredients

- 3 c Tomato or V8 juice
- 5 c Water
- 32 oz Mixed frozen vegetables; (corn, gr. beans, carrots, peas etc.)
- 10 oz Frozen chopped spinach
- 10 oz Frozen baby lima beans
- 1 cn (14 1/2 oz.) Italian Style chopped tomatoes
- 1 cn (1 lb.) kidney beans; drained and rinsed
- 2 tb Vegetable broth powder; (no-salt preferred) (1 heap the tablespoon)
- 1 tb Onion flakes
- 1/2 ts Dried thyme
- 1 1/2 ts Dried basil
- 1 s Cayenne; ground
m
- 1/4 ts Garlic powder
- 1 cn (4 oz.) mushroom pcs. (or 8 oz.) rinsed and drained
- 2/3 c Orzo or other small pasta; (fish, alphabets)
- 1 tb Balsamic vinegar
- 1 tb Lite soy sauce

Directions

One of my favorite meals is a thick vegetable soup with some whole grain bread and some FF cheese - so here's a great thick vegetable soup that is easy to do. It's adapted from Lean Luscious and Meatless by Bobby Hinman.

In a large (at least 6 quart) soup pot, combine all ingredients EXCEPT PASTA and VINEGAR and SOY SAUCE. Bring to a boil over medium heat, stirring occasionally. Use a spoon to break up large clumps of frozen vegetables (ignore the spinach - it will separate by the time the soup is cooked). Cover, reduce heat to medium-low and simmer 15 minutes. Add pasta, cover and cook 15 minutes more stirring, every 5 minutes (the pasta tends to stick on the bottom - I find a wide spatula does a nice job).

Add 1 Tablespoon Balsamic vinegar and 1 Tablespoon Lite Soy Sauce and the soup is read to serve or freeze. Posted to fatfree digest by "Richard M. Swanson" <sharpy[at]sedona.net> on May 31, 1998

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Favourite food :

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