SOUPS

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The soups classified as vegetable soups, chowders, and heavy soups may be served as the main dish for luncheons, the usual accompaniment being a salad or sandwiches.

The thin soups are better suited to a first course for a meal where meat or a meat substitute is employed.

Wherever milk is required vegetable stock or water may be substituted if desired, in which case the food value is lowered.

VEGETABLE SOUPS

CREAM OF LETTUCE SOUP

Outside leaves of 2 heads lettuce, or one whole head
3 cups boiling water
1 slice onion
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
2 cups milk

Wash lettuce, remove discolored portions with scissors, cut into pieces, cook with onion in boiling water about 20 minutes, or till tender; pour through strainer or colander, rubbing soft part of lettuce through. This should make at least 2½ cups of stock; if not, add hot water to make that amount.

Melt the fat in a saucepan, add the flour, salt, and pepper, and when mixed remove from the fire, add the strained lettuce stock and milk; return to the fire and stir constantly until it boils. Serve at once.

PEAPOD SOUP

Pods from one quart or	2 tablespoons fat
1 to 1½ lbs. peas	3 tablespoons flour
3 cups boiling water	2 teaspoons salt
1 slice onion	¼ teaspoon pepper
1 small sprig mint	2 cups milk

Wash the pods, break them in pieces and cook with onion and mint in boiling water about 15 minutes or till tender; pour into

strainer or colander and rub the soft part through. This should make at least 2½ cups stock; if not, add hot water to make that amount.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire and add milk and strained stock. Bring to the boiling point, stirring constantly. Serve immediately.

Leftover cooked peas rubbed through a colander or strainer may be added if desired.

CREAM OF LEEK SOUP

3 medium sized potatoes
3 stalks of leeks
3 cups boiling water
2 teaspoons salt
2 tablespoons fat
3 tablespoons flour
¼ teaspoon pepper
1½ cups hot milk
¼ teaspoon nutmeg

Wash and pare potatoes and cut in small pieces, slice leeks very thin and cook in the boiling salted water until potatoes are very soft. Press through a strainer or colander, measure, and if necessary add hot water to make 1½ cups.

Melt fat, add flour, remove from the fire and add hot stock and milk; return to fire, bring to boiling point, stirring frequently, add nutmeg and serve.

CREAM OF CHEESE AND TOMATO SOUP

2 cups tomatoes
1 tablespoon sugar
1 slice onion
⅛ teaspoon soda
2 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
2 cups milk
½ cup grated cheese

Cook tomatoes, sugar, and onion till soft, rub through a strainer and add soda.

Melt fat, add flour, salt and pepper, remove from fire and add milk; return to fire and bring to boiling point.

When ready to serve remove white sauce from fire, add cheese, and beat vigorously till cheese is melted; then very slowly add the *hot* tomato, stirring constantly.

Serve at once.

BLACK BEAN SOUP

1 cup black beans
1 quart cold water
1 onion
1½ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon mustard
2 tablespoons fat
2 tablespoons flour
Juice of 1 lemon

Soak beans over night in cold water. In the morning add sliced onion and salt and cook slowly until beans are very soft adding more water if necessary. Rub through a strainer, measure, and add enough hot water to make 3 cups.

Melt fat, add flour, pepper and mustard, remove from fire and add bean stock, bring to boiling point, add lemon and serve.

Beans may be cooked in the fireless cooker.

BEET SOUP

2 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
3 cups water
4 medium sized cooked beets
2 lemons

Melt fat, add flour, salt and pepper and cook until brown, remove from fire, add water, return to fire and bring to the boiling point, stirring constantly; add beets chopped very fine, boil slowly for 3 minutes after they are added. Squeeze juice from 1 lemon and add to soup. Slice the other lemon very thin and put a slice or two in each serving of the soup.

CELERY SOUP

Outside stalks and leaves from 1 head celery
3 cups boiling water
1 slice onion
1 small piece mace
2 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
2 cups milk

Wash celery, cut or split into pieces, and cook with onion and mace in boiling water 30 minutes or till tender; pour into strainer or colander, rubbing soft part through. This should make at least 2½ cups of stock; if not, add hot water to make that amount.

