

# SOUPS



**HAMBURGER SOUP**  
**DOROTHY LEUSCH**

1 Pound Ground Meat

1 Large Onion, sliced and cut into half rings

8 Cups Water

3 to 4 Cups Tomato Juice

Salt, to taste

Pepper, to taste

Onion Salt, to taste

1/2 Package Wide Egg Noodles

Put the meat in the water and bring to a boil. That's Gramie's version. It produces a lot of grease in the soup base. I prefer to brown the meat separately, drain it, and add it to the boiling water. Add the tomato juice, seasoning and onion and cook for 1/2 hour. Again, I diverse, to tell you that Uncle Richie makes a great hamburger soup. He will not tell us his recipe. We do know that instead of the tomato juice he uses V8. He may also substitute some of the water with a large can of tomato juice. You'll have to experiment. His version is much richer than Gramie's. After the basic cooking add the noodles. Once again, I'll tell you that Gramie boiled the noodles in the soup. That reduces your broth. You can cook them separately and add them to the finished broth. Taste for final seasoning and serve with hot bread and a salad.

**BARLEY, BEEF AND VEGETABLE SOUP**  
**LAURA LEUSCH**

3 Tablespoons Vegetable Oil	11 Cups Water
3 Beef Shanks Cross Cut, each cut about 1" thick	3/4 Cup medium Barley
2 Teaspoons Salt	5 Large Carrots, cut into 1" by 1/2" pieces
1 Teaspoon Oregano Leaves	1/2 Teaspoon Freshly Ground Black Pepper
5 medium celery Stalks, cut into 2" by 1/2" pieces	2 Beef-Flavored Bouillon Cubes
2 Large Onions, diced	1 Bunch Broccoli, cut into 2" by 1/2" pieces
3/4 Pound Mushrooms, each cut in half	

In an 8 quart dutch oven, in hot oil, brown the beef. Remove the beef once browned on all sides. In the drippings over medium heat, cook all the vegetables, except the broccoli, until lightly browned, stirring often. Return the beef to the pan and add the water, barley, salt, oregano, pepper and bouillon cubes. Over high heat, heat to boiling, stirring to loosen brown bits from the bottom. Reduce heat to low, cover, and simmer 1 1/2 hours or until beef and barley are tender, stirring occasionally. Skim the fat from the liquid. Add the broccoli and over high heat, heat to boiling. Reduce to low heat, cover and simmer 10 to 15 minutes or until broccoli is tender. Do not overcook the broccoli.

This is my very favorite soup! I have never made it for anyone, nor have I shared this recipe. Barley is a real favorite of mine. I always add more than called for and end up with more of a stew than thin soup. When the soup is ready I take the beef out and break it into chunks, removing the center bone. I hope you like this as much as I do!

**CHICKEN STOCK**  
**LAURA LEUSCH**

4 Pounds Chicken

1 Large Onion, stuck with 2 Whole Cloves

2 Leeks, cleaned

2 Carrots

6 Sprigs Parsley

1/2 Teaspoon Thyme

1 Bay Leaf

1 Clove Garlic

Cover chicken with 12 cups of cold water and bring to a boil. Skim the top and add 1/2 cup of cold water and bring to a second boil. Add the onion, leeks, carrots, parsley, thyme, bay leaf and garlic. Cook at low heat for at least 2 to 3 hours. Strain soup and refrigerate over night. The next day, skim the fat from the cold soup and heat to boiling. You can then use immediately or freeze in small batches or in ice cube trays for later use.

Homemade chicken stock can be much healthier and tastier than what you buy in cans. There is no sodium added here!

**CHILI  
ANN SUNDY**

1 1/2 Pounds Ground Chuck, browned

1 Green Pepper, chopped

1 Can Joan of Ark Kidney Beans, drained [optional]

1 Medium Onion, chopped

1 Large Can plus 1 Small Can Stewed Tomatoes

1 Clove Garlic, toothpicked

2 to 4 Teaspoons Chili Powder, to taste

Salt, to taste

Black Pepper, to taste

Combine all the ingredients and cook slowly until thick.

