Soup for Supper –
Creating soup from scratch without a recipe

Start with an Empty Pot and Some Oil
The first step in making any soup is to heat up some oil in the pot, with no liquids added. Butter works well for making a roux for a creamy soup, or just oil to fry up some onions and garlic.
For making a soup with vegetables in it, chopped carrots, celery, peppers or mushrooms, add these veggies to the oil and onions. Let them sauté for a few minutes before adding any broth or liquids to add more flavor to the soup.

Add Your Broth
You’ll want to bring the soup to a boil as you’re tossing in more of the ingredients listed below. Make sure that you cook it long enough for hard veggies like carrots or potatoes to cook sufficiently.
If you’re making a creamy soup, start adding ingredients only after your roux is complete. Add the broth or other liquids next, and then add any vegetables, meat or fish, beans, etc.

Add Other Ingredients
This is the fun part. There are countless ingredients that you can chuck into a soup and it’s hard to go wrong.

HERE ARE SOME OF THE INGREDIENTS THAT MAKE GREAT SOUPS:

- **Lots of Veggies**- Carrots, celery, onion, garlic, mushrooms, peppers, green beans, chopped greens (spinach/chard/kale), tomatoes, celeriac (celery root), potatoes, sweet potatoes, squash, broccoli, cauliflower, beets, turnips, parsnips, peas, corn… basically any vegetable you like!
- **Animal Protein**- Beef (either stew beef or roast leftovers or even cooked ground beef), chicken (from a roast chicken, cut-up breast, ground), sausages, lamb, turkey, fish (canned fish, or chopped filets), eggs(beaten first and then whisked into the soup)
- **Beans and Legumes**- Lentils, any type of cooked beans, split peas
- **Dairy**- Milk or cream, kefir or yogurt, sour cream or crème fraiche, cheese
- **Grains**- Barley, brown rice, wild rice, tortilla strips, dumplings, brown rice pasta

Season Your Soup
Seasoning makes or breaks a soup. Seasonings can take ordinary ingredients and make them into something really extraordinary. The key is to try to think of flavors that might mesh well with what you’ve already got going, and that will mesh well with each other as well. If you’ve added a lot of hearty vegetables with beef, you could give it an Italian twist by adding a can of tomatoes, putting in some leftover or frozen beans, and lots of herbs like basil, oregano, rosemary, thyme, etc. A bit of apple cider vinegar or even balsamic vinegar might be nice (just a splash). Garlic is always good.

OR

You could take that same hearty beef and veggie soup, and give it more of a Mexican feel. Add some cumin, paprika, oregano, garlic and onion powder, and some chili or cayenne. Frozen corn is a nice addition. Serve it with tortilla strips or crumbled chips on top, some sour cream, and shredded cheddar cheese. Avocado would also be nice.

HERE ARE A FEW MORE IDEAS TO GET YOU STARTED:

- A tangy Thai influenced chicken soup, with peas, bean sprouts, ginger, garlic, and lemon or lime.
- A warming, root veggie soup, similar to a Scotch Broth. Think carrots, turnips, parsnips, with a beef or lamb base, and some pot barley as well. Onions and leeks, parsley and simple salt and pepper work well to season it up.
- A creamy cauliflower/broccoli soup, using a chicken base, some dry mustard, lots of sea salt, and cheddar cheese.
- A curried squash soup. Try adding onion and garlic, apples, maybe some coconut milk, and of course, curry powder.

Add seasonings ON TOP of your soup. A sprinkle of Parmesan or grated cheddar cheese. Fried tortilla strips or sourdough croutons. Crème fraîche drizzled, or a big dollop of sour cream. Fresh herbs like basil, oregano or cilantro strewn across. These are the finishing touches that add so much.

