



1961 Kingman, AZ - from left - Diane, Virginia, Bryan Leipper. Elizabeth, Ted Higgins, Dale, Janet Leipper, Maria Ashton, Anita Leipper in front. Standing, Dorothy Higgins, Jo Harrison

Soups & Stews



*Eggplant Stew with
Garbanzos*

Greek Lentil Soup

Gumbo

Hearty Pea Soup

Many Bean Soup

Maria's Stew

Minestrone

Tomato Soup

Maria's Stew

Maria Ashton

onions	carrots
bacon or chicken fat	cabbage
spare ribs	allspice
pigs feet	pepper
celery	salt

Brown some onions in bacon or chicken fat, until limp, but not brown. Add spare ribs and pigs feet, saute lightly. Add celery, carrots, allspice, pepper, salt. Add some water, simmer 1-1/2 hours until meat is tender. 1/2 hour before serving, add cabbage. May add a little tomato sauce.

Tomato Soup

Myrtle Leipper

1 box(?) tomatoes (peeled)	6 onions
1 large bunch celery	

Cook onions, celery and tomatoes until done. Run through a sieve. When all have been run through sieve, add 1/2 cup butter, 1/2 cup flour, moisten with water to make paste. Add 1/2 cup sugar 1/4 cup salt, 1/2 Tablespoon pepper. Heat and can. When you open, add canned milk.

Tomato Soup L
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1/2 cup sugar 1/4 cup salt
1/2 table spoon pepper
heat and can when you open
add canned milk
from Myrtle Leipper's
recipe box

Minestrone

Diane Leipper

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|---|--|
| 1 onion finely chopped | 1/2 teaspoon rosemary |
| 1/4 cup olive oil | dash of garlic |
| 1 1/2 cup chopped celery | 2 cups or more chopped carrot, zucchini, broccoli, potato, green beans, green pepper, cabbage, peas, corn, sauteed mushrooms |
| 4 cups grated fresh tomatoes or 1 large can tomato paste & 3 cups vegetable stock | 1 cup cooked lima, kidney, pinto, black, or garbanzo beans |
| 1/2 cup chopped parsley | 1/2 cup raw whole wheat noodles or broken whole wheat spaghetti |
| salt to taste | 1/2 cup cooked barley or whole wheat berries |
| dash of pepper | |
| 1 or 2 bay leaves | |
| 1 teaspoon oregano | |
| 2 teaspoons basil | |

→ Optional

- | | |
|--|--|
| 1/2 cup ground soy beans or soy spread | Spinach or chard cut into bite size pieces |
| Parmesan Cheese | |

Saute onion and celery in oil until soft. Add the tomatoes or tomato paste and stock, parsley, and seasonings. If you prefer a thicker soup, stir in the ground soybeans; if you like it thinner, add more stock. Simmer the soup while you prepare whatever beans you wish to add.

At least 30 minutes before serving the soup, add the cooked beans, the raw noodles or spaghetti and the cooked barley or wheat berries.

Cook the chopped vegetables until they are nearly done by steaming or cooking in as little water as possible. Combine with the soup about 10 minutes before serving, including any cooking water. The leafy greens should be added to the pot just 5 minutes before serving. Don't count them as part of the 2 cups of vegetables but add them in as extras, because they cook down to a fraction of their original volume.

After combining all ingredients, bring the soup to a boil, then simmer for a minute or two while correcting the seasonings. If you like, garnish each bowl with a spoonful of Parmesan cheese. Makes about 10 cups.

From: Laurel's Kitchen

☛ *Red Ants - A small bag of sulphur kept in a drawer or cupboard will drive away red ants.*

Hearty Pea Soup

Diane Leipper

1 onion, diced	2 teaspoons salt
2 Tablespoons oil	dash pepper
1 bay leaf	1/2 teaspoon basil
1 teaspoon celery seed	1/2 teaspoon thyme
1 cup green split peas	1 carrot chopped
1/2 cup barley	3 stalks celery, diced
1/2 cup lima beans	1 potato, diced
10 cups water	

Saute onion in oil until soft, along with bay leaf and celery seed. Stir in peas, barley, and limas. Add 10 cups cold water and bring to a boil. Cook on low heat, covered, for about 1 hour. Add salt, pepper, vegetables, and herbs. Turn heat down as low as possible and simmer another 30 to 45 minutes. Thin with additional water or stock if necessary. Makes about 8 to 9 cups.

Source: Laurel's Kitchen

Can add some cooked ham chopped into 1/2 inch squares or bacon cup in pieces- D.L.L.

