

# **Soups**

## **Carol's Easy Potato Soup**

**1/3 c. carrots, thinly sliced**  
**1/4 c. chopped onion**  
**2 T. butter**  
**2 c. mashed potatoes**  
**1 1/2 c. milk**

In saucepan, cook carrots and onion in butter for 6 minutes. Stir in the potatoes. Slowly add enough milk for a medium-thick soup. Add some salt and pepper; heat. Serves 4 to 6.

**Carol Aarestad**

## **Fine Fish Chowder**

**1 T. butter**  
**2 c. peeled, cubed potatoes (2 med.)**  
**1 c. sliced carrots (3 med.)**  
**2 c. sliced onion (2 lg.)**  
**Salt, to taste**  
**2 whole cloves**  
**1 tsp. dry dill weed or 1 T. fresh snipped dill**  
**1 bay leaf**  
**2 T. flour**  
**2 c. boiling water**  
**1 lb. thick fish fillets, cut into 1" pieces (halibut, cod, pollock)**  
**1/2 c. dry white wine**  
**1 c. milk (skim or low-fat)**  
**Pepper, to taste**  
**2 T. parsley**

In a large saucepan or Dutch oven (6-quart capacity), melt butter and add potatoes, carrots, onion, salt, cloves, dill and bay leaf. Sauté, stirring, for about 5 minutes. Add flour, and cook for another 30 seconds. Add the boiling water and cover pot tightly. Simmer the chowder over very low heat for about 15 minutes, or until the vegetables are tender. Add the fish and wine. Cover the pot and simmer for another 10 minutes or until the fish flakes easily with a fork. Discard the bay leaf. Add milk and cook, stirring until hot. Season with pepper and serve it sprinkled with parsley.

**Mary Vickrey**

## **Potato Soup**

**4 chicken bouillon cubes**  
**1 qt. water**

**1 c. diced onion**  
**1 c. diced celery**  
**3 c. raw potatoes, cubed**  
**1 (12 oz.) pkg. frozen vegetables**  
**2 cans cream of chicken soup**  
**1/2 lb. Velveeta cheese**

Boil first 4 ingredients about 10 minutes. Add potatoes and frozen vegetables; cook about 20 minutes. Add soup and cheese; heat until cheese melts.  
Keeps well in refrigerator. Just add milk and reheat.

**Phylis Black**

## **Hungarian Potato Soup**

**1 c. chopped onions**  
**4 T. butter**  
**8 to 10 med.-size potatoes, diced**  
**Water (see below)**  
**2 tsp. salt**  
**1 c. flour**  
**4 tsp. paprika**  
**2 3/4 c. sour cream**  
**5 c. milk**  
**1/2 tsp. oregano**

Cook onion in butter until tender; add potatoes, salt, and enough water to cover the potatoes. Blend flour, paprika and sour cream mixture. Add milk, heat to boiling, stirring constantly. Cook 1 minute, or until thick.

**Margaret Fransen**

## **Super-Simple Soup**

**2 c. carrots**  
**1 1/2 c. potatoes, chopped**  
**1 c. onions, chopped**  
**1 1/2 c. water**  
**2 c. (10 oz.) frozen peas**  
**1 lb. frankfurters, cut diagonally**  
**1 c. milk**  
**1 can cream of celery soup**  
**2 c. (8 oz.) shredded Cheddar cheese**  
**Salt & pepper, to taste**

Cook first 4 ingredients until slightly tender. Add frozen peas and frankfurters. Cook 5 minutes. Stir milk into soup, add this, plus the cheese, to the first mixture. Heat, but do not boil. Serves 6.

**Ruth Gjelsness**

## **Creamy Potato Soup**

**2 1/2 T. butter**  
**1 c. chopped onions**  
**1 lg. carrot, diced**  
**3 c. boiling water**  
**1 tsp. salt**  
**1/2 tsp. pepper**  
**1 chicken bouillon cube**  
**2 c. peeled & diced potatoes**  
**1/2 lb. sliced, fresh mushrooms**  
**½ c. half & half**  
**1/2 c. flour**

In a kettle, melt 1 1/2 tablespoons of butter or margarine. Add onions and carrots. Sauté for 5 minutes; stir in water, salt, pepper and bouillon cube. Add potatoes and simmer, covered, about 20 minutes. Meanwhile, rinse, dry and slice mushrooms. In a small skillet, melt remaining margarine or butter and sauté mushrooms until golden brown. Combine half & half with flour, stir into soup along with mushrooms. Stir until lightly thickened. Serves 4 to 5.