Blend It

Blending soup is key for helping flavors to meld together and bring out the best in each other. Use different levels of blending depending on the soup. Some soups, like a Curried Apple Squash, would benefit from complete blending so that they’re smooth and creamy. Some, like a Chicken Lentil Vegetable is better pseudo-blended. Enough to mix the flavors and create a thicker, richer soup base but not so much that you lose the veggie and chicken chunks. Almost every soup benefits from at least a few quick pulses of a hand held blender or some mashing with a potato masher.
Sometimes I make soup by cleaning out my fridge. Just start adding ingredients that seem like they would work well together. You might have a specific goal in mind (a seafood chowder, an Italian style-soup, a way to use up extra cauliflower). Any way you approach it, you can make something that will fit the bill.

Presented by: Kathy McEwan, Southwind Extension District
Turkey Noodle Soup

Yield
4 servings (serving size: 2 cups)

Ingredients

- Cooking spray
- 1 cup (1/4-inch-thick) slices carrot
- 3/4 cup chopped onion
- 4 garlic cloves, minced
- 1 cup (1/4-inch-thick) slices celery
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 6 cups fat-free, less-sodium chicken broth
- 2 cups (3 ounces) uncooked egg noodles
- 1 tablespoon low-sodium soy sauce
- 1 bay leaf
- 2 cups shredded turkey (about 8 ounces)
- Coarsely ground black pepper (optional)

How to Make It

Heat a large saucepan over medium-high heat. Coat pan with cooking spray. Add carrot, onion, and garlic; sauté 5 minutes or until onion is lightly browned. Add celery, salt, and 1/4 teaspoon pepper; sauté 3 minutes. Add broth and next 3 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer 5 minutes. Add shredded turkey; cook 3 minutes. Discard bay leaf. Sprinkle with coarsely ground black pepper, if desired.

Chef's Notes

This light and simple soup is the perfect way to use any leftover holiday turkey or just to have something warm on a chilly day.
Quick Fall Minestrone

Yield
8 servings (serving size: 1 1/2 cups soup and 1 tablespoon cheese)

Make the most of fall produce like butternut squash and kale in this hearty vegetarian soup. Pasta and beans make it especially filling.

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 6 cups vegetable broth
- 2 1/2 cups (3/4-inch) cubed peeled butternut squash
- 2 1/2 cups (3/4-inch) cubed peeled baking potato
- 1 cup (1-inch) cut green beans (about 1/4 pound)
- 1/2 cup diced carrot
- 1 teaspoon dried oregano
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt
- 4 cups chopped kale
- 1/2 cup uncooked orzo (rice-shaped pasta)
- 1 (16-ounce) can cannellini beans or other white beans, rinsed and drained
- 1/2 cup (2 ounces) grated fresh Parmesan cheese

How to Make It

Heat the oil in a large Dutch oven over medium-high heat. Add onion and garlic; sauté 2 1/2 minutes or until tender. Add broth and the next 7 ingredients (broth through salt); bring to a boil. Reduce heat, and simmer 3 minutes. Add kale, orzo, and beans; cook 5 minutes or until orzo is done and vegetables are tender. Sprinkle with cheese.
**Potato-Kale Soup with Gruyère**

Yield
6 servings (serving size: 1 2/3 cups soup and 1 1/2 tablespoons cheese)

Dark green, earthy kale contrasts with the mild yellow potatoes, but you can use fresh spinach in place of kale. Top with shredded gruyère cheese for a delicious finishing touch.

**Ingredients**

- 2 tablespoons butter
- 1 1/2 cups finely chopped onion
- 1 garlic clove, minced
- 7 cups fat-free, less-sodium chicken broth
- 4 cups coarsely chopped peeled Yukon gold potato (about 1 1/2 pounds)
- 1/4 teaspoon salt
- 1 bay leaf
- 6 cups chopped fresh kale (about 3/4 pound)
- 1 teaspoon dried basil
- 9 tablespoons (about 2 ounces) shredded Gruyère cheese

**How to Make It**

**Step 1**

Melt butter in a large saucepan over medium heat. Add onion; cook 8 minutes or until tender, stirring frequently. Add garlic; cook 30 seconds, stirring constantly. Stir in broth, potato, salt, and bay leaf; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender.

