

Cream of Vegetable Soups



Basic Recipe

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| 1 1/2 cup chicken broth | 2 tablespoons all-purpose flour |
| 1/2 cup chopped onion | 1/2 teaspoon salt |
| Vegetables & Seasonings (see chart) | Pepper, to taste |
| 2 tablespoons margarine | 1 cup milk |

1. In saucepan, combine the chicken broth, onion and one of the vegetable-seasoning combinations from the chart. Bring to boiling.
2. Reduce heat; cover and simmer the time indicated in the chart or until vegetable is tender. (Remove bay leaf if cooking broccoli).
3. Place vegetable mixture in a blender, food processor or use as-is without blending. If blending, cover and blend 30 to 60 seconds, until smooth.
4. In a saucepan, melt margarine. Blend in flour, salt, and pepper. Add the milk all at once. Cook and stir until thickened and bubbly.
5. Stir in the cooked vegetable mixture. Cook until heated through for a warm soup.
6. For a chilled soup, cover and refrigerate for several hours.

VEGETABLE	SEASONINGS	TIMING	AMOUNT of SOUP
2 cups broccoli cuts	1/2 tsp. dried thyme, crushed; 1 small bay leaf; dash garlic powder	10 minutes	3 1/2 cups
1 cup sliced carrots	1 Tbsp. fresh parsley; 1/2 tsp. dried basil, crushed	12 minutes	3 1/2 cups
1 1/2 cups cut green beans	1/2 tsp. dried savory, crushed	20 to 30 minutes	3 cups
1 1/2 cups shelled peas	1/2 cup shredded lettuce; 2 Tbsp. chopped ham; 1/4 tsp. dried sage, crushed	8 minutes	3 1/2 cups
1 cup sliced potatoes	1/2 cup dried dill weed	10 minutes	3 cups