**Rose Fucha**

## **Potato Soup**

**6 potatoes, cubed**  
**1 carrot, sliced**  
**1 stalk celery, sliced**  
**2 onions, chopped**  
**4 chicken bouillon cubes**  
**1 (13 oz.) can evaporated milk**  
**1 T. salt**  
**5 c. water**  
**Sprinkling of chives**  
**1 c. Mozzarella cheese**

**Merryl Irving**

## **Potato-Corn Soup**

**4 slices bacon, diced & fried**  
**1 onion, sliced thin**  
**2 c. diced potatoes**  
**2 c. milk**

**2 c. water**  
**2 c. cream-style corn**  
**1 stick butter**

Add onion to bacon drippings after bacon has been fried and removed. Cook until browned. Add water, potatoes, some salt and pepper. Cook until potatoes are done; add corn, milk and butter. Heat; add bacon when ready to serve. Serve 4 to 6 people.

**Margaret Sondreal**

## **Vegetable-Cheese Soup**

**4 chicken bouillon cubes**  
**2 1/2 c. cubed potatoes**  
**1 c. diced carrots**  
**1 c. diced onions**  
**1 c. diced celery**  
**1 (32 oz.) pkg. frozen California Blend vegetables**  
**2 cans cream of chicken soup**  
**1 soup can water**

Cook until vegetables are just tender. Add 1 pound Velveeta cheese and heat until cheese melts. Do not boil.

**Variation:** Add seasoned salt while vegetables are cooking, if you wish.

**Anna Mae Hankey**

## **Easy Cream of Potato Soup**

**1/2 c. sliced green onion**  
**2 T. vegetable oil**  
**1 can chicken broth**  
**1 c. instant mashed potato flakes**  
**1 can evaporated milk**  
**Pepper, to taste**

In medium-size saucepan over medium heat, sauté sliced onion in oil. Add broth, bring to a rolling boil. Remove from heat; whisk in flakes, evaporated milk and pepper. Return to heat and heat through. Makes 4 servings.

May add water if too thick for your liking.

**Anna Mae Hankey**

## **Cream of Potato Soup**

**6 med. potatoes**  
**1 carrot, chopped**  
**1/2 pkg. onion soup**

**1 beef bouillon**  
**1 c. Cheddar cheese**  
**Milk, to thin**

Cook potatoes and carrot until done. (Do not salt until last, if needed.) Add onion soup and bouillon cube. Cook 10 minutes. Add Cheddar cheese and milk to desired thinness. Cook slightly and put into blender. Reheat to serve.

**Clarice Schmidt**

## **Potato-Cheese Soup**

**1 c. diced onion (about 1 med.)**  
**1 c. celery, diced**  
**1/4 c. butter or margarine**  
**4 med. potatoes, peeled & thinly sliced**  
**1 c. chicken broth**  
**3 c. milk**  
**1 c. half & half**  
**2 c. grated sharp Cheddar cheese**  
**1 tsp. thyme**  
**1 T. Worcestershire sauce**  
**2 T. parsley flakes**

Sauté onion and celery in butter until tender. Add potatoes and chicken broth and cook, uncovered, until potatoes are tender. Add 2 cups of the milk. Puree potatoes and liquid mixture in a blender in several batches. Return to saucepan and add remaining 1 cup milk, half & half, cheese, thyme and Worcestershire sauce. Cook, stirring constantly, until cheese is melted. Serve garnish with parsley. Serves 6.

**JoAnn Moquist**

## **Favorite Soup**

**3/4 lb. bacon**  
**1 onion**  
**3 can cream of potato soup**  
**1 c. wild rice, cooked**  
**2 (8 oz.) cans mushrooms in juice**  
**2 c. water**  
**2 c. shredded American cheese**  
**1/2 c. white wine**  
**2 c. half & half**

Fry bacon until crisp. Crumble bacon and set aside to drain. Chop onion; sauté in bacon grease. Add rest of ingredients into a soup pan. Add onion and crumbled bacon. Salt and pepper, to taste.

