

Soups, Chowders and Gumbo



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Avocado Soup

A simple and delicate soup.

Servings: 6

Ingredients

- 2 Tbs Unsalted butter
- 2 Chopped green onion, white part only
- 3 cups Chicken broth (divided)
- 1 Large Hass Avocado
- 2 tsp Lemon juice
- 2/3 cup Heavy whipping cream
- 1/4 tsp Sea salt
- Ground white pepper, to taste



Procedure

- 1 Heat the butter in a sauce pan over medium heat until the foam subsides.
- 2 Add the green onion and cook, stirring occasionally, for 2 minutes, or until translucent.
- 3 Add 2 cups of the broth, bring to a boil, then lower heat and simmer for 3 minutes.
- 4 Peel, pit and slice the avocado. Drizzle with lemon juice.
- 5 Blend the avocado, cream and remaining 1 cup of broth in a food processor or blender until smooth.
- 6 Add the avocado mixture to the sauce pan and cook over medium heat, stirring occasionally, for 2 minutes, or until heated through. Season with salt and white pepper, to taste.

Source

Author: Robert C. Atkins, M.D.

Source: Dr. Atkins' Quick & Easy New Diet Cookbook

Black Bean Soup

Servings: 4

Ingredients

5	slices	smoked bacon, finely chopped
1 1/4	cups	onion, chopped
1	stalk	celery, chopped
1	medium	carrot, chopped
3	cloves	garlic, minced or pressed
1	cup	chicken stock
3/4	cup	chopped canned tomatoes with juice
1	Tbs	tomato ketchup
1	tsp	Worcestershire sauce
1/2	Tbs	chili powder
2	cans	black beans, drained, but not rinsed
1	cup	corn kernels, frozen
		salt, to taste
		fresh ground black pepper, to taste
1/2	cup	cilantro leaves, lightly packed
1	tsp	lime juice



Procedure

- 1 Put the bacon into a large heavy pot and place it over medium heat. Cook until it starts to give up its fat.
- 2 Stir in the onions and cook, stirring, until they start to turn translucent. Don't let them brown.
- 3 Stir in the celery and carrots and cook, stirring, until they have started to soften.
- 4 Stir in the garlic and cook until you can smell it, about one minute.
- 5 Stir in the broth, tomatoes, ketchup, Worcestershire, and chili powder.
- 6 Stir in the beans and corn kernels. Increase the heat and bring to a boil.
- 7 Adjust the heat so the soup is bubbling gently and simmer for 10 minutes.
- 8 Season to taste with salt and pepper.
- 9 Chop the cilantro coarsely and stir in.
- 10 Continue to simmer the soup until thickened, about 5 more minutes.
- 11 Stir in the lime juice and serve.

Chicken And Sausage Gumbo

This gumbo is wonderful served by itself but can be combined with steamed white rice or saltine crackers.

Servings: 4

Ingredients

4 to 6 chicken thighs
6 cups chicken broth (divided)
6 to 8 oz andouille sausage
1/2 cup white onion, diced (divided)
1/2 cup celery, diced (divided)
1/2 cup green bell peppers, diced (divided)
1/4 cup canola oil
1/4 cup all-purpose flour
3/8 tsp Creole seasoning
1/2 tsp Tabasco sauce
3/8 tsp Worcestershire sauce
1 1/2 tsp Kitchen Bouquet (for color)
1/4 tsp ground white pepper
1 1/2 tsp garlic, minced
1 green onion, chopped (optional)
1 Tbs fresh parsley, chopped (optional)