**Step 2**

Stir in kale and basil. Cover and simmer 10 minutes or until kale is tender. Discard bay leaf. Partially mash potatoes with a potato masher until thick and chunky. Top with cheese.
Tomato-Basil Soup

Yield
4 servings (serving size: 1 1/2 cups)

Make a quick version of the classic soup for a refreshingly light supper. Toasted French bread topped with a light Boursin cheese adds great flavor to the meal and is a tasty stand-in for the standard grilled cheese sandwich.

Ingredients

- 2 teaspoons olive oil
- 3 garlic cloves, minced
- 3 cups fat-free, less-sodium chicken broth
- 3/4 teaspoon salt
- 3 (14.5-ounce) cans no-salt-added diced tomatoes, undrained
- 2 cups fresh basil leaves, thinly sliced
- Basil leaves (optional)

How to Make It

Step 1
Heat oil in a large saucepan over medium heat. Add garlic; cook 30 seconds, stirring constantly. Stir in the broth, salt, and tomatoes; bring to a boil. Reduce heat; simmer 20 minutes. Stir in basil.

Step 2
Place half of the soup in a blender; process until smooth. Pour pureed soup into a bowl, and repeat procedure with remaining soup. Garnish with basil leaves, if desired.
North Woods Bean Soup

Yield
5 servings (serving size: about 1 1/2 cups)

Adding turkey kielbasa lends this hearty soup recipe a rich, slow-simmered flavor even though it takes just 25 minutes to make.

Ingredients

- Cooking spray
- 1 cup baby carrots, halved
- 1 cup chopped onion
- 2 garlic cloves, minced
- 7 ounces turkey kielbasa, halved lengthwise and cut into 1/2-inch pieces
- 4 cups fat-free, less-sodium chicken broth
- 1/2 teaspoon dried Italian seasoning
- 1/2 teaspoon black pepper
- 2 (15.8-ounce) cans Great Northern beans, drained and rinsed
- 1 (6-ounce) bag fresh baby spinach leaves

How to Make It

Step 1

Heat a large saucepan coated with cooking spray over medium-high heat. Add carrots, onion, garlic, and kielbasa; sauté 3 minutes, stirring occasionally. Reduce heat to medium; cook 5 minutes. Add the broth, Italian seasoning, pepper, and beans. Bring to a boil, reduce heat, and simmer 5 minutes.

Step 2

Place 2 cups of the soup in a food processor or blender, and process until smooth. Return the pureed mixture to pan. Simmer an additional 5 minutes. Remove soup from heat. Add the spinach, stirring until spinach wilts.
Broccoli and Cheese Soup

Yield
6 servings (serving size: 1 1/3 cups)

Ingredients

- Cooking spray
- 1 cup chopped onion
- 2 garlic cloves, minced
- 3 cups fat-free, less-sodium chicken broth
- 1 (16-ounce) package broccoli florets
- 2 1/2 cups 2% reduced-fat milk
- 1/3 cup all-purpose flour
- 1/4 teaspoon black pepper
- 8 ounces light processed cheese, cubed (such as Velveeta Light)

How to Make It

Step 1

Heat a large nonstick saucepan coated with cooking spray over medium-high heat. Add onion and garlic; sauté 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Step 2

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper. Remove from heat; add cheese, stirring until cheese melts.

Step 3

Place one-third of the soup in a blender or food processor, and process until smooth. Return pureed soup mixture to pan.
White Bean-Rajas Soup

Yield
5 servings

Sautéed onions, poblano chiles, and bell peppers form the foundation for this flavorful 30-minute soup.

