

Warm Up With These *Hearty Soups*

Chicken Barley Soup

- 1 (3-lb.) chicken fryer, cut up or 3 large chicken breasts
- 2 quarts water
- 1-1/2 cups diced carrots
- 1/2 cup Quaker quick barley
- 1 cup diced celery
- 1/2 cup chopped onion
- 2 chicken bouillon cubes or 2 tsp. chicken base
- 1 tsp. salt
- 1/2 tsp. poultry seasoning
- 1/2 tsp. pepper
- 1/2 tsp. dried sage

Cook chicken in water until tender. Remove from broth and cut into small pieces. Return to broth and add remaining ingredients. Cook 1 hour or until tender.

It's very good and easy to make.

Marie Skaletski • Green Bay, WI



Sausage Tortellini Soup

- 1 lb. Italian sausage
- 1 cup chopped onion
- 2 garlic cloves, sliced
- 5 cups beef broth
- 1/2 cup water
- 1/2 cup dry red wine
- 1 can diced tomatoes
- 1 cup sliced carrots
- 1/2 tsp. basil
- 1/2 tsp. oregano leaves
- 1 (8 oz.) can tomato sauce
- 1-1/2 cups sliced zucchini
- 2 cups cheese tortellini
- 1 Tbsp. parsley
- Grated Parmesan cheese

Brown sausage in 5-quart Dutch oven. Remove and drain, reserving 1 Tbsp. drippings. Sauté onion and garlic in drippings until tender. Add beef broth, water, wine, tomatoes, carrots, basil, oregano, tomato sauce and sausage. Bring to a boil. Reduce heat and simmer 30 minutes. Skim fat from soup. Stir in zucchini, tortellini and parsley. Simmer covered for 30–40 minutes. Sprinkle with grated Parmesan cheese. Serve with crusty bread and Caesar salad.

Diane Zais • Hudson, WI

Alaskan Shrimp & Salmon Chowder

- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1 garlic clove, minced
- 1 (14.5 oz.) can chicken broth
- 2 cups diced peeled potatoes
- 1 cup carrots, sliced
- 1 tsp. seasoned salt (optional)
- 1 tsp. dried dill weed
- 1 small zucchini, thinly sliced
- 1 (14.75 oz.) can cream style corn
- 1 (12 oz.) can evaporated milk
- 1 (15 oz.) can salmon, drained
- 1-1/2 cups salad shrimp

In 3-quart or larger pan, cook onion, celery, green pepper, garlic and 1/4 cup chicken broth until tender. Add potatoes, carrots, seasoned salt, dill weed, and remaining chicken broth. Cover and simmer 20 minutes or until vegetables are tender. Add remaining ingredients. Heat thoroughly but do not boil.

Darlene Wiese-Appleby • Creston, OH

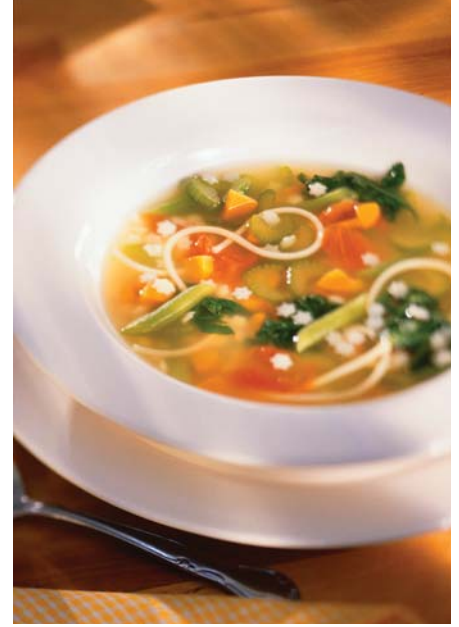


Cowboy Chili

- 3/4 lb. extra lean ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced or pressed
- 1 (15 oz.) can stewed tomatoes
- 1 cup beef broth
- 1 to 2 Tbsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. dried oregano leaves
- 1/2 to 1 tsp. salt
- 1/4 tsp. cayenne pepper (optional)
- 1 (15 oz.) can pinto beans

Crumble beef into heavy pot or Dutch oven. Add onion and garlic. Cook over medium to high heat until meat is browned, about 10 minutes. (At this point, I usually put the meat in a crock-pot and cook the chili in there.) Add tomatoes, beef broth, chili powder, cumin, oregano, salt and cayenne pepper (if used). Cover and simmer, stirring occasionally for 1 hour (high in crock-pot). Add pinto beans. Simmer 30 minutes longer. Add water if chili becomes too thick. Serve hot.

Carey Agena • Rapid City, SD



Greek Vegetarian Bean Soup (Fassoulatha)

- 2 cups navy beans
- 8 cups water
- 2 cups chopped onion
- 2 cups chopped tomatoes
- 1/2 tsp. sugar
- 1-1/2 cups diced carrots
- 1-1/2 cups chopped celery
- 1/4 cup chopped parsley
- 1/3 cup olive oil
- Salt & pepper to taste

Wash beans several times. In large pot, bring beans to a boil in 8 cups water. Boil 2 minutes. Remove from heat; let rest 1-1/2 hours. Add remaining ingredients except salt and pepper. Bring to a boil. Cover and boil gently for 1-1/2 hours. Season to taste. Serves 6-8.

Tharma Wideman • Fallbrook, CA



Golden Cream Soup

- 3 cups diced potatoes
- 1 cup water
- 1/2 cup diced celery
- 1/2 cup diced carrots
- 1/4 cup chopped onion
- 1 tsp. parsley flakes
- 1 chicken bouillon cube
- 1/2 tsp. salt
- Dash of pepper
- 1-1/2 cups milk
- 2 Tbsp. flour
- 1/2 lb. (or less) Velveeta cheese

Combine potatoes, water, celery, carrots, onion, parsley flakes, bouillon cube, salt and pepper. Mix well, cover and simmer until tender. In separate bowl, blend milk and flour. Add to vegetables. Cook until thick. Add cheese and stir until blended.

This is a delicious and very hearty soup.

Charlene Green • Janesville, WI