



SOUPS

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DOUBLE

PEA SOUP

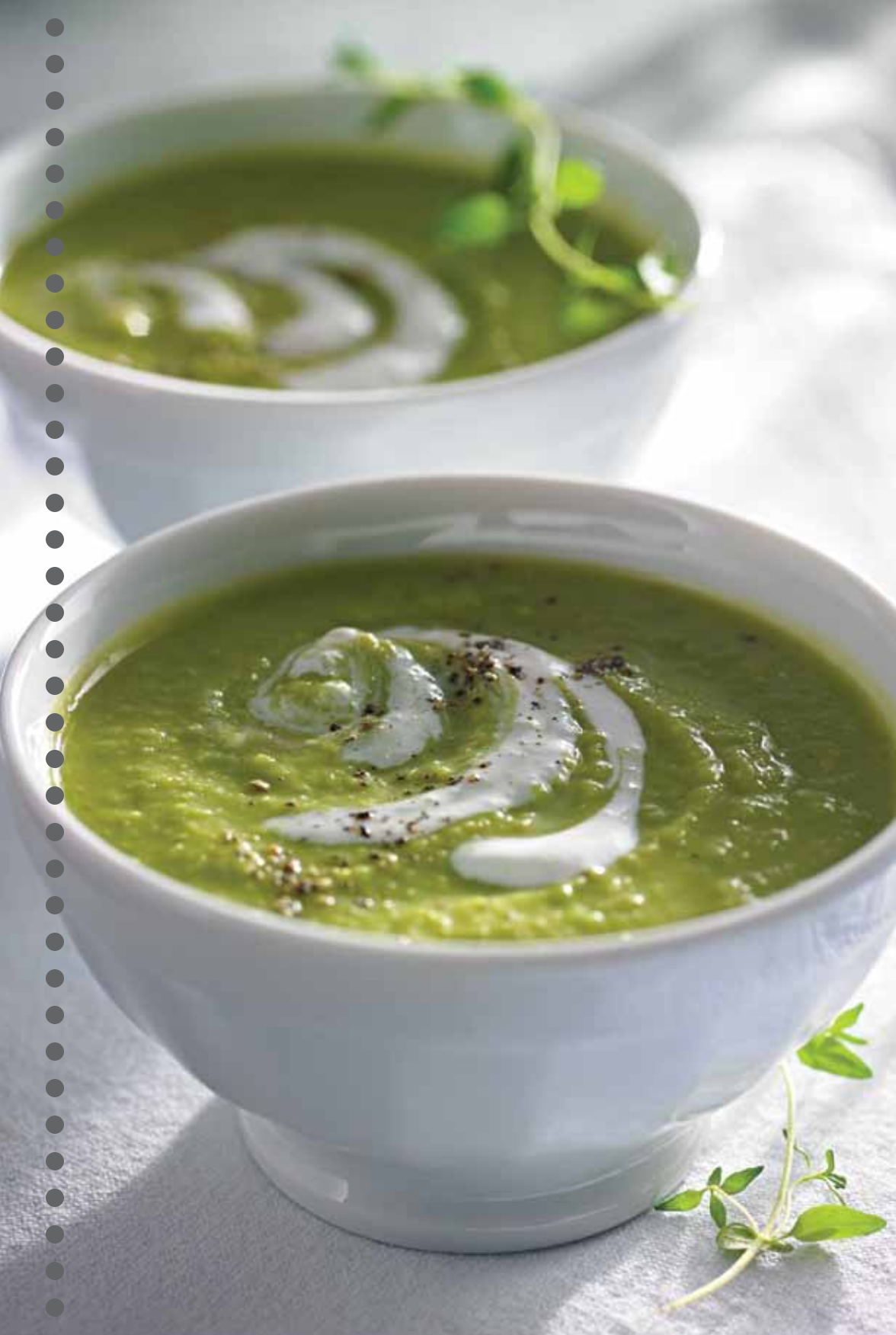
- 1 tablespoon canola or vegetable oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 6 cups water or vegetable broth*
- 2 cups dried split peas
- 1 bay leaf
- 1 teaspoon ground mustard
- 1½ cups frozen green peas
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Sour cream (optional)

**If using broth, reduce the amount of salt to ¼ teaspoon. Taste and add more, if desired.*

- 1 Heat oil in large saucepan over medium-high heat. Add onion; cook 5 minutes or until tender, stirring occasionally. Add garlic; sauté 1 minute.
- 2 Add water, split peas, bay leaf and mustard; bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 45 minutes or until split peas are tender, stirring occasionally and adding additional water if necessary.
- 3 Stir in green peas, salt and pepper; cover and simmer 10 minutes or until green peas are tender. Remove and discard bay leaf.
- 4 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Swirl a dollop of sour cream into each serving, if desired.