**CINCINNATI STYLE CHILI**  
**SANDY MITCHELL**

3 Tablespoons Vegetable Oil	2 Large Onions, chopped
4 Cloves Garlic, minced	3 Pounds Ground Chuck Meat
4 Tablespoons Chili Powder	2 Teaspoons Sweet Paprika
3/4 Teaspoon Cayenne Pepper	1/4 Teaspoon Turmeric
1/4 Teaspoon Ground Coriander	1/4 Teaspoon Ground Allspice
1/4 Teaspoon Cinnamon	1/4 Teaspoon Ground Cardamom
2 Eight Ounce Cans Tomato Sauce	2 Tablespoons Unsweetened Cocoa Powder
1 Tablespoon Molasses	3 Cups Beef Broth
2 Tablespoons Cider Vinegar	Salt and Pepper, to taste

In a heavy kettle, cook the onion in oil, over medium heat, stirring until they are softened. Add garlic and cook for 1 minute. Add the chuck, brown and drain. Add chili powder, cumin, paprika, cayenne coriander, allspice, cinnamon, turmeric, and cardamom. Cook for 1 minute. Stir in tomato sauce, cocoa, molasses, beef broth, 3 cups water, vinegar, salt and pepper. Bring to a boil. Turn to low and simmer for 1 1/2 hours. Serve over pasta or rice. Top with chopped onion and shredded cheddar cheese. Serves 6.

I know this sounds weird but it really is good! Sandy was a friend of mine. Quite often we cooked together. I bought the food and she drank the wine.

**CONSOMME WITH SHERRY**  
**DOROTHY LEUSCH**

1 Can Campbell's Consomme

Sherry, to taste

2 Tablespoons of Grated Carrot

OR

Small Amount of Cut Green Beans

Prepare consomme as can directs. Add the sherry and top with the beans or carrots.

**CREAM OF ASPARAGUS SOUP**  
**DOROTHY LEUSCH**

1 Can Campbell's Cream of Asparagus Soup

Bits of Asparagus, parboiled

Cayenne Pepper

Make the soup according to the directions on the can. Top with the asparagus and sprinkle a little cayenne pepper in each bowl.

Gramie always liked to dress up canned soup. They were quite successful with her guests!

**EASY FRENCH ONION SOUP**  
**DOROTHY LEUSCH**

1 Can Beef Broth

3 Small Spanish Onions, sliced thin

1 Package Dry Onion Soup Mix

1/4 Cup Dry Sherry

Thick Slices of French Bread

Grated Swiss Cheese

Butter

Saute the onion in butter until very soft but not brown. Combine the beef broth, onion soup mix, sherry and the onions and cook for 10 to 15 minutes on top of the stove. Toast both sides of the bread under the broiler until golden brown. In ovenproof individual soup crocks, put onions in first, then broth. Top with a slice of bread. Cover the whole top of the bowl with grated swiss cheese. Bake at 350 degrees for 1/2 hour. Put under broiler to brown before serving.

Gramie always looked for shortcuts. This is one of her better ones. It is a good winter soup to warm your bones!

**FISH STOCK**  
**LAURA LEUSCH**

1/2 Cup Olive Oil	3 Yellow Onions, chunked
4 to 5 Leeks, cleaned and diced	1 Head of Garlic, peeled
5 to 6 Tomatoes, chunked	
1 Bunch of Parsley	2 to 4 Bay Leaves
1 Tablespoon Whole Thyme	1/2 Teaspoon Dried Fennel
1 Thread of Saffron	3 Pieces Orange Peel
Lots of Freshly Ground Black Pepper	1 Dash of Tabasco Sauce
1 Teaspoon of Whole Coriander	3 1/2 Quarts Water
5 Pounds Fish Heads and Bones [Ask the fish department for it]	

In a 12 Quart pot heat the oil to hot but not smoking. Saute the onions, leeks, tomatoes and garlic for 10 to 15 minutes. Add the rest of the ingredients and bring to a boil. Reduce heat and simmer for 1 hour. Strain the soup and return liquid to a pot, bringing it to a boil once again. Reduce heat and simmer for 1 hour.

Something you can freeze in small amounts or in ice cube trays to use in later recipes. This is a stock that is not easy to buy. It is pretty easy to make your own and use it to cook fish in or add to a sauce for fish.