**Sandy Hapka**

## **Baked Potato Soup**

**2/3 c. butter or margarine**  
**2/3 c. all-purpose flour**  
**7 c. milk**  
**4 lg. baking potatoes (about 4 c.), baked, cooled, peeled & cubed**  
**4 green onions**  
**12 strips bacon, cooked & crumbled**  
**1 1/4 c. shredded Cheddar cheese**  
**1 c. (8 oz.) sour cream**  
**3/4 tsp. salt**  
**1/2 tsp. pepper**

Melt butter in a large soup kettle. Stir in flour; heat, stirring until smooth. Gradually add milk, stirring constantly, until thickened. Add potatoes and onions. Bring to a boil, stirring constantly. Reduce heat, simmer for 10 minutes. Add remaining ingredients. Stir until cheese is melted. Serve immediately. Serves 8 to 10.

**Lee Anderson**

## **Bacon-Potato Chowder**

**8 slices bacon, cut into 1" pieces**  
**2 1/2 c. cubed potatoes**  
**1 c. chopped onions**  
**1 c. sour cream**  
**1 1/4 c. milk or half & half**  
**1 can cream of chicken soup**  
**1 (16 oz.) can cream-style corn**  
**1/4 tsp. salt**  
**1/4 tsp. pepper**  
**1/4 tsp. thyme**  
**1 T. green pepper**  
**1 T. red pepper**

Cook bacon 5 minutes. Add potatoes and onion. Cook until tender. Add sour cream, milk, chicken soup, corn, pepper and thyme. Heat through. Garnish with cheese.

Meal in less than 1/2 hour!

Note: Precooked potatoes or frozen hash browns can be used.

**Kathi Anderson**

## **Favorite Potato Soup**

**2 T. butter**

**1/2 c. finely-chopped carrots**  
**1 c. thinly-sliced celery**  
**3 c. cubed potatoes**  
**2 T. snipped parsley, fresh or dried**  
**1 (10 1/2 oz.) can condensed chicken broth**  
**1/2 c. finely-chopped onion**  
**3/4 tsp. salt**  
**1/8 tsp. pepper**  
**Dash of dill weed**  
**1 T. chopped pimento**  
**3 1/2 c. milk**  
**1/2 c. fried bacon, broken up**  
**1 sm. can Carnation milk**

In a 3-quart saucepan, heat butter and milk and sauté onion until tender. Add carrots, celery, potatoes, parsley, chicken broth, dill weed, salt and pepper; cover and simmer until vegetables are tender, or about 15 minutes. Reduce heat and add pimento and 3 1/2 cups of milk. Heat the soup until the milk is scalded only. Do not boil.

**Note:** You may use 1 1/2 tablespoons chicken bouillon in 1 1/2 cups of water, instead of the broth, for the same results.

**Mrs. Hiladore Osowski**

## **Leeks, Potato and Spinach Soup**

**1/4 c. butter or margarine**  
**4 c. water**  
**1 c. thinly-sliced leeks**  
**1 1/2 lb. potatoes, sliced 1/4" thick**  
**6 c. coarsely-chopped spinach**  
**Salt & freshly-ground pepper, to taste**  
**Sour cream**

In a 3-quart saucepan over high heat, melt the butter in 1 cup of water. Add leeks, cover and simmer over low heat for 5 minutes. Add potatoes and remaining water; bring to a boil and cook until potatoes are tender, approximately 15 minutes. Just before serving, add spinach and simmer, gently, for 5 minutes. Season with salt and pepper. Serve hot, garnished with a swirl of sour cream. Serves 4 to 6.

**Kathryn Carlson**

## **New England Fish Chowder**

**1 1/2 lb. fish**  
**2 c. diced potatoes**  
**1 c. diced carrots**  
**1 qt. water**  
**1/4 lb. bacon**

**1 onion, chopped**  
**2 T. flour**  
**2 c. milk**  
**Salt & pepper, to taste**  
**2 T. butter**

Cut fish into small pieces. Cook fish, potatoes and carrots in water, until done. Fry bacon until crisp, remove bacon, then sauté onion in the drippings. Add flour and stir until well blended. Gradually, add milk. Add that to fish mixture (do not drain fish mixture); add salt and pepper, simmer 10 minutes more and add butter. Serve hot.

