

WORLD IN NEED DAY

10 JUNE 2007

WORLD IN NEED DAY BREADWINNER SOUP IDEAS.

Cabbage Soup Recipe

Ingredients

6 large green onions
2 green peppers
1 or 2 cans of tomatoes (diced or whole)
3 Carrots
1 Container (10 oz. or so) Mushrooms
1 bunch of celery
Half a head of cabbage
1 package Lipton soup mix
1 or 2 cubes of bouillon (optional)
1 48oz can V8 juice (optional)
Season to taste with salt, pepper, parsley, curry, garlic powder, etc

Directions:

Slice green onions, put in a pot and start to sauté with cooking spray.
Cut green pepper stem end off and cut in half, take the seeds and membrane out. Cut the green pepper into bite size pieces and add to pot.
Take the outer leaf layers off the cabbage, cut into bite size pieces, add to pot.
Clean carrots, cut into bite size pieces, and add to pot.
Slice mushrooms into thick slices; add to pot.
If you would like a spicy soup, add a small amount of curry or cayenne pepper now.
You can use beef or chicken bouillon cubes for seasonings. These have all the salt and flavours you will need.
Use about 12 cups of water (or 8 cups and the V8 juice), cover and put heat on low. Let soup cook for a long time - two hours works well. Season to taste with salt and pepper.

Beef and Cabbage Soup

Amount-	Measure	Ingredient
1 lb		Lean ground beef
1/2	ts	Garlic salt
1/4	ts	Garlic powder
1/4	ts	Pepper
2		Celery chopped
16oz		Kidney beans
1/2		Chopped head cabbage
28oz		Tomatoes
1 can		Water in empty tom. can
4		Beef bouillon cubes
		Chopped parsley

In an oven, brown beef. Add all remaining ingredients except parsley; bring to boil.
Reduce heat & simmer, covered for 1 hour. Garnish with parsley.
Yield 3 qts. * Chopped & liquid reserved

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Mexican Style Cabbage Sausage Soup

Ingredients:

1 pound spicy sausage
4 cups finely chopped green cabbage
1 1/2 cups diced onion
1 large green pepper, diced
1 cup whole kernel corn
1 1/2 cups cooked pinto beans
2 quarts crushed tomatoes
2 tablespoons chilli powder
2 teaspoons ground cumin
Salt & pepper to taste

Cooking Instructions:

In a large soup pot, brown the sausage. Remove the sausage and pour off all but two teaspoons of the fat. Cut sausage into small pieces. Sauté the onions and cabbage until limp. Add the peppers, corn, beans, tomatoes, seasoning and sausage. Water or chicken stock may be added to thin the soup. Simmer for one hour.

Tomato-Basil soup

(Makes 10 servings)

2 / 28-ounce (793 g total) cans low-sodium crushed tomatoes
1 large onion, about 1/2 pound (225 g), chopped
3 large garlic cloves, minced
2 medium celery ribs celery with leaves, chopped
1 quart (1 l) low-sodium beef broth, defatted
2 teaspoons (10 ml) paprika
1 teaspoon (4 g) sugar
2 tablespoons (18 g) cornstarch
2 tablespoons (30 ml) dry sherry or additional beef broth
1/2 cup (10 g) packed finely chopped fresh basil leaves
1 tablespoon (12.5 g) reduced-fat margarine
Salt (optional) to taste
Freshly ground pepper to taste

1. Simmer the tomatoes, onion, garlic, and celery in a covered soup pot for 15 minutes.
2. Process the vegetables in a food processor or blender in small batches. Return to the pot.
3. Add the beef broth, paprika, and sugar. Combine the cornstarch and dry sherry; stir until well dissolved. Add to the soup and stir. Bring to a simmer again and cook for another 5 minutes.
4. Stir in the basil and margarine. Taste for seasoning, adding salt (if using) and pepper to taste.
5. Transfer soup to a preheated 2-quart thermos. Serve warm in small cups.

Per serving:

64 calories (14% calories from fat), 3 g protein, 1 g total fat (0.2 g saturated), 12 g carbohydrate, 2 g dietary fibre, 0 mg cholesterol, 47 mg sodium

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Italian Leek And Potato Soup:

Ingredients:

2 Tbls good extra virgin olive oil

2 Tbls Butter Buds or real butter

3 large leeks (about 1 1/2 lbs) thinly sliced

Note: Leeks, due to how they are grown, often have dirt and grit between the layers, especially around where the green part turns white. Cut the root end off, then cut the green leafy tip off about 3 inches above the white part. (Freeze the scraps in a plastic freezer bag to make stocks). Slice the part we are going to use for this recipe [the white part] in half lengthwise and pry the layers apart just enough to clean out grit [if necessary]. Thinly slice the two halves across, the short way.