Many Bean Soup

Diane L. Leipper

1 onion, chopped	1 cup kidney beans
1/4 cup oil	1 cup lima beans
1 1/2 teaspoon paprika	1 cup yellow split peas
1 cup pinto beans	1 1/2 teaspoons dill weed
8 to 10 cups water or vegetable stock	4 teaspoons salt
1 teaspoon celery seed	1/4 teaspoon pepper
1 bay leaf	optional chopped vegetables

Saute onion lightly in oil, with paprika. Rinse pinto beans in cold water and add them to the onion along with 4 cups of the water or stock, celery seed and bay leaf. Partially cover the pot and cook for about 1 hour. Wash and add kidney beans and limas, add more liquid too if too much has boiled away. Cook another hour still partially covered. Rinse and add the split peas, dill, salt and pepper. Be sure there is enough liquid to keep the soup soupy. Cook another hour partially covered. For Manybean stew you can add chunks of celery, carrots, potato, or whatever vegetables you like half way through the last hour. Makes 8 to 10 cups of soup.

Source: Laurel's Kitchen

Greek Lentil Soup

Diane L. Leipper

2 cups uncooked lentils	1 small potato, chopped
8 cups water or vegetable stock	2 Tablespoons oil
1/2 onion, chopped	2 bay leaves
1 small carrot, chopped	1 1/2 to 2 teaspoons salt
1 celery stalk, chopped	2 teaspoons vinegar

Mix all ingredients except vinegar in soup pot (or crock pot) and cook on low heat until lentils are very soft, about one hour. Add vinegar at the end and serve. Makes about 8 cups.

Source: Laurel's Kitchen

Laurel's Kitchen is where I get most of my soup recipes. - DLL

Gumbo

Virginia Leipper

1 lb. perch or other mild white fish	1/4 cup oil
1 lb. shrimp	1 diced green pepper
1 6.5 oz. can chopped clams, drained	6 Tablespoons flour
4 cups chicken stock	1 teaspoon gumbo file
1 14 oz. can stewed tomatoes	1 teaspoon Old Bay seasoning or seafood spice
1 1/2 cups sliced celery (about 3 stalks)	1 cup chopped okra

→ Or in place of Old Bay Seasoning:

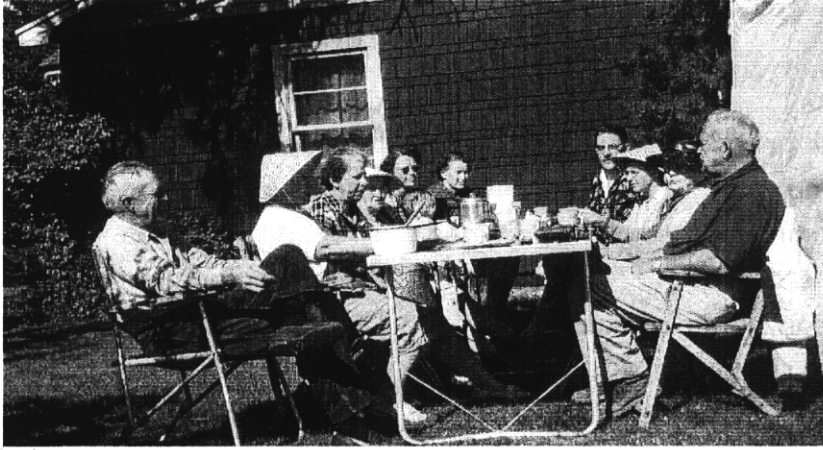
1 teaspoon salt	1/8 teaspoon Thyme
1/8 teaspoon black pepper	1 teaspoon chopped parsley
1/8 teaspoon cayenne pepper	1/2 bay leaf, crushed
1/8 teaspoon chili pepper	

Heat oil in large sauce pan on medium heat. Add green pepper and celery. Stir and cook till tender. Stir in flour and cook one minute. Add tomatoes, stock and Old Bay Seasoning. Bring to a boil and then reduce heat to a simmer. Add gumbo file, fish, shrimp, clams, okra, salt, pepper and rest of seasonings to taste.

Continue simmering for 15 minutes. Serve over hot rice. Makes 8 one cup servings

Source: The Creole Cookbook

The alternate spices come from the Creole Cookbook. The basic recipe was in a Schwan's products book VJL



1955 - Higgins home in Bend, Oregon. On left next to woman with hat, Jo Harrison, with dark glasses, Virginia Leipper holding Anita, Dorothy Higgins, Dale Leipper, in front in green shirt, Bryan Harrison

Notes