Create a Soup!
Adapted from How to Cook Without a Book by Pam Anderson

Create a tasty soup from simple foods. Just choose an item from each category and follow the directions. Use your imagination! Each pot of soup serves 4 adults.

Step 1 Choose one fat
2 tablespoons oil (vegetable, canola, olive), butter or margarine

Step 2 Add 1 medium chopped onion

Step 3 Choose one or more vegetables (2-3 cups, chopped)
Celery, green pepper, green beans, carrots, peas, corn, zucchini, squash, mushrooms, cauliflower, broccoli, cabbage, etc. (fresh, canned, or frozen)

Step 4 Choose one protein
1 pound beef, chicken, ham, sausage, etc. or
1 (16 oz) can beef, chicken, ham or
1 (16 oz) can beans (pinto, kidney, black, white, chick peas, hominy, etc.)
1 cup grated cheese

Step 5 Choose one starch
3-4 cups diced potatoes or
2 (16 oz) cans beans (pinto, kidney, black, white, chick peas, hominy, etc.) or
4 oz egg noodles, macaroni, pasta or
½ cup uncooked rice

Step 6 Choose a broth – you need 4 cups (1 quart)
2 (16 oz) cans chicken, beef, and/or vegetable broth or
4 cups water and chicken, beef, or vegetable bouillon or
1 can crushed or diced tomatoes and 3 cups water or
4 cups milk and chicken bouillon
Any combination of above to make 1 quart

Step 7 Choose one or more seasonings
1 – 2 teaspoons dried herbs (oregano, basil, cumin, chili powder, thyme, rosemary, parsley, etc.)
Bay leaf
1 – 2 tablespoons fresh herbs
Minced garlic

Directions
Heat fat in large soup pot. Add onion and cook until tender. Add remaining ingredients (except fresh herbs). Partially cover pot and simmer until meat is cooked and starch and vegetables are tender (about 20 – 30 minutes). Add fresh herbs. Season with salt and pepper to taste. Simmer another 5 minutes. Serve.

Suggestions
Chicken & Rice soup - Combine onion, celery, carrots, chicken, rice, chicken broth, rosemary, parsley, and garlic
Beef and Vegetable soup - Combine onion, potatoes, carrots, celery, beef, crushed tomatoes, beef broth, oregano, basil, parsley, and bay leaf
Black Bean and Corn soup - Combine onion, green pepper, corn, green chilies, black beans, rice, crushed tomatoes, chicken broth, oregano, cumin, chili powder, cilantro, and garlic
Cream of Broccoli soup – combine onion, broccoli, celery, cheese, milk, chicken bouillon, and garlic. Mash or blend together.