



SOUP RECIPES

from Women's & Children's Free Restaurant



Sante Fe Chowder

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| 1 Tbs. oil | 2 cups diced red & green peppers |
| 1 cup green chilies | 2 cups diced tomatoes |
| 2 cup chopped onions | 2 cups frozen corn |
| 1 Tbs. cumin | 2 cups shredded zucchini |
| 1 Tbs. Coriander | 1 cup milk |
| 1 Tbs. oregano | 4 oz cream cheese |
| 1 Tbs. Salt | 1 cup grated cheddar cheese |
| 1 qt vegetable stock or water | Fresh cilantro as desired |

Sauté chilies, onions, cumin, coriander, oregano, and salt in oil for 10 minutes. Add carrots, sweet potatoes & water. Bring to a boil and lower heat. Cover; let simmer for 10 minutes.

Add peppers, tomatoes, corn & zucchini; cover & cook 15 min on med heat.

Ladle 1/2 gal of vegetables from soup into food processor, add cream cheese, cheddar cheese, & milk; puree until smooth.

Stir puree back into soup; heat gently.

Garnish with cilantro.

Creamy Artichoke Soup

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| ★ 4 whole artichokes | ★ 1 small carrot diced |
| ★ 2 cups water | ★ 1 onion, diced |
| ★ 2 cups chicken stock | ★ 1 small celery stock |
| ★ 1/2 cup dry vermouth | ★ 2 cloves garlic, minced |
| ★ 1 potato, diced | ★ 2 bay leaves |
| ★ 1/2 cup heavy whipping cream | ★ 4 Tbs Romano Cheese, |
| ★ salt and pepper to taste | ★ grated |

★ Steam artichokes in water until tender (about 45 minutes), reserve liquid. Cool Artichokes.

★ Scrape flesh from bottom third of each leaf. Place in medium soup pot along with liquid.

Soup Hints and Tips:

- To reduce the fat content, make the soup the day before, chill and scrape off the fat that rises to the top. If you don't have time to chill the soup, use an unprinted paper towel to soak up oil from the surface.
- Savory soups and stews always taste better if made a day or two in advance and reheated just before serving.
- Chilled foods tend to dull the taste buds and may need more seasoning than hot soups; check before serving.
- If your hot soup ends up slightly salty, add a whole, peeled potato to the soup and simmer for about 15 minutes to absorb salt. Remove the potato and serve. (Save the potato for the cook's treat!)

