

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

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