

MAKING SOUP FROM STORAGE FOODS

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1. Soup Stock
 - a. Fresh Foods
 - i. Bone Broth
 1. Chicken
 2. Beef
 3. Pork
 4. Lamb
 5. Fish
 - ii. Vegetable Broth
 - b. Storage Foods
 - i. Bouillion
 - ii. Canned Beef or Chicken Stock
 - iii. Bottled Bone Broth
 - iv. Freeze-Dried Bone Broth
2. Soup Basis
 - a. Tomatoes
 - i. Fresh
 - ii. Canned – tomatoes, tomato sauce, tomato paste
 - iii. Bottled – whole tomatoes, tomato sauce, marinara sauce
 - iv. Dried or Freeze-Dried – tomato slices, tomato powder
 - b. Tomatillos
 - i. Fresh
 - ii. Canned green salsa
 - iii. Bottled green salsa
 - iv. Freeze-Dried salsa
 - c. Squash
 - i. Fresh puree
 - ii. Bottled puree
 - iii. Freeze-Dried puree
3. Vegetables – all can be fresh, dehydrated, or freeze-dried
 - a. Onions
 - b. Leeks
 - c. Green Onions
 - d. Garlic - Fresh, dehydrated, powdered
 - e. Celery
 - f. Carrots
 - g. Turnips
 - h. Parsnips
 - i. Peas
 - j. Peppers

- k. Corn
- l. Green Beans
- m. Cabbage
- n. Greens
- o. Beets
- p. Mushrooms
- q. Zucchini and other summer squash
- 4. Meat – fresh/frozen, canned, bottled, freeze-dried
 - a. Beef
 - b. Chicken
 - c. Pork
 - d. Lamb
 - e. Turkey
 - f. Fish
- 5. Legumes
 - a. Beans
 - b. Lentils
 - c. Split Peas
- 6. Starch
 - a. Potatoes – fresh, dehydrated, freeze-dried
 - b. Pasta
 - c. Homemade Noodles and Spaetzle
 - d. Barley, Quinoa, Millet
 - e. Rice
- 7. Thickeners
 - a. Butter and Flour Roux – Cream Soups
 - b. Pumpkin
 - c. Tomato Paste or Tomato Sauce
- 8. Seasonings
 - a. Italian
 - i. Italian Seasoning
 - ii. Basil
 - iii. Oregano
 - iv. Thyme
 - v. Marjoram
 - vi. Rosemary
 - b. Indian
 - i. Curry Powder
 - ii. Garam Masala
 - iii. Ginger
 - iv. Coriander
 - v. Oregano
 - vi. Cumin
 - c. Mexican

- i. Chilis
 - ii. Cumin
 - iii. Chili Powder
 - iv. Oregano
- d. German
 - i. Cloves
 - ii. Juniper Berries
 - iii. Bay Leaves
- e. Chinese
 - i. Soy Sauce
 - ii. Sesame Oil
 - iii. Oyster Sauce
- f. Chili
 - i. Oregano
 - ii. Chili Powder
 - iii. Cumin

SPAETZLE

Ingredients (for 1 gallon of soup – cut in half for 2 qt soup):

- 2 cups all-purpose flour
- 1/2 cup milk
- 4 eggs
- 1 pinch freshly ground white pepper
- 1 t salt
- 1 gallon hot water or hot soup

Directions:

1. Mix together flour, salt, and white pepper. Beat eggs well and add alternately with the milk to the dry ingredients. Mix until smooth.
2. Press dough through spaetzle maker or a large-holed sieve or metal grater into boiling liquid. Do only a few at a time.
3. Cook for 5 to 8 minutes.
4. Note: If you want spaetzle as a side dish rather than in soup, drop the spaetzle into boiling water, drain well, and saute in 2 T butter. Sprinkle chopped parsley on top.

INDIAN LENTIL SOUP

Ingredients (fresh, canned or bottled ingredients or equivalent of reconstituted dehydrated or freeze dried ingredients):

- 1 to ½ gal bone broth (chicken, beef, pork, fish)
- 2 c chopped onion
- 1 c chopped leeks or green onions
- 1 c (2 stalks) chopped celery
- 1 ½ c cubed carrots
- ¼ c cubed parsnips

1 c chopped mushrooms
2 cloves garlic
2 T olive oil
2 to 3 c pureed pumpkin
Meat removed from bones
1 ½ c lentils, soaked
2 to 3 bay leaves
1 t curry powder
1 T garam masala
2 T chopped ginger
1 t coriander
1 T oregano
1 T cumin
Salt to taste if necessary (taste first)

Directions:

1. Soak lentils overnight.
2. Make bone broth. Remove bones from broth. Remove meat from bones to put into soup.
3. Chop onion, leeks/green onions, celery, carrots, parsnips, mushrooms and garlic into ¼ to ½" cubes.
4. Saute vegetables in olive oil.
5. Add sauteed vegetables to bone broth.
6. Add salvaged meat to bone broth.
7. Add pureed pumpkin to bone broth.
8. Drain lentils. Add to bone broth.
9. Add seasonings to bone broth.
10. Bring to a boil. Simmer for 40 to 60 min.