**Janelle Davis**

## **Cheese Soup**

**1 c. chopped celery**  
**1 c. chopped onion**  
**4 chicken bouillon cubes**  
**1 1/2 qt. water**  
**3 c. hash browns**  
**1 family-size can cream of mushroom or cream of chicken soup**  
**1 1/2 to 2 lb. Velveeta cheese**  
**1 (16 oz.) pkg. frozen broccoli & cauliflower**

Boil celery and onions in water and bouillon cubes. Add remaining ingredients.

**Note:** Or, combine celery, onion, bouillon, water, hash browns and vegetables together in a crock-pot. Cook on low for 8 hours. Add soup and cheese. Cook on high until cheese melts. Stir before serving.

**Sandy Hapka**

## **Potato Soup**

**5 to 6 med. potatoes**  
**1 lg. onion**  
**1 lb. bacon**  
**1 c. wild rice (cooked per pkg. instructions)**  
**1/2 to 3/4 lb. Velveeta cheese**  
**2 c. milk**  
**1/2 c. half & half or add 1/4 lb. butter**

Peel potatoes and slice. Cover with water to just barely cover; add 1/2 teaspoon salt. Boil until almost done. Cut up onion and sauté. Fry bacon, dice, fry crisp, drain and crumble. Add to onion; set aside. Melt Velveeta, add milk, half & half or butter. Add to bacon and potato mixture. Add wild rice. Simmer, slowly, 1/2 to 1 hour. Serves 5.

**Leona Rapacz**

## **Easy, Tasty Potato Soup**

**2 lg. potatoes, cubed**  
**2 carrots, grated**  
**1/2 c. diced onions**  
**2 c. mashed potatoes**  
**2 qt. water**  
**1 bay leaf**  
**Allspice, to taste**  
**Salt & pepper, to taste**

Boil until vegetables are done. Add the following: Dice 2 tablespoons onion, 2 tablespoons butter, 5 slices of diced bacon in frying pan. Fry until bacon is brown. Pour drippings, bacon and onions in soup. Mix 1/2 cup sour cream, 2 tablespoons flour and 1 cup cream together. Add to soup, simmer for a few minutes. Serve hot. Serves 6 to 8.

## **Potato Chowder**

**1 med. onion**  
**2 1/2 c. diced potatoes**  
**3/4 c. sliced carrots**  
**2 c. boiling water**  
**1 tsp. salt**  
**3/4 tsp. parsley flakes**  
**1/4 tsp. sage**  
**1/4 tsp. paprika**  
**1/8 tsp. white pepper**  
**3 c. milk, divided**  
**3 T. flour**  
**2 slices bacon, cut in pieces**

Fry bacon; drain and set aside. Add onions to drippings, sauté until transparent. Add potatoes, carrots, water and salt. Cover and simmer 10 minutes, or until vegetables are tender. Add spices and bacon. Combine 1/2 cup milk and flour; blend thoroughly. Add to soup. Simmer until slightly thick, stirring constantly. Add remaining milk, heat through.

**Note:** Bits of ham taste good in this, also.

**Marion Drees**

## **French Potato-Mint Soup**

**1 T. butter or margarine**  
**1 1/3 lb. (4 med.) potatoes, cut into 3/4" cubes**  
**2 (14 1/2 oz.) cans vegetable or chicken broth**  
**1 1/2 c. water**  
**1 c. sliced carrots**  
**1 1/2 c. frozen peas**  
**1/2 c. sliced green onions**

**1/2 c. coarsely-chopped mint leaves**  
**Salt, to taste**  
**1 to 2 tsp. lemon juice**

In 3-quart saucepan over medium-high heat, melt butter. Add potatoes; cook, tossing occasionally, 5 minutes. Reduce heat to medium and add broth, water and carrots. Bring to boil, reduce heat, cover and cook until potatoes and carrots are tender, about 15 minutes. Add peas, onions and mint. Continue to cook 5 minutes. Season with salt and lemon juice. Makes 4 servings.

**Menu:** Crusty Rolls, Romaine Salad with Garlic Croutons, Fruit and Cheese.

**Nutritional Information Per Serving:** 230 calories, 4 gm fat, 10 mg cholesterol, 1030 mg sodium, 43 gm carbohydrates, 6 gm fiber, 7 gm protein.