Melt the fat in a saucepan, add flour, salt

and pepper, and when thoroughly mixed remove from fire and add milk and strained stock. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

If desired, one small head celery may be used instead of outside stalk and leaves. The mace may be omitted, in which case use 2 teaspoons salt instead of 1½ teaspoons.

CORN SOUP

1 can corn
4 cups boiling water
1 slice onion
2 tablespoons fat
2 tablespoons flour
2 teaspoons salt
1 teaspoon sugar
½ teaspoon pepper
2 cups milk

Cook the corn in the boiling water with onion for 40 minutes. This should be cooked slowly and stirred frequently. Pour through colander or strainer, rubbing the soft part through. This should make at least 2½ cups; if not, add hot water to make that amount.

Melt fat in a saucepan, add flour, salt, sugar, and pepper, and when mixed remove from the fire; add milk and strained corn, return to the fire, and bring to the boiling point, stirring constantly. Serve at once.

If fresh corn is used, cut and scrape the kernels from 6 medium sized ears of cooked corn, add only 3 cups boiling water, and cook with onion for 20 instead of 40 minutes and then strain.

POTATO SOUP

2 large potatoes or
3 medium sized
4 cups boiling water
1 slice onion
1 stalk celery
2 tablespoons fat
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
3 cups milk
1 tablespoon finely chopped parsley

Wash, pare, and cut potatoes into small pieces. Cook in boiling water with onion and celery until potatoes are tender. Drain, remove celery stalk and mash the potatoes, beating them until they are smooth and creamy.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, add milk and mashed potato and bring to the boiling point over the fire. Add the parsley and serve.

Any leftover mashed potato may be used if desired. Use 1 to 1½ cups.

GARDEN SOUP

4 green onions
6 lettuce leaves
3 tomatoes
1 stalk celery
4 cups boiling water
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper

Wash vegetables, and cut in pieces, cook in boiling water 20 minutes. Pour through strainer or colander, rubbing soft parts of vegetables through.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, and add strained vegetable stock. Return to fire and bring to boiling point, stirring constantly. Serve at once.

Other vegetables, such as peas, beans, or car-

rots, may be used if desired. They should be cooked longer than 20 minutes if necessary to make them tender.

CHOWDERS

CLAM CHOWDER

2 cups or
1 small can clams
2½ cups boiling water
1 medium sized cooked potato
3 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
1 tablespoon chopped onion
2 cups milk
1 tablespoon chopped parsley
1 tablespoon Worcestershire sauce

Chop the clams and cook with liquor and boiling water for 10 minutes; add potato which has been diced.

Melt the fat in a saucepan, add onion and cook until onion turns yellow, add flour, salt, pepper, remove from fire, add milk and liquid containing clams and potato. Return to fire and bring to the boiling point, stirring constantly. Add the parsley and Worcestershire sauce. Serve immediately.

To make fish chowder, use any leftover fish instead of the clams, adding ½ cup boiling water to take place of clam liquor.

VEGETABLE CHOWDER

2 potatoes
3 carrots
2 tomatoes
1 stalk celery
1 onion
2 cups boiling water
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
3 cups milk
½ teaspoon pepper

Wash, pare, and cut up potatoes, carrots, onions, and tomatoes, cutting potatoes and carrots into small dice and chopping onions fine. Cook all together in boiling water with stalk of celery until potatoes and carrots are tender. Remove celery stalk.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from fire and add milk and vegetables with stock. Return to the fire and bring to the boiling point, stirring constantly. Serve at once.

Any cold leftover cooked vegetables may be used if desired, in which case add diced vegetables and 1 cup boiling water with milk.

OYSTER STEW

1 cup oysters
1 cup boiling water
1 slice onion
1½ teaspoons salt
¼ teaspoon pepper
4 cups hot milk

Cook oysters, boiling water and onion until oysters are plump and the edges curl. Remove the onion, add hot milk, salt, and pepper, and serve immediately.

A sprinkling of nutmeg over each serving of soup adds greatly to the flavor.