**FRENCH ONION SOUP**  
**MARTHA BRANION**

4 Tablespoons Butter	2 Tablespoons Vegetable Oil
2 Pounds Onions, thinly sliced [about 7 cups]	1 Teaspoon Salt
3 Tablespoons Flour	2 Cups Beef Stock
1 Cup Dry White or Red Wine	1 Bay Leaf
1/2 Teaspoon Sage	3 Teaspoons Cognac
12 to 16 Slices French Bread, 1 inch thick	3 Teaspoons Olive Oil
1 Clove Garlic, cut in half horizontally	12 to 16 Ounces Swiss Cheese, grated
1 Cup Parmesan Cheese, grated	1/4 to 1/2 Teaspoon Granulated Sugar

In a heavy 4 to 5 quart pan or kettle, melt the butter with the vegetable oil over moderate heat. Stir in the onions, salt and sugar and cook, uncovered, over low heat for 20 to 30 minutes. Stir occasionally. Remove the pan from the heat and sprinkle the flour over the onions. Mix together so that the onions are coated with the flour. In a separate pan, put the stock, wine, bay leaf and sage. Bring to a simmer over low heat. Pour the hot stock mixture slowly over the onions, stirring so the flour will not lump. Cook over slow heat, partially covered for another 30 to 40 minutes. Don't boil it, keep at a simmer, skimming the fat off the mixture occasionally. While the soup simmers, preheat the oven to 325 degrees. Spread the bread on a cookie sheet. With a pastry brush lightly coat the top side with olive oil. Bake for 15 minutes. Turn bread over and coat that side with the olive oil. Bake another 15 minutes until the bread is completely dry and light brown. Rub each slice with the cut garlic and set aside. Add the cognac to the soup. To finish, put the soup in an ovenproof soup tureen or individual ovenproof soup bowls. Top each bowl with 2 ounces of the Swiss cheese and 1 to 2 pieces of the French bread. Top with a generous amount of the grated Parmesan cheese. If you are using a soup tureen you will add all the Swiss Cheese, bread and then Parmesan cheese. Sprinkle the Parmesan with a little olive oil. Bake at 375 degrees for 20 minutes. Broil for a minute or 2 to brown the top. Serves 6 to 8.

Aunt Martha used a recipe from Julia Child for this. Gramie developed the Easy French Onion Soup as a result of this. She didn't like spending too much time on a recipe! It is sometimes nice to go back to the original!

## ITALIAN TORTELLINI SOUP

56 and 1/2 Ounces Beef Stock or Broth	7 Cups Water
1 Pound Sweet Italian Sausage, cut into 1/2" pieces	1/2 Pound Cabbage, shredded
1 Nine Ounce Box of Cheese or Meat Tortellini	1 Medium Zucchini, sliced
1 Nine Ounce Box of Spinach Tortellini	1 Small Green Pepper, diced
1 Small Red Onion, chopped	1 Medium Tomato, diced
1 Tablespoon Fresh Basil, chopped	Salt, to taste
Pepper, to taste	Parmesan Cheese, grated

Combine all ingredients in a large pot. Bring to a slow boil over medium heat and simmer until vegetables are tender, about 15 minutes. Serve with freshly grated Parmesan cheese.

This is from the Chicago Tribune.

**MOCK TURTLE SOUP**  
**DOROTHY LEUSCH**

3 Cans Campbell's Beef Bouillon

1 1/2 Soup Cans Water

2 Bottles Clam Broth

1 Avocado, cut in small pieces

Dry Sherry, to taste

Combine all ingredients and heat.

**SOUTH AMERICAN CLAM BISQUE**  
**DOROTHY LEUSCH**

1 Can Campbell's Gazpacho

1 Can Pepperidge Farm Chicken Curry

1 Can Campbell's New England Clam Chowder

Half and Half

Whole Milk

Blend soups in a blender. Add half and half and milk to thin. Heat before serving.

One of Gramie's concoctions.

## STEAK AND MUSHROOM SOUP

### Marinade

2/3 Cup Safflower Oil	2 Tablespoon Fresh Lemon Juice
1 Tablespoon Dark Brown Sugar	2 Tablespoons Dark Soy Sauce
1 Teaspoon Dijon Mustard	1 Large Clove Garlic, finely minced

### Soup Ingredients

1 1/4 Pounds Good Quality Steak, cut into 1" cubes	Seasoned Flour, for dredging
3 Tablespoons Olive Oil	3 Tablespoons Unsalted Butter
3 Medium Onions, 1/2 coarsely chopped, 1/2 sliced	2 Small Carrots, scarped and finely chopped
2 Small Celery Ribs, finely chopped	1 Pound Button Mushrooms, thickly sliced
5 to 6 Cups Beef Stock or Broth	1/2 Teaspoon of salt, or less to taste
1/5 Teaspoon Freshly Ground Black Pepper, generous	1 Large Bay Leaf
1 1/4 Pound Escarole, washed and torn into bite-size pieces	

