

SOUP-A-DAY LISTING
January - June, 2009

Herbs and spices are not listed. Most often I add soy sauce, black pepper, and either hot sauce, hot fresh Hungarian peppers or crushed red pepper. To this is added one or other fresh herbs as fancy dictates.

ASPARAGUS

Asparagus (fresh) with Beef Bouillon (BB)
" with Chicken Bouillon (CB)

BEEF

Beef Broth (also see Asparagus, Cabbage, Corn, Mustard, Onions, Poke, Spinach)

BEE T

Beet & Cabbage Soup
" & Peas

BEAN

Bean (Reconstituted) & Cabbage with BB
" & Pork
" & Radish Tops & Spinach

Black Bean Soup
" & Cabbage
" & Sausage
" & Rice

Cranberry Bean Soup
" & Cabbage
" & Corn
" & Peas
" & Tomato

Great Northern Bean Soup
" & Cabbage
" & Corn
" & Corn & Chicken
" & Corn & Sausage
" & Corn & Peas & Sausage

Large Lima Bean Soup
" & Cabbage
" & Corn
" & Sausage
" & Chili
" & Mint
" & Mint & Corn & Tomato Juice
" & Mushrooms
" & Spring Onions
" & Corn & Mint with BB

Mixed Bean & Mushrooms
" & Corn & Sausage

Navy Bean Soup
" & 11 VV
" & Cabbage

Small Red Bean Soup

- " & Cabbage
- " & Corn
- " & Peas
- " & Sausage

Pinto Bean Soup (cf. Dandelion)

- " & Cabbage
- " & Corn
- " & Peas
- " & Corn, Peas & Onions
- " & Mint
- " & Rice
- " & Rice & Tomato
- " & Rice & Tomato & Onions
- " & Rice & Tomato & Onion & Sausage
- " & Sausage
- " & Tomato Juice
- " & Green Tomato
- " & Green Tomato & Green Bean
- " & Zucchini & Green Tomato

SW Tortilla Bean Soup

- " & Cabbage
- " & Ham
- " & Olives

BROCCOLI

Broccoli Cream Soup

- Broccoli with BB
- " & Bean & Onion

CABBAGE

Cabbage with BB

- " & Bean & Onion
- " & Green Tomatoes with BB
- " & Kohlrabi & Onions with BB
- " & " & Beans with BB

CHICKEN

Chicken Broth

Chicken & Noodle Soup

- " & Bean
- " & Cabbage
- " & Peas
- " & Rice
- " "with Shells"

Chicken Gumbo

"Coq du Vin"

CHICKPEA

Chickpea (Garbanzo) & Sausage Soup

- " Sausage & Corn

CHILI

Chili & Beef "Chili con Carne"
" without Meat
" & Spring Onions
"Tex-Mex Chili"

Chowder

North East Chowder

CORN

Corn with BB
" with CB

DANDELION

Dandelion & BB

" & Black-Eyed Peas
" & Black-Eyed Peas & Corn
" & Black-Eyed Peas & Corn & Sausage
" & Black-Eyed Peas & Corn & Sausage & Onions
" & Broccoli Cheese
" & Cream of Mushroom
" & Noodles
" & Large Lima Beans
" & LL & Corn
" & LL & Corn & Sausage
" & Navy Beans
" & Navy Beans & Cabbage
" & Navy Beans & Corn
" & Pinto Beans
" & Pinto Bean & Cabbage
" & Pinto Beans & Peas
" & Pinto Beans & Corn
" & Pinto Beans & Corn & Sausage
" & Potatoes
" & Potatoes & Onions
" & Mixed Beans
" & Mixed Beans & Corn
" & Tomato

GARLIC

Garlic with BB (cold)
" & Corn

KOHLRABI

Kohlrabi with BB
" & Onion
" & Bean & Onion
" & Tomato

LENTIL

Lentil Soup
" & Ham
" & Rice
" & Sausage

" & Cabbage

Cream of Mushroom (MUSHROOM
(cf. Dandelions)

Mustard Greens with BB (MUSTARD GREENS
" & Radish Tops with BB

Onion with BB (ONION
" & Corn

Black-eyed Pea Soup (PEA
" & Cabbage
" & Sausage
" & corn
Split Pea & Carrots
" & Cabbage
" & Sausage

* POKE (cf. Tomato)
Poke with BB
" & Corn
" " & Onions or Spring Onions
" with CB
" & Corn
" & Kohlrabi
" & Buttermilk
" & Buttermilk & Spring Onions
" & Mushrooms & Tomato Juice
" & Spring Onions & Tomato Juice
" " & Potatoes with BB
" & Mushrooms with BB

Potato Soup (POTATO
(cf Dandelion)
" & Cabbage
" & Cabbage & Spring Onions
" & Cabbage & Spring Onions & Mushrooms
" & Celery
" & Corn
" & Mint
" & Mint & Spring Onions
" & Mushrooms
" & Olives
" & Onions or Spring Onions
" & Peas
" & Sausage
" & Wild Garlic

PUMPKIN

Pumpkin with BB (cold)
" & corn

SPINACH

Spinach with BB
with CB

TOMATO

Tomato Soup

" & Rice
" & Rice & Cabbage
" & Macaroni
" & Mushrooms
" & Olives
" & Onions
" & Peanuts
" & Poke

TURTLE

Turtle Soup

VEGETABLE (V)

12-V **Spring** -- mustard greens, garlic, dandelion, poke greens,
spinach, dill, cabbage, tomato juice, radish tops,
sorrel, mint & violet leaves
" & Sausage
12-V **Summer** -- cabbage, kohlrabi, peppers, onion, mustard
greens, peas, chervil, dill, basil, parsley, broccoli
& tomato juice
8-V -- cabbage, kohlrabi, onions, beans, peas, corn,
spinach & radish tops
6-V -- beans, peas, corn, onion, oregano & peppers

VENISON

Hunter's Stew

Total: 181

[Zucchini see Pinto Bean]

* Poke is always chopped, placed in water, brought to boil
and decanted, a second patch of water added, and the
boiling process repeated; the drained partly-cooked
poke stems and leaves are ready to be made into soup.