Makes 4 to 6 servings

Variation: For a smoky flavor, add a dried chipotle pepper during the last 5 minutes of cooking. Remove the pepper before blending.



BUTTERNUT SQUASH

AND MILLET SOUP

- 1 red bell pepper
 - 1 tablespoon canola or vegetable oil
 - 2¼ cups diced peeled butternut squash or 1 (10-ounce) package thawed frozen diced butternut squash
 - 1 red onion, chopped
 - 1 teaspoon curry powder
 - ½ teaspoon smoked paprika
 - ½ teaspoon salt
 - ⅛ teaspoon freshly ground black pepper
 - 2 cups reduced-sodium chicken broth
 - 1½ cups chopped cooked chicken
 - 1 cup cooked millet
- 1 Preheat broiler. Broil bell pepper 3 to 5 inches from heat source, turning often with tongs until blistered and charred on all sides. Transfer to paper or plastic bag; close bag and let stand 15 to 20 minutes to loosen skin. Remove loosened skin with paring knife. Cut off top and scrape out seeds. Coarsely chop pepper.
- 2 Heat oil in large saucepan over high heat. Add butternut squash, bell pepper and onion; sauté 5 minutes. Add curry powder, paprika, salt and black pepper. Stir in broth; bring to a boil. Cover and cook 7 to 10 minutes or until vegetables are tender.
- 3 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return soup to saucepan. Stir in chicken and millet; cook over medium-low heat until heated through.

Makes 6 servings



CURRIED PARSNIP

SOUP

- 1½ pounds parsnips, peeled and cut into 2-inch pieces
- 1 tablespoon olive oil
- 1 tablespoon butter
- ½ medium yellow onion, chopped
- 1 stalk celery, diced
- 2 cloves garlic, minced
- 1½ teaspoons salt
- 1 teaspoon curry powder
- ¼ teaspoon grated fresh ginger
- ¼ teaspoon freshly ground black pepper
- 4 cups reduced-sodium chicken or vegetable broth
- Chopped fresh chives (optional)

- 1 Preheat oven to 400°F. Line large baking sheet with foil. Combine parsnips and olive oil in large bowl; toss to coat. Spread in single layer on prepared baking sheet.
- 2 Bake 35 to 45 minutes or until parsnips are tender and lightly browned around edges, stirring once halfway through baking.
- 3 Melt butter in large saucepan over medium heat. Add onion and celery; sauté about 8 minutes or until onion is translucent and vegetables are tender. Add garlic, salt, curry powder, ginger and pepper; sauté 1 minute. Add parsnips and broth; bring to a boil over medium-high heat. Reduce heat to medium-low; cover and simmer 10 minutes.
- 4 Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Garnish with chives.

Makes 4 to 6 servings



SWEET POTATO

BISQUE

- 1** pound sweet potatoes, peeled and cut into 2-inch pieces
- ¼** cup water, plus additional for cooking potatoes, divided
- 1** tablespoon butter
- ½** cup finely chopped onion
- 1** teaspoon curry powder
- ½** teaspoon ground coriander
- ¼** teaspoon salt
- ⅔** cup unsweetened apple juice
- 1** cup buttermilk
- Chopped fresh chives (optional)

- 1** Place sweet potatoes in large saucepan; add enough water to cover. Bring to a boil over high heat. Cook 15 minutes or until potatoes are fork-tender. Drain; cool under cold running water.
- 2** Meanwhile, melt butter in small saucepan over medium heat. Add onion; sauté 2 minutes. Stir in curry powder, coriander and salt; sauté 1 minute or until onion is tender. Remove from heat; stir in apple juice.
- 3** Place sweet potatoes, buttermilk and onion mixture in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in remaining ¼ cup water. Cook over medium-low heat until heated through. Garnish with chives.

Makes 4 servings



CARROT

AND CORIANDER SOUP

- ¼ cup (½ stick) butter**
- 4 cups grated carrots (about 1 pound)**
- 1 cup finely chopped onion**
- 3 cups vegetable or chicken broth**
- 2 tablespoons fresh lemon juice**
- 1½ teaspoons ground coriander**
- 1½ teaspoons ground cumin**
- 1 clove garlic, crushed**
- 2 tablespoons finely chopped fresh cilantro**
- Salt and freshly ground black pepper**

- 1** Melt butter in medium saucepan over medium-high heat. Add carrots and onion; sauté 5 minutes or until softened. Add broth, lemon juice, ground coriander, cumin and garlic. Bring to a boil over high heat. Reduce heat to low; cover and simmer 25 to 30 minutes.
- 2** Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Stir in cilantro and season with salt and pepper.