1 large red or white onion, chopped (preferably sweet--Vidalia, Mayan, Walla-Walla, Maui)

2 1/2 to 3 lbs white potatoes, peeled, cubed into small pieces

1 cup dry white wine or sherry

5+1/2 cups chicken stock

3/4 cup whipping cream (or non-fat half and half or evaporated skim milk if you are trying to cut calories and fat content. The soup will not be quite as rich, though. If you're trying to impress grandly, use the cream.)

Salt and Pepper to taste

1/4 cup fresh, minced Italian Parsley

Preparation

Heat the olive oil in a stock pot. Add Butter Buds or butter and follow immediately with Leeks and onions.

Sauté over medium low heat for about 10 minutes to release their remarkable flavours, sprinkle with a pinch or two of salt and more of the juices will be released.

Add wine and reduce by 1/2.

Add potatoes and stock. Simmer for 20-25 minutes, until potatoes are tender.

Cool by placing your cooking vessel in ice water for a few minutes, then puree the mixture in a blender, in batches, if necessary.)

Place the puree back into the stockpot and mix in the cream. Add a bit more broth about 1/2 of a cup.

Season with salt and pepper and simmer for 2-3 minutes, just to warm through.

Garnish with parsley.

This leek and potato soup is very elegant and an excellent starter for any dinner party. And, though it is somewhat Italian in nature, remember that it is suitable for any type of cuisine. Dazzle your friends with this one.

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African Peanut Soup

* Serves 8

Cooking Methods: Sauté and Simmer

Ingredients

2 medium onions chopped
2 large bell peppers, chopped
1 to 3 large garlic cloves, mashed
1 to 2 Tbs. Canola oil
28 oz. Can tomatoes with juice, chopped
8 cups vegetable broth
1/4 tsp. pepper
1/4 tsp. Crushed red pepper flakes
1/2 cup uncooked short grain rice
2/3 cup smooth peanut butter
Chopped roasted peanuts

Preparation work

As with most soups, there is a fair amount of prep. For this recipe you need to peel and chop the onions, chop the peppers, mash the garlic and get the rest of the ingredients ready to add to the pot.

In a large soup pot, sauté onions, bell peppers and garlic in oil until onions begin to brown around the edges, about 7 minutes.

Add the tomatoes and juice, broth, pepper and red pepper flakes. Simmer, uncovered, over low heat about 15 minutes

Add rice, cover and simmer until rice is tender, about 30 minutes. Add the peanut butter; whisk until smooth. Heat to a simmer and serve immediately, garnished with chopped roasted peanuts.

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Indian Soups

There are mainly 2 types of soup in India the south Indian Rasam and the North Indian Shorba. Rasam normally forms the second course in a traditional South Indian menu. There are various ways of preparing it. It is normally mixed with plain cooked rice and eaten with different curries for side dish. It makes for a very good appetizer or soup also when taken all by itself. Serve as a soup with papa dams or with steamed rice. Shorba is the Indian name for soup and is a North Indian dish.

Tomato Appetizer soup -Tomato Rasam - Kerala, India

Ingredients:

Serves: 4

8 oz. or 250 gms tomatoes, diced

1 onion, chopped

- Spices -

4 cloves garlic, crushed

4 green chillies, chopped

1 tsp. tamarind pulp

1 tbsp. Jaggery (brown cane sugar)

1 tsp. mustard seeds

10 curry leaves (optional)

1 red chilli, broken into two

1 tsp. coriander seeds - roasted & powdered

1 tsp. cumin seeds + 2 tsp. peppercorns - roasted & powdered

1/2 tbsp. oil

Method:

1. Boil the tomatoes, chillies and garlic in 4 cups of water.

2. Add the ground spices, Jaggery and tamarind pulp and simmer for 15 minutes.

3. Heat the oil. Add mustard seeds until they splutter. Add the curry leaves, red chilli, asafoetida powder and onion and fry for a minute.

4. Pour it over the tomatoes. Heat and serve the Rasam garnished with chopped cilantro/coriander leaves

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Lemon Pepper Rasam - South India

Ingredients:

Serves: 4

1/4 cup Toro dal

1 cup water

- Spices -

a piece of fresh ginger (2 1/2 cm, 1 in), peeled and grated

4 green chills

1/2 tsp. cumin seeds

3/4 tsp. black peppercorns

1 1/2 cups water

1/2 tsp. ground turmeric

Salt to taste

2 tomatoes, quartered

Juice of 1 lemon

Coriander leaves, chopped to garish

For Seasoning:

2 tsp. Ghee (butter)

1 tsp. brown mustard seeds

1/2 tsp. asafoetida powder

1 red Chile, halved

a few curry leaves

Method:

Wash Toro dal well. Drain. Place dal in a heavy saucepan; Cover with 1 cup water and bring to the boil. When boiling, cover pan with a lid, leaving slightly ajar. Lower the heat, and simmer dal gently for 45 minutes to 1 hour or until soft. Stir several times during the last 30 minutes of cooking. (The water should be mostly gone). Set dal aside without draining.