## **Potato-Tomato Bisque**

**1/2 c. dried tomato halves, cut into 1/4" strips with kitchen shears**  
**1 1/2 c. water**  
**1 chicken or vegetable bouillon cube**  
**8 oz. potatoes, cut into 3/4" cubes**  
**1/4 c. sliced celery**  
**1/3 c. frozen whole kernel corn**  
**1/4 c. sliced green onions**  
**1/2 c. low-fat milk**  
**1/4 tsp. dried thyme**  
**Salt & pepper, to taste**

In small bowl, cover tomatoes with boiling water; set aside 10 minutes. In 1 1/2- to 2-quart saucepan, bring 1 1/2 cups water and bouillon cube to boil. Add potatoes; return to boil. Cover and simmer about 10 minutes, just until tender. With slotted spoon, remove 1/2 cup potatoes; set aside. Pour contents of saucepan into a container of electric blender. Holding lid down tightly, blend until smooth; return to saucepan. Drain and add tomatoes, reserved potatoes; then remaining ingredients, except salt and pepper. Cook over low heat, stirring often, 8 minutes. Season with salt and pepper. Thin with a little additional water or milk, if needed. Makes 2 servings.

**Menu:** Cheese Crackers, Crisp Vegetable Sticks, Ice Cream Sandwiches.

**Nutritional Information Per Serving:** 190 calories, 2 gm fat, 5 mg cholesterol, 590 mg sodium, 39 gm carbohydrate, 4 gm fiber, 7 gm protein.

## **Grandma's Chicken-Vegetable Soup**

**1 (49 1/2 oz.) can reduced-sodium chicken broth**  
**1/2 c. water**  
**1 lb. (3 med.) potatoes, cut into 1/2" cubes**  
**1 med. carrot, cut into 1/4" slices**  
**1 lb. boned & skinned chicken breasts, cut into 1" chunks**  
**1 med. zucchini, cut into 1/4" slices**  
**3 green onions, sliced**  
**2 tsp. dried basil**  
**Salt & pepper, to taste**

In 3-quart saucepan over medium heat, combine broth and water. Cover and bring to boil. Add potatoes and carrot; cover and cook 5 minutes. Add chicken, zucchini, onions and basil; bring to a boil, reduce heat, cover and cook until chicken is opaque throughout, about 7 minutes. Season with salt and pepper. Makes 4 servings.

**Menu:** Toasted French Bread, Grapes with Yogurt and Brown Sugar.

**Nutritional Information Per Serving:** 220 calories, 4 gm fat, 65 gm cholesterol, 1040 mg sodium, 24 gm carbohydrate, 3 gm fiber, 23 gm protein.

## **Cheese and Trees Soup**

**1 T. butter or margarine**

**1 c. chopped onion**

**1 1/3 lb. (4 med.) potatoes, cut into 3/4" cubes**

**2 1/2 c. water**

**2 chicken bouillon cubes**

**1 (10 oz.) pkg. frozen chopped broccoli, thawed and drained**

**1 1/2 c. shredded Cheddar cheese**

**Salt & pepper, to taste**

Melt 2- to 3-quart saucepan over medium heat, melt butter. Add onion; sauté 5 minutes. Add potatoes, water and bouillon cubes. Bring to boil, reduce heat, cover and cook until potatoes are just tender, about 15 minutes. Remove 1 cup of the potato cubes with a slotted spoon; set aside. Pour contents of saucepan into container of electric blender. Holding lid down tightly, blend until smooth; return to saucepan. Mix in reserved potatoes and the broccoli. Over medium-low heat, gradually add cheese, stirring until heated through and cheese is completely melted. Season with salt and pepper. Makes 4 servings.

**Menu:** Bread Sticks, Carrot-Raisin Salad, Gingerbread with Applesauce.

**Nutritional Information Per Serving:** 360 calories, 18 gm fat, 60 mg cholesterol, 640 mg sodium, 33 gm carbohydrate, 7 gm fiber, 18 gm protein.

