

Soups

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Chili Con Carne

1 ½ lbs. ground beef
1 large onion, chopped
1 ½ cup kidney beans (1 can)
1 can (1 lb.) tomatoes (2 cups)
1 8-oz. can tomato sauce
1 to 1 ½ Tbl. Chili powder
1 ½ tsp. salt
1 bay leaf

Brown beef and onion; drain. Add remaining ingredients; cover and simmer for 1 ½ hours. Add some water if needed to thin out.
Donna Note: If you are in a hurry, simmering for 1/3 hour is good enough.

Clam Chowder – Robin Slover

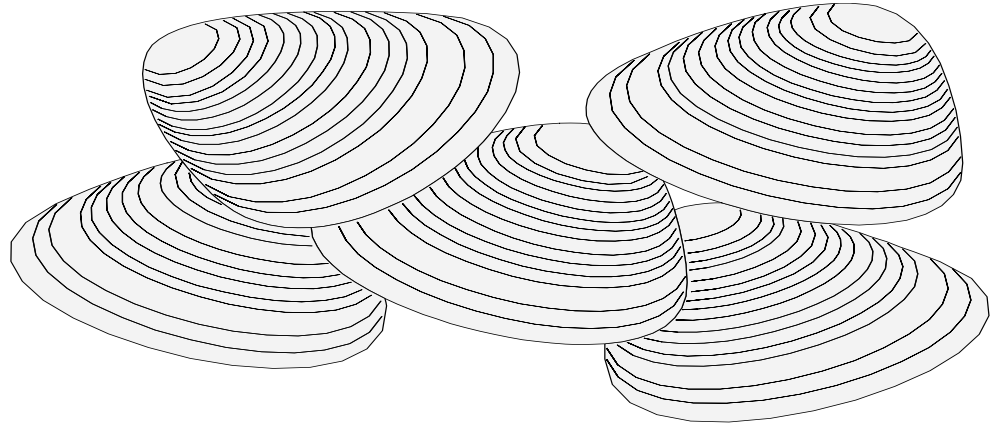
¾ lb. Minced clams (2 6 ½-oz. cans)
1 cup chopped onions
2 cups diced potatoes
1 cup diced celery
¾ cup butter
¾ cup flour
1 qt. half and half
½ tsp. salt
Pepper to taste
½ tsp. sugar

Drain juice from clams. Pour over vegetables in medium saucepan. Add water to barely cover. Simmer, covered, over medium heat until potatoes are tender (20 minutes). Meanwhile, melt butter; add flour and blend. Add cream; cook until smooth and thick, stirring with wire whisk. Season with salt, pepper, and sugar. Add to clam mixture.



Clam Chowder – Liz Lemmon

2 slices bacon, chopped
1 stalk celery, chopped
1 green onion, chopped
1 medium onion, chopped
1 can minced clams
1 can chopped clams
1 can whole clams
1 large potato, peeled and diced
Salt and pepper to taste
¼ tsp. thyme
1 qt. half and half



Cook bacon in large pot; remove. Add celery and onion; sauté until tender. Drain clam liquids into pot; bring to boil. Add potatoes and cook until tender. Add clams and bacon. Add seasonings and half and half. If necessary, thicken with cornstarch dissolved in cold water.

New England Clam Chowder

1 ½" cubed, diced, salt pork
1 chopped onion
3 cups diced raw potatoes
1 qt. minced chowder clams
Flour
Salt and pepper to taste
2 ½ cups water
4 cups hot milk
4 Tbl. Butter

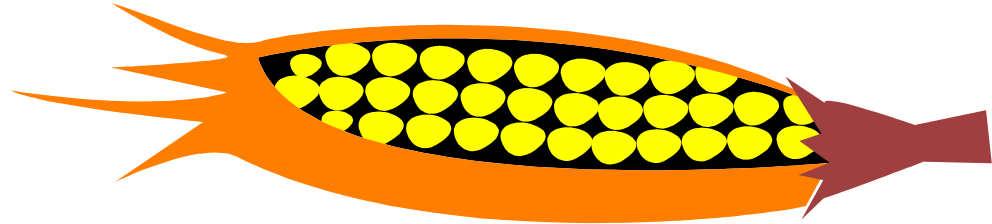
Brown pork; reserve scraps. Add onion; cook until golden. Put into pan in layers: potatoes and clams, sprinkling each layer with flour, salt and pepper. Add boiling water; simmer about 20 minutes, or until potatoes are tender. Add milk, butter, salt and pepper to taste. Sprinkle pork scraps on each serving.

Corn Chowder

2 Tbl. Diced bacon
½ cup diced onion
2 cups cubed raw potatoes
1 cup boiling water or corn liquid**
2 tsp. salt
1/8 tsp. pepper
1 10-oz. pkg. frozen whole kernel corn**
2 cups milk
1 can evaporated milk

**Can use 1 can corn, drained (use liquid instead of water)

Fry bacon until crisp. Add onion and sauté 5 minutes. Add potatoes, water or corn liquid, salt and pepper. Cook covered about 10 minutes. Add corn, cover and cook gently about 5 minutes or until vegetable is tender. Add milk and heat thoroughly.



Tortilla Soup – Donna Mitchell

4 Chicken breasts, cooked and chopped
4 cans condensed cream of chicken soup
(may substitute cream of celery for part of the soup)
4 cans chicken broth
(For smaller quantity, use 1 of each)

To cook chicken, brown in garlic and butter, then add water to barely cover and simmer until done (about ½ hour). Cool; remove chicken skin and bones; skim grease off broth. This will give you more than enough chicken broth to use for the soup. Soften the condensed soup by stirring, then gradually add broth. Add chicken and heat. Serve with toppings.

Toppings:

Tortilla strips, fried in small batches in a little oil and drained on paper towels
Grated cheese (cheddar and Monterey Jack, combined)
Green onions
Tomatoes and avocados, chopped
Lime wedges (for squeezing juice)
Sour cream
Pesto (recipe below)

Pesto:

1 bunch of basil
1 bunch of cilantro
1 cup pine nuts, walnuts, or pecans
Juice of 1 lime