Whisk the marinade ingredients together in a medium bowl. Make sure the fat is cut off the steak and add it to the marinade, being sure all is submerged. Marinate at least 1 hour and up to 24. Heat half the oil and half the butter in a large stockpot. Add the chopped onion, the carrot and celery. Cook over medium to high heat until nicely golden, but not overcooked, about 5 minutes. Add the mushrooms and continue cooking until just wilted. Remove vegetables and set aside. Wipe out the pan and add the remaining oil and butter. Pat the steak dry and dredge in the flour, shaking off any excess flour. Brown over medium heat, being careful not to burn the flour. Remove and set aside. Return cooked vegetables to the pot with the sliced onions and add 5 cups beef stock. Bring to a simmer and add salt, pepper and bay leaf. Simmer for 15 minutes. Add steak and simmer for 10 minutes. Add escarole and more stock if soup is too thick. Simmer only long enough for the escarole to become tender. Serves 6 to 8.

**STRACCIATELLA  
ITALIAN CHEESE-EGG SOUP**

2 Eggs, beaten

3 Tablespoons Parmesan Cheese, grated

2 Tablespoons Breadcrumbs

1/2 Teaspoon Salt

1/2 Teaspoon Nutmeg

5 1/2 Cups Chicken Broth, heated

Parsley, to garnish

Mix the eggs, breadcrumbs, Parmesan cheese, salt and nutmeg well. Add the mixture to 1/2 cup chicken broth and mix to a smooth texture. Add the mixture to the rest of the chicken broth. Garnish with parsley.

**TURKEY GIBLET STOCK**  
**LUCY LEUSCH**

1 Celery Rib, coarsely chopped	1 Carrot, coarsely chopped
1 Onion, quartered	5 Cups Chicken Broth
6 Cups Water	1 Bay Leaf
1 Teaspoon Black Peppercorns	2 Sprigs Fresh Thyme
2 Sprigs Fresh Sage	2 Sprigs Fresh Rosemary
2 Sprigs Fresh Parsley	Neck and Giblets From a 12 to 14 Pound Turkey [do not use the liver]

In a large deep sauce pan bring the broth and water to a boil. Add the spices, neck and giblets. When the mixture begins to froth, skim the froth from the top and discard. Add the vegetables and cook uncovered at a bare simmer for 2 hours or until liquid is reduced to 6 cups. Pour stock through a fine sieve into a bowl. Typically you cook the stock early in the day, while you prepare the turkey for the oven.

One piece of the puzzle to complete a turkey dinner!

## WEDDING SOUP

2 Chickens	3 to 4 Ribs Celery, chopped
1 Onion, coarsely chopped	2 to 3 Carrots, cleaned and chopped
1 Large Can College Inn Chicken Broth	1/2 to 1 Pound Escarole, torn into small pieces
1 Pound Lean Ground Meat	2 Eggs, beaten
1/4 Cup Breadcrumbs	Salt, to taste
Pepper, to taste	Garlic Powder, to taste
1/2 to 1 Cup Parmesan Cheese, grated	Olive Oil
1 Package Very Small Round Noodles	1 Package Lipton Chicken Noodle Soup

Cook the chicken, celery, onion and carrots, covered by water about 1 to 1and 1/2 hours. Bone and chunk the chicken and reserve the meat. Return the bones and skin to the broth add the can of chicken broth. Blanch the escarole and reserve while the broth continues to cook. Make the meatballs by combining the meat, eggs, breadcrumbs, salt, pepper and 1/4 cup of Parmesan cheese. Form fingertip size meatballs and brown in olive oil. Reserve with the chicken pieces. Find the smallest round noodles you can and brown in olive oil slightly, after cooking. Strain the soup and add the dry Lipton soup mix. Add the reserved meats and cook for 5 minutes. Add the pasta, escarole and the remaining cheese. Serve immediately.

This recipe comes from Rose, whose last name I don't remember. One winter or maybe late fall Sunday, I was at St. Bonaventure's for mass. During the mass a man collapsed and was taken from the church. As I left the church, the paramedics were at the entrance, taking the man out. They were talking among themselves and said they didn't think he would make it. He didn't. His wife, in her grief, died 2 hours later. Their daughter was Rose. To deal with their deaths she started helping people who were dying. She helped with Papa during his last months. This is her Mother's recipe.