## **Minestrone in Minutes**

**3/4 c. chopped onion**

**2 cloves garlic, minced**

**1 T. vegetable oil**

**2 (14 1/2 oz.) cans vegetable broth**

**2/3 lb. (2 med.) potatoes, cut into 1/2" cubes**

**1 1/2 c. frozen mixed vegetables**

**1 (8 3/4 oz.) can red kidney beans, drained**

**1 tsp. dried Italian herb seasoning**

**Grated Parmesan cheese**

In 3-quart saucepan over medium heat, sauté onions and garlic in oil 5 minutes. Add broth and potatoes; bring to a boil, reduce heat, cover and cook until potatoes are just tender, about 10 minutes. Add vegetables, beans and herb seasoning. Cover and simmer 10 minutes. Ladle into bowls. Sprinkle each serving with cheese. Makes 4 servings.

**Menu:** Italian Bread, Leafy Salad Greens with Italian Dressing, Biscotti.

**Nutritional Information Per Serving:** 220 calories, 7 gm fat, 5 mg cholesterol, 1230 mg sodium, 34 gm carbohydrate, 7 gm fiber, 9 gm protein.

## **Fast-and-Fit Clam Chowder**

**1 T. butter or margarine**  
**1 c. chopped leeks or onions**  
**1 c. diced red and/or green bell peppers**  
**2 (6 1/2 oz.) can chopped clams in clam juice**  
**2 lb. (6 med.) potatoes, cut into 1/2" cubes**  
**1 (14 1/2 oz.) cans reduced sodium chicken broth**  
**2 tsp. dried thyme**  
**1 c. low-fat milk**  
**1 (10 oz.) pkg. frozen whole kernel corn, thawed and drained**  
**1/8 tsp. cayenne pepper**  
**Salt & pepper, to taste**

Place butter in 2 1/2- to 3-quart microwave-safe bowl. Microwave on high 1 minute. Add leeks and bell peppers; microwave on high 3 minutes. Drain juice from clams into microwaved vegetables, reserving clams. Stir in potatoes, broth and thyme. Cover with plastic wrap, venting one corner. Microwave on high 20 minutes. With slotted spoon, remove 4 cups cooked potatoes; set aside. Pour contents of bowl into container of electric blender; add milk, and hold lid down tightly, blend until smooth. Return mixture to bowl. Stir in reserved clams and potatoes, the corn and cayenne; season with salt and pepper. Microwave on high 3 minutes, until heated through. If desired, pass bowls of shredded Cheddar cheese, chopped parsley and/or crumbled, cooked bacon and stir into soup. Makes 4 servings.

**Note:** Microwave cooking times are based on a 700-watt microwave. Adjust cooking times to your own oven.

**Menu:** Sesame Breadsticks; Butter Lettuce, Mushroom and Sprout Salad, Frozen Yogurt.

**Nutritional Information Per Serving (without optional toppings):** 370 calories, 7 gm fat, 75 mg cholesterol, 420 mg sodium, 65 gm carbohydrate, 5 gm fiber, 19 gm protein.

## **Hearty Potato-Sauerkraut Soup**

**4 c. chicken broth**  
**1 (10 3/4 oz.) can cream of mushroom soup**  
**1 (16 oz.) can sauerkraut, rinsed & drained**  
**8 oz. fresh mushrooms, sliced**  
**2 to 3 med. potatoes, cubed in sm. cubes**  
**2 med. carrots, chopped**  
**1 med. onion, chopped**  
**2 stalks celery, chopped**  
**3/4 lb. smoked Polish sausage, cubed**  
**1/2 c. chopped, cooked chicken**  
**2 T. vinegar**  
**2 tsp. dried dill weed**  
**1/2 tsp. pepper**

In a 3 1/2- to 4-quart electric slow crockery cooker, stir together all ingredients. Cover and cook on low heat setting for 10 to 12 hours, or until vegetables are tender.

**Sue Schindler**

## **Baked Potato Soup**

**4 lg. baking potatoes**  
**2/3 c. butter or margarine**  
**2/3 c. all-purpose flour**  
**6 c. milk**  
**3/4 tsp. salt**  
**1/2 tsp. pepper**  
**4 green onions, chopped & divided**  
**12 slices bacon, cooked & divided**  
**1 1/2 c. shredded Cheddar cheese, divided**  
**1 (8 oz.) ctn. sour cream**

Wash potatoes. Bake at 400° for 1 hour, or until done. Cool and scoop out pulp. Melt butter in heavy saucepan over low heat. Add flour, stirring until smooth. Cook for 1 minute, stirring constantly. Gradually add 6 cups of milk, cook over medium heat, stirring constantly until thick and bubbly. Add potato pulp, salt and pepper, 2 tablespoons green onions, 1/2 cup bacon and 1 cup cheese. Cook until thoroughly heated. Stir in sour cream. Add extra milk; if desired. Serve with remaining onion, bacon and cheese. Yield: 10 cups.