THIN SOUPS

TOMATO SOUP

1 can tomatoes (pint)
1 small onion
½ bay leaf
1 tablespoon sugar
2 cloves
2 cups boiling water
1 tablespoon fat
1 tablespoon flour
2 teaspoons salt
¼ teaspoon pepper

Cook tomatoes, chopped onion, bay leaf, cloves, and sugar in boiling water for 5 minutes and rub through a strainer or colander. This should make at least 4 cups; if not, add boiling water to make that amount.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, and add the strained tomato. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

Fresh tomatoes may be used if desired, in which case use 6 tomatoes, wash but do not peel, cut them in pieces and cook in the boiling water with onion, bay leaf, sugar, and cloves until tender.

ONION SOUP

2 Spanish or Bermuda onions
4 cups boiling water
1 tablespoon fat
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper

Peel onions under water and cut them in very thin slices. Cook in boiling water until tender.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from the fire and add onions and liquid. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

If small green onions are used, cut off the tops and cut onions into quarters, using 10 to 12 young onions.

NOODLE SOUP

½ cup noodles
6 cups boiling water
½ teaspoon chopped onion
2 teaspoons salt
¼ teaspoon pepper
1 tablespoon caramel flavoring

Cook the noodles with onion in boiling water until tender; add the salt, pepper, and caramel. Serve immediately.

If desired rice, macaroni or spaghetti may be used instead of noodles.

To make ½ cup of caramel flavoring, melt ½ cup granulated sugar in a frying pan, stirring constantly. When it has become a brown sirup slowly add ½ cup boiling water and allow to cook slowly for 10 minutes. Use as flavoring for puddings or coloring for soups. It is not practical to make less than ½ cup, and it will keep indefinitely.

CLAM BOUILLON

2 cups or
1 pint or
1 small can of clams
Boiling water
½ bay leaf
1 sprig parsley
1 slice onion
1 teaspoon salt
¼ teaspoon pepper

Chop clams very fine, add clam liquor and enough boiling water to make four cups, cook with bay leaf, onion, and parsley for 10 minutes; strain, dilute if necessary, and serve with or without whipped cream.

HEAVY SOUPS

BAKED BEAN SOUP

1 to 1½ cups baked beans or
1 small can without tomato sauce
4 cups boiling water
1 slice onion
1 tablespoon fat
1 tablespoon flour
1½ teaspoons salt
⅛ teaspoon mustard
¼ teaspoon pepper

Cook the beans with onion in boiling water for 15 minutes; pour through a colander or strainer, rubbing soft part of beans through.

Melt the fat in a saucepan, add flour, salt, pepper, and mustard; when well mixed remove from fire, and add bean mixture. Return to fire, bring to the boiling point and serve.

If a high flavor is desired, 2 tablespoons of Chili sauce or catsup may be added.

CHEESE SOUP

2 tablespoons fat
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon paprika
4 cups milk
1 cup grated cheese

Melt the fat, add flour, salt, and paprika, and when mixed remove from the fire and add milk. Return to the fire and bring to boiling point, stirring constantly. Remove from fire, add grated cheese, beat until cheese is melted, and serve at once.

PEANUT SOUP

½ cup peanut butter
½ cup hot water
1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
4 cups milk

Mix the peanut butter and hot water until smooth. Melt fat in a saucepan, add the flour, salt, and pepper, and when mixed remove from the fire and add the milk. Return to the fire and bring to the boiling point, stirring constantly. Remove from the fire, add the peanut mixture, beat until thoroughly mixed, and serve.

Water may be used instead of milk if desired.

OYSTER BISQUE

- 1½ cups oysters
- 1 cup oyster liquor or water
- 1 slice onion
- 3 cups boiling water
- 1 tablespoon cornstarch
- 1 celery stalk
- ¼ cup cold water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups hot milk
- 1 stiffly beaten egg white

Cook the oysters and liquor or water for 3 minutes, or until edges curl. Chop the oysters fine and cook with onion and celery in the boiling water for 10 minutes. Pour into colander or strainer, rubbing the soft part through. Mix the cornstarch, salt, and ¼ cup cold water to a smooth paste. Slowly stir it into oyster stock and boil for 5 minutes. Remove from fire and add hot milk and stiffly beaten egg white, beating the mixture thoroughly. Serve immediately.

The oyster stock may be prepared sometime before the serving hour but milk and egg white should not be added until just before serving.