

SOUPS

LIGHT TOMATO-POTATO CHOWDER

2 slices back bacon, diced
1 tablespoon (15 mL) vegetable oil
1/2 onion, diced
28 oz. (798 mL) canned diced tomatoes
1 1/2 medium potatoes, peeled and diced
1 stalk celery, diced
1/2 cup (125 mL) water
sweet basil to taste
2 teaspoons (10 mL) oregano
1/2 cup (125 mL) evaporated skim milk
1/2 teaspoon (2 mL) baking soda or sugar
1/4 teaspoon salt
pepper to taste

Brown bacon in soup pot with oil, add onion and lightly brown. Add tomatoes, water, potatoes, celery and basil and oregano. Bring to boil. Simmer gently for about 30 minutes, until potatoes are fork tender.

In microwave (or on stove) warm evaporated milk, salt and pepper. Stir soda into tomato-potato mixture. When it stops frothing, add milk mixture and heat a few more minutes.

Season to taste. Serves 4.



*150 calories; 5 g fat; 8 g protein; 22 g carbohydrate;
3 g fibre; 36 mg vitamin C; 1065 mg sodium;
775 mg potassium;
27% of calories are from fat.*

Most red potatoes will hold their shape while being cooked for soup.

CREAM OF SPINACH SOUP

This tasty soup is sometimes called "Russian Vichyssoise".

1 tablespoon (15 mL) vegetable oil
1/2 cup (125 mL) chopped onion
1 1/2 medium potatoes, peeled and quartered
1 cup (250 mL) chicken broth
6 cups (1500 mL) fresh spinach, chopped in large pieces
1/2 cup (125 mL) evaporated skim milk
1/2 cup (125 mL) skim milk
1/4 teaspoon (1 mL) salt
white pepper to taste
nutmeg (optional)

In a large saucepan over medium heat, sauté onion in oil for 3 minutes or until translucent. Add potatoes and chicken broth. Bring to a boil; reduce heat to low, cover and simmer for 20 to 25 minutes or until potatoes are tender. Add spinach and cook for about 5 minutes or until spinach is tender.

Place small batches of mixture at a time in a blender container. Cover and blend until puréed. Return mixture to saucepan. Whisk in evaporated milk, skim milk, salt and pepper. Over low heat, heat soup, but do not boil.

Soup can be served hot or chilled. Stir before serving. Garnish individual servings with nutmeg if desired. Serves 4.



*188 calories; 5 g fat; 13 g protein; 28 g carbohydrate;
8 g fibre; 37 mg vitamin C; 468 mg sodium;
1515 mg potassium.
21% of calories are from fat.*

TAVERN CHEESE SOUP

5 cups peeled diced Russet potatoes 1 teaspoon salt
2 cups milk 2 teaspoons chicken bouillon granules
1½ cups water 8 oz. cheddar cheese
1 cup beer or water 1 teaspoon dry mustard
1 cup celery, chopped ½ teaspoon white pepper
2 teaspoons Worcestershire sauce
1 cup leek, chopped

In a large saucepan over high heat, bring potatoes, water, celery, leeks, and bouillon granules to a boil. Reduce heat to low. Cover and simmer for 30 minutes or until potatoes fork tender. Remove from heat (do not drain) and mash mixture until smooth. Gently stir in cheese until melted. Stir in milk, beer, Worcestershire sauce, salt, dry mustard and white pepper. Stir over low heat until hot. Serve immediately.

VEGETABLE SOUP WITH PESTO

Garlic lovers will enjoy this soup.

4 cups (1 L) water
3 medium potatoes, peeled, finely diced
2 medium tomatoes, quartered, seeded and chopped
½ teaspoon (2 mL) salt
dash of pepper
3 cups (750 mL) frozen green beans
8 medium mushrooms, sliced
⅓ cup (75 mL) pesto sauce
Grated parmesan cheese

In a 5-quart Dutch oven, mix together water, potatoes, tomatoes, salt and pepper. Over high heat, bring to a boil; reduce heat to medium-low, cover and simmer for 8 minutes. Add green beans and mushrooms. Return to a boil and cook 8 minutes longer or until vegetables are tender.

Meanwhile, prepare Pesto Sauce (page 5). Stir pesto into the soup and heat through. Serve with parmesan cheese. Serves 6.

142 calories; 6 g fat; 5 g protein; 19 g carbohydrate;
4 g fibre; 24 mg vitamin C; 110 mg sodium;
508 mg potassium.
37% of calories are from fat.



POTATO CORN CHOWDER

This chowder is heavy on vegetables and has been lightened up with evaporated skim milk.

1 tablespoon (15 mL) vegetable oil
2 slices back bacon, diced
½ cup (125 mL) diced onion
1 cup (250 mL) diced potatoes
1½ cups (375 mL) chicken broth
14 oz (398 mL) creamed corn
1½ cups (375 mL) frozen kernel corn
1 can (385 mL) evaporated skim milk
cayenne pepper
mace

Heat oil and brown bacon in deep sauce pan, add onion and fry until translucent. Add potatoes and broth. Cover and simmer for 15 minutes. Add corn and bring to a simmer for 2 minutes.

Stir in milk and reheat but do not boil. Add a few dashes of cayenne pepper and a pinch of mace. Serves 5.



230 calories; 5 g fat; 12 g protein; 37 g carbohydrate;
1 g fibre; 23 mg vitamin C; 680 mg sodium;
591 mg potassium.
19% of calories are from fat.



Preparation and cooking time - 35 minutes.

CALIFORNIAN VICHYSOISE

A traditional potato soup is zipped up with the addition of a pesto garnish. Comfort food for the 1990's!

- 4 cups (1 L) chicken stock
- 3 cups (750 mL) peeled, diced potatoes
- 1½ cup (325 mL) diced leeks
- 1/3 cup (75 mL) light cream cheese
- Pinch of nutmeg
- Salt and pepper to taste
- 4 tablespoons (50 mL) pesto sauce (See page 5)

In large pot, combine stock, potatoes, leeks and onion; bring to a boil and cook until the potatoes are tender. Transfer to a food processor or blender, add cream cheese and nutmeg and process until smooth. Season with salt and pepper to taste. Serve hot or chilled, garnished with 1 tablespoon of pesto sauce. Makes 4 servings.



*309 calories; 11 g fat; 10 g protein;
38 g carbohydrate; 3 g fibre; 25 mg vitamin C;
1034 mg sodium; 603 mg potassium.
34% of calories are from fat.*

Pass the Potato — stand around in a circle and tuck a potato under one person's chin. Pass the potato around without using your hands. If you drop or touch the potato, you drop out of the circle. No wonder the Spanish and British think the potato is an aphrodisiac!