Using an electric blender or food processor, blend the fresh ginger and green chills into a paste.

Now blend or process the cumin seeds and black peppercorns into a powder. Set both aside.

Place the undrained cooked dal in a heavy saucepan. Add 1 1/2 cups extra water, ground turmeric, salt to taste, and ginger/chilli paste. Slowly bring to the boil.

Seasoning:

Heat 2 tsp. ghee in a heavy frying pan or skillet; Add mustard seeds, asafoetida powder, halved red chilli, a few curry leaves, and pepper/cumin seed powder. When the mustard seeds splutter, add this mixture to the Rasam. Turn off the heat and add the lemon juice.

Garnish with cilantro/coriander leaves. Serve hot with rice.

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Dal Shorba (Punjab)

Ingredients:

Serves: 4-5

1 cup masoor dal

3 onions, sliced

4 cloves crushed garlic

- Spices -

1/2 teaspoon chilli powder (optional)

3 teaspoons curry powder

3 tomatoes cut into big pieces

6 tablespoons chopped spinach leaves

1-tablespoon oil

Salt and lime juice to taste

Method:

Heat the oil in a pot and fry the onions for a few seconds.

Add the crushed garlic, chilli and curry powders. Fry again for a few seconds.

Add 6 teacups of water, the tomatoes and washed masoor dal and cook in a pressure cooker.

When cooked, blend in a blender.

Boil for 15 minutes. Add salt.

Just before serving, add the spinach and boil for a few seconds. Serve hot with a slice of lemon.

Gobhi Shorba (Cauliflower Soup)

Ingredients:

Serves: 4-6

1 Quart/litre milk

10 cashews finely chopped

1 tsp. butter

2 cups water

8 oz/1/4 kg cauliflower flowerets cut into cubes

1 tsp. sugar

Salt to taste

Spices -

Freshly ground pepper to taste

a pinch of roasted and ground cumin as the garnish

Method:

1. Heat cauliflower, cashews, water and milk over low flame for 15-20 min. Let it cool.

2. Blend the mixture.

3. Add salt, sugar and pepper.

4. Boil the mixture. Stir in the butter near boiling point.

5. Serve immediately garnished with coriander leaves and roasted cumin.

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Chicken with Bamboo Shoots Soup (Serves 4-6) Thailand

Ingredients

- 1 oz tinned bamboo shoots
- 2 - 3 oz chicken, boned and skinned
- 1 pint water with chicken stock cube or fresh chicken stock
- 4 oz frozen prawns
- 1/2 carrot, thinly sliced
- 1 tbl Soya sauce, fish sauce, salt and pepper to taste
- 2 - 4 oz mushrooms, quartered

Garnish

3 spring onions, finely chopped and a few sprigs of fresh coriander

Method

1. Wash and thinly slice the bamboo shoots.
2. Bring the water to the boil. Add the stock cube and simmer for ten minutes.
3. Add the sliced bamboo shoots, chicken, sliced carrot, soya sauce, salt, pepper and fish sauce. Cook for a further 5 minutes, or until the chicken is done. Add prawns and mushrooms. Cook for a few more minutes.
4. Garnish with finely chopped spring onions and fresh coriander and serve hot.

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Courgette Soup

Ingredients

1 medium Onion
2 medium potatoes
1 pint veg stock
4 Courgettes
4-6 cheese triangles
1 oz butter

Method

Soften the onion in butter or oil, add potatoes, courgettes, and stock. Cook approx 20 mins or until potatoes and veg are soft. Blitz in a food blender, add more stock if too thick.

Roasted Pumpkin Soup

Ingredients

2lb pumpkin peeled and diced.
1lb 10oz butternut squash
2 red onions cut into wedges
2 cloves of garlic, chopped.
1 tsp coriander seeds, crushed
3 tbsp olive oil
1 pint vegetable stock
14fl oz semi – skimmed milk 8fl oz Elmlea single
Fresh herbs to garnish

Method

Pre heat oven to 220 C.425 F/ gas 7 and place vegetables, garlic, coriander in a vegetable tin, toss with oil and cook for 30mins.

Scoop vegetables into a pan and add stock and milk. Pour _ of soup into a food processor or blender. Process until smooth

Mash remaining soup mix. Stir into blended soup. Re Heat with _ Elmlea single and swirl the rest on top.