



SOUPS



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French Onion Soup



INGREDIENTS

2 T - butter
2 T - olive oil
2 T - sugar
5 lbs - onions
32 oz - chicken broth
32 oz - beef stock
4 C - water
2 C - dry red wine or Vermouth
1 ½ C - gruyere, emmenthal,
Jarlsberg equal mixture grated
1 loaf - french bread
Parmesan cheese, grated

MAKES

**4.5 quarts. Usually doubled to
make 9 quarts**

DIRECTIONS

Diagonally slice ½" thick pieces of french bread and bake at 300° for 30 mins to dry out.

Heat butter and oil in large Le Creuset pan. Add onions, sugar, salt and pepper. Cook till translucent and somewhat caramelized. Takes 40-45 mins.

Add wine or broth to deglaze pan. Transfer to larger soup kettle if necessary. Add remaining liquids. Simmer until flavors meld.

When ready to serve, spray soup bowls with Pam, place bread and some cheese in bowl. Ladle soup over bread and cheese. Add 1 T cognac (optional) and grated cheese mixture. Top with some Parmesan cheese for better browning.

Put bowls on metal pan into 425° oven for 20 mins until nicely browned (can also use broiler).

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Hamburger Vegetable Soup



INGREDIENTS

1 lb - lean ground beef
2 medium onions, diced
2 stalks celery, diced
5 carrots, sliced
4 potatoes, diced
1/3 C - barley
1 can string beans
¼ head cabbage, julienne
1 can tomatoes
1 T - chicken bouillon granules
1 tsp - dried basil
1 bay leaf
salt & pepper
5 C - water

DIRECTIONS

Brown beef with salt and pepper. Drain fat from meat. Saute onions and celery.

Add remaining ingredients and season. Bring to boil, reduce heat, and simmer one hour or until tender.

Note: Depending on season, I would also add parsnips, turnips, and/or rutabaga. They lend very good flavors. Toward the end of the simmer, I would also add zucchini. Usually doubled to freeze for quick meals.

MAKES

6 servings

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Potato Leek Soup



INGREDIENTS

5 leeks, white part only
5 large potatoes
2 T - parsley, chopped
1 T - butter
1 T - olive oil
salt & pepper
4 C - chicken broth
<4 C - water (start with 1-2 C)
½ C - cream or half/half or milk

MAKES

6-8 servings

DIRECTIONS

Finely slice whites of leeks. Slice potatoes.

Melt butter and olive oil in large saucepan and cook parsley until it becomes limp.

Add the leeks and sauté for a few minutes then add potatoes, broth, and water.

When potatoes are tender, add cream/milk and allow to simmer over very low heat for 15 mins.

Break up potatoes somewhat can use a blender or hand mixer to purée some of the potatoes to slightly thicken the soup).

Cool to serving temperature. Garnish with parsley.