

# Soup Lyssa’s Tomato Bisque

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1 small chopped onion 3 stalks chopped celery

2-14.05 oz. cans peeled tomatoes 2-1/2 tsp. sugar

½ tsp. paprika 1 tsp. dried basil (2T.fresh)

¼ tsp. Pepper ½ tsp. Salt

2 cups chicken stock butter

* Sauté the onion and celery in a small amount of the butter until they are clear, but not browned.
* Simmer all ingredients, except \*chicken stock, (including sautéed onions and celery) in pot for 15 minutes.
* Puree in blender (2 batches or use a stick blender), using low speed, until smooth.
* Melt another 4 T. butter, stir in 3 T. flour and cook 30 seconds on med. Heat. Whisk in 2 cups chicken stock. Stir into blended tomato mixture and season to taste. Simmer ‘til slightly thickened (stirring)—about 5 min. Serve in a soup mug as is or garnish with a spoonful of whipped heavy cream on the top, bacon bits, and/or chopped parsley.

# Cream of Wild Rice Soup

**3 C wild rice (cooked) 1 C raw rice yields 3-4 C cooked rice**

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**1 lg. onion diced Sauté 3 min. or until softened slightly.**

**1 carrot diced Add 1 C flour-- a little at a time-- do**

**1 celery diced not brown.**

**1 C ham diced \_**

**8 C chicken broth. (I use 8 C water and 8 chicken bullion cubes)**

**Add broth to mix, stir till well blended, add rice, heat thoroughly and add 1 C ½ and ½ cream.**

**DO NOT BOIL!!!!**

**Creamed Tomato Bisque**

¼ lb. butter or margarine

1 cup chopped celery

1 cup chopped onion

½ cup chopped carrots

Saute veggies in margarine or butter until softened. Then add 1/3 cup flour. Stir constantly. Add:

1 can (28 oz) tomatoes

2 teaspoons sugar

1 teaspoon basil

1 teaspoon marjoram

4 cups canned chicken broth.

Stir.. Cover pot and simmer 30 -45 minutes, stirring occasionally. Puree 1/3 mixture at a time in a blender. Add 2 cups half and half cream (or whole milk) and ½ teaspoon curry.

Serves about 8. Can be eaten hot or cold.

Once the cream has been added, don’t boil the mixture!

# **Taco Soup**

1.5 pounds of ground beef (cooked)

2 cans of tomato sauce

1 can of whole tomatoes (I blend it up first)

2 cans corn

2 cans black beans

2 cans kidney beans

1 can (small) of green chilies

1 package of taco seasoning

Top each bowl off with cheese and sour cream.

I usually drain the corn and beans, but if it’s getting too thick, I might add one can without draining it.  Let me know how this turns out.