Makes 4 to 6 servings



CHILLED

CANTALOUPE SOUP

- ½ medium to large cantaloupe, rind removed, seeded and cubed
- ¾ cup half-and-half
- ¼ cup plain Greek yogurt
- Salt and freshly ground white pepper
- Slivered cantaloupe (optional)

- 1 Place cubed cantaloupe, half-and-half and yogurt in pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting.
- 2 Taste and season with salt and pepper; blend on low speed 5 seconds. Refrigerate until ready to serve. Garnish with slivered cantaloupe.

Makes 4 servings

Summer Honeydew Soup: Substitute ½ medium honeydew melon for cantaloupe.

Tip: This refreshing soup makes a great first course, light lunch or breakfast.



SHRIMP

BISQUE

- ¼ cup (½ stick) butter**
 - 1 pound medium raw shrimp, peeled, deveined and cut into ½-inch pieces**
 - 2 green onions, sliced, plus additional for garnish**
 - 1 clove garlic, minced**
 - ¼ cup all-purpose flour**
 - 1 cup chicken broth**
 - 3 cups half-and-half, divided**
 - 2 tablespoons white wine**
 - ½ teaspoon salt**
 - ½ teaspoon grated lemon peel**
 - Dash of ground red pepper**
 - Whole shrimp (optional)**
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- 1** Melt butter in large saucepan over medium heat. Add chopped shrimp, 2 green onions and garlic; sauté until shrimp turn pink and opaque.
 - 2** Stir in flour until well blended; cook just until bubbly. Stir in broth; cook until bubbly. Cook 2 minutes, stirring constantly.
 - 3** Transfer shrimp mixture to pitcher of KitchenAid® Torrent™ Blender; add ½ cup half-and-half. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in remaining 2½ cups half-and-half, wine, salt, lemon peel and red pepper. Cook over medium-low heat until heated through. Garnish with whole shrimp and additional green onions.

Makes 4 servings



ITALIAN

MUSHROOM SOUP

- ½ cup dried porcini mushrooms (about ½ ounce)**
- 1 cup boiling water**
- 1 tablespoon olive oil**
- 2 cups chopped onions**
- 8 ounces sliced cremini mushrooms, plus additional for garnish**
- 2 cloves garlic, minced**
- ¼ teaspoon dried thyme**
- ¼ cup all-purpose flour**
- 4 cups vegetable broth**
- ½ cup heavy cream**
- ⅓ cup Marsala wine (optional)**
- Salt and freshly ground black pepper**

- 1** Place dried mushrooms in small bowl; pour boiling water over mushrooms. Let stand 15 minutes or until soft.
- 2** Meanwhile, heat olive oil in large saucepan over medium heat. Add onions; cook 5 minutes or until translucent, stirring occasionally. Add 8 ounces cremini mushrooms, garlic and thyme; cook 8 minutes, stirring occasionally. Stir in flour until blended; cook 1 minute, stirring constantly. Stir in broth and porcini mushrooms with soaking water. Bring to a boil. Reduce heat to medium-low; simmer 10 minutes.
- 3** Transfer soup to pitcher of KitchenAid® Torrent™ Blender. Cover and blend on Soups/Sauces setting. Return to saucepan; stir in cream and wine, if desired. Cook over medium-low heat until heated through. Season with salt and pepper. Garnish with additional cremini mushrooms.

Makes 6 to 8 servings



CREAMY

ROASTED POBLANO SOUP

- 6 large poblano peppers**
- 1 tablespoon olive oil**
- ¾ cup chopped onion**
- ½ cup thinly sliced celery**
- ½ cup thinly sliced carrots**
- 1 clove garlic, minced**
- 3½ cups vegetable or chicken broth**
- 1 package (8 ounces) cream cheese, cubed**
- Salt and freshly ground black pepper**

- 1** Preheat broiler. Line broiler pan or baking sheet with foil; place poblano peppers on baking sheet. Broil 5 to 6 inches from heat source 15 minutes or until blistered and beginning to char, turning occasionally with tongs. Place peppers in medium bowl; cover bowl with plastic wrap. Let stand 20 minutes to loosen skin. Remove loosened skin from peppers with paring knife. Cut off tops and scrape out seeds.
- 2** Meanwhile, heat olive oil in large saucepan over medium-high heat. Add onion, celery, carrots and garlic; sauté 4 minutes or until onion is translucent. Add broth; bring to a boil. Reduce heat to medium-low; cover and simmer 12 minutes or until celery is tender.
- 3** Transfer soup to pitcher of KitchenAid® Torrent™ Blender; add poblano peppers and cream cheese. Cover and blend on Soups/Sauces setting. Return to saucepan; cook over medium heat 2 minutes or until heated through. Season with salt and black pepper.

Makes 4 servings