Ingredients

- Cooking spray
- 2 cups chopped white onion
- 2 cups chopped seeded poblano chile
- 1 cup chopped red bell pepper
- 4 garlic cloves, minced
- 2 (14-ounce) cans fat-free, less-sodium chicken broth
- 2 (15-ounce) cans navy beans, rinsed and drained
- 1/4 cup fresh lime juice
- 2 tablespoons ground cumin
- 1 cup (4 ounces) shredded queso chihuahua or Monterey Jack cheese
- 2 1/2 tablespoons reduced-fat sour cream

How to Make It

Heat a Dutch oven coated with cooking spray over medium-high heat. Add onion, chile, red bell pepper, and garlic; sauté 5 minutes. Add broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Remove from heat. Add the beans, juice, and cumin. Cover and let stand 5 minutes. Ladle about 1 1/2 cups soup into each of 5 bowls, and top each serving with about 3 tablespoons cheese and 1 1/2 teaspoons sour cream.
Mexican Ham and Bean Soup

Yield
8 servings (serving size: 1 1/2 cups soup, 1 tablespoon cheese, and 1 tablespoon cilantro)

This filling soup makes good use of leftover ham. Pair with fresh bread for a complete meal.

Ingredients

- 1 pound dried pinto beans
- 8 cups fat-free, less-sodium chicken broth
- 2 cups chopped onion
- 2 cups water
- 1 1/2 cups cubed smoked ham steak (about 8 ounces)
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 3 bay leaves
- 3 garlic cloves, crushed
- 1 (14.5-ounce) can diced tomatoes, undrained
- 1 chipotle chile (or dried ancho or pasilla chile)
- 1/2 cup (2 ounces) shredded Manchego cheese or Monterey Jack cheese
- 1/2 cup minced fresh cilantro

How to Make It

Step 1
Sort and wash beans; place in a large Dutch oven. Cover with water to 2 inches above beans; bring to a boil. Cook 2 minutes; remove from heat. Cover and let stand 1 hour. Drain.

Step 2
Combine beans, broth, and next 8 ingredients (broth through garlic) in a Dutch oven; bring to a boil. Partially cover; reduce heat to medium-low. Simmer 1 1/2 hours or until beans are tender.

Step 3
Stir in tomatoes and chile; simmer 30 minutes. Discard bay leaves and chile. Ladle soup into 8 bowls. Top with cheese; sprinkle with cilantro.
Looking for some SOS (Soup or Sauce) recipes? Try one (or all!) of these.

**SOS mix**
2 cups powdered non-fat dry milk  
¾ cup cornstarch  
¼ cup instant bouillon  
2 Tbsp dried onion flakes

Combine all ingredients in a resealable plastic bag, mixing well.

Equal to 9 (10.5) cans of cream soup.

This can be used in a variety of recipes such as soups, gravies, creamed vegetables, skillet meals, and casseroles.

To substitute for one can of cream soup, combine 1/3 cup of the dry mix with 1 ¼ cups of cold water. Whisk until well blended, then cook and stir on stove top or in microwave until thickened. Add to casseroles as you would a can of soup.

**Mushroom Soup**
1/3 cup dry mix  
1 ¼ cups cold water  
4 oz. can of mushrooms, drained, or a couple of tablespoons of dried mushrooms.

Whisk mix with water until well blended. If using dry mushrooms, add them now. Cook and stir on stove top or microwave until thickened. Add canned mushrooms. Heat thoroughly. Makes 2 servings.

**Tomato Soup**
1/3 cup dry mix  
1 ¼ cups cold water  
2 cups tomato sauce

Whisk mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add tomato sauce and heat thoroughly. Makes 3 servings.
Broccoli Cheese Soup
1/3 cup dry mix
1 ¼ cups cold water
1/3 cup fresh or frozen broccoli (cooked)
1 cup grated cheese

Combine mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add broccoli and grated cheese. Stir and heat thoroughly. Makes 2 servings.

Potato Soup
1/3 cup dry mix
1 ¼ cups cold water
1 cup cooked potato cubes
Cheese and/or meat if desired

Whisk mix with water until well blended. Cook and stir on stove top or in microwave until thickened. Add potato cubes and heat thoroughly. Makes 2 servings.

Alfredo Sauce
1/3 cup dry mix
1 ¼ cups cold water
½ cup grated Parmesan cheese
½ cup sour cream
¼ tsp pepper

In a saucepan, combine all ingredients, mix well and cook until thick. Serve sauce over cooked noodles or on pizza. Makes 6 servings.