**Jane Shephard**

## **Potato-Ham Chowder**

**4 med. potatoes**  
**2 T. butter**  
**1/4 c. chopped onion**  
**1/4 c. green pepper, chopped**  
**2 1/3 c. water, divided**  
**1 tsp. salt**  
**1/8 tsp. pepper**  
**1/4 tsp. paprika**  
**3 T. flour**  
**2 c. milk**  
**1 (12 oz.) can whole kernel corn**  
**1 1/2 c. diced cooked ham**  
**Chopped parsley for garnish**

Peel and dice potatoes in large saucepan. Melt butter, add onion and green pepper. Cook until tender. Add potatoes, 2 cups of water and seasoning. Cover and simmer until potatoes are tender. Make paste of flour and remaining water. Add the potato mixture, add milk and cook until slightly thickened, add

corn (undrained) and diced ham. Heat through and sprinkle with parsley. Serves about 6 people.

**Maxine Block**

## **Roots and Tubers Soup**

**8 c. chicken broth**  
**1 (14 1/2 oz.) can stewed tomatoes**  
**1 (6 oz.) can tomato paste**  
**2 med. potatoes, peeled & cubed**  
**1 med. onion, chopped**  
**1 carrot, sliced**  
**1 c. peeled & cubed turnip**  
**1 c. peeled & cubed rutabaga**  
**1 parsnip, peeled & sliced**  
**2 stalks celery, sliced**  
**1 1/2 c. cabbage, chopped**  
**2 bay leaves**  
**1 1/2 tsp. ground sage**  
**1/2 tsp. black pepper**

Combine all ingredients in a 5- to 6-quart pot; bring to a boil. Cover, reduce heat to simmer about 30 minutes, or until vegetables are tender. Serve hot. Soup can be stored, covered, in the refrigerator for up to 1 week. Makes 8 servings, about 1 1/2 cup each.

**Sue Schindler**

## **Cream of Potato Soup**

**5 lg. potatoes**  
**1/2 c. sliced carrots**  
**6 slices bacon**  
**1/2 c. chopped onion**  
**1 c. sliced celery**  
**1 1/2 tsp. salt**  
**1/4 tsp. pepper**  
**2 c. milk**  
**2 c. light cream or half & half**  
**Cheddar cheese, shredded**  
**Parsley**

Peel and slice potatoes, cook with carrots in boiling water to cover, until tender; drain. Sauté bacon until crisp. Drain on paper towel and crumble. Sauté onion and celery in 2 teaspoons bacon fat. Combine potatoes, carrots, bacon, onion, celery, salt, pepper, milk and cream. Simmer 30 minutes. Garnish each serving with cheese and parsley.

**Sadie Otto**

## **Potato Soup**

**8 slices bacon, cut in sm. pieces**  
**1 c. chopped celery**  
**1 c. chopped onion**  
**2 med. potatoes, diced**  
**1 T. dry parsley**  
**1 c. chicken broth**  
**Salt & pepper, to taste**  
**1 can cream of mushroom soup**  
**1/2 c. sour cream**  
**1 1/2 c. milk**

Cook bacon, onion and celery until bacon is browned and vegetables are tender; drain. Put into kettle: potatoes, parsley, broth, salt and pepper. Simmer, covered, for 12 to 15 minutes. Add all remaining ingredients and heat through.

**Margaret Sondreal**

## **Ella's Potato Soup**

**6 potatoes, peeled & cubed**  
**Onions, diced**  
**1 carrot, diced**  
**1 stalk celery, diced**  
**5 c. water**  
**Salt & pepper, to taste**  
**1/2 T. butter**  
**4 cubes chicken bouillon**  
**Parsley flakes**  
**1 can evaporated milk, later**

Cook until completely done. Add 1 can evaporated milk, just enough to heat through. First part can be cooked day before. Next day, heat and add milk.

**Note:** You may also top with Cheddar cheese when serving.

**Clarice Schmidt,**

**Given to me by Mrs. Henry Rosenfeldt,**

**Board Member, 1959**