Procedure

- 1 Poach chicken thighs in tightly covered 2 quart dish in microwave in 1 cup chicken broth for 20 to 25 minutes on high, turning chicken over half way through cooking time. Remove thighs from liquid and cool, then remove skin and bones. Strain, defat and reserve the broth. Chop the meat into large chunks and set aside.
- 2 While chicken is cooking, cut sausage into 1/8 inch slices and brown in a medium hot non-stick skillet. Drain on paper towels and set aside.
- 3 Dice onions, celery, and bell peppers and divide evenly.
- 4 Heat a heavy sauce pan over medium heat. Add oil to sauce pan. When hot, add flour, whisking continuously to avoid lumps and to keep mixture from burning. Cook the roux while whisking constantly for about 10 to 15 minutes. The longer the roux is cooked the darker it becomes. You want a brown roux. (For a different way of making roux see Tips below.)
- 5 Combine reserved chicken broth and 4 cups of the broth in a large pot over medium heat and bring to a boil. Add the roux, Creole seasoning, Tabasco, Worcestershire, Kitchen Bouquet, white pepper, sausage, and half of the onions, celery, and bell peppers, and the garlic. Simmer for one hour.
- 6 Add the remaining onion, celery, bell pepper, and cup of broth. Simmer for another hour.
- 7 Chop green onion and parsley and set aside.
- 8 Add the chicken meat, chopped green onion and parsley. Simmer for 15 minutes.

Recipe Tips

Oven Roux: To make your roux, in a large cast iron skillet, mix together the flour and the canola oil. Place in an oven set at 350 degrees, walk away and let it cook for two hours. No hovering, no stirring, no nothing! After a couple of hours, take it out of the oven and it should be chocolate brown. Now, you can also do it the standing over the stove method if you prefer, but I don't. - Homesick Texan

Curried Split Pea Soup

Servings: 4

Ingredients

- 1 Tbs olive oil
- 2/3 cup onion, chopped
- 1 pinch Kosher salt
- 1 medium carrot, chopped
- 4 cloves garlic, sliced
- 4 cups low-sodium chicken stock
- 1 cup dried green split peas, rinsed and picked over
- 1 tsp curry powder
- 1 tsp ground cumin



Procedure

- 1 Heat a large saucepan over medium-low heat and add olive oil.
- 2 When oil is hot, add the onion and salt and cook for 5 minutes.
- 3 Add carrot and garlic and continue to cook for an additional 5 minutes, until vegetables are soft but not browned.
- 4 Add chicken stock, dried peas, curry powder and cumin. Increase heat and bring to a boil, then reduce heat, cover and simmer until the peas are tender, about 45 minutes.
- 5 Taste and adjust seasoning if needed. Remove soup from heat and using a stick blender, puree the soup until the desired consistency.

Easy Clam Chowder

Ingredients

1	can	Campbell's Cream of Celery Soup
2	cans	Campbell's Cream of Potato Soup
10 1/2	oz can	Whole baby clams with juice
2	cups	Half and half
1	cup	Heavy whipping cream
1/3	tsp	Ground white pepper

Procedure

- 1 Add all ingredients to a large sauce pan and stir well.
- 2 Bring to a slow bubble over medium heat, stirring occasionally.
- 3 Reduce heat, cover pan and simmer for 30 minutes, stirring occasionally.

Easy Potato Soup

Potato Soup is one of my all time favorites and this version is so quick and easy.

Ingredients

4 slices bacon, thick
2 cans Campbell's Cream of Potato Soup, 10 3/4 oz.
10 3/4 oz. water
10 3/4 oz. whole milk or half and half
fresh ground pepper, to taste

Procedure

- 1 Cook bacon in skillet over medium heat until crispy. Remove from skillet and drain on paper towels. When cooled, crumble into chunks.
- 2 Combine soup, water, and milk in soup pot. Stir frequently as slowly heated.
- 3 When hot and bubbly, add bacon chunks and pepper to taste. Let simmer for 5 minutes on very low heat, stir occasionally.

French Onion Soup

French onion soup without the bread. Or as shown in the photo, you can always add toasted bread between the soup and the cheese and finish the dish in the oven.

Servings: 6

Ingredients

- 1 1/2 lbs Yellow onions
- 3 Tbs Unsalted butter
- 1 Tbs All-purpose flour
- 4 cups Beef stock
- 3 cups Water
- 3 Bay leaves
- 1/4 tsp Fresh ground black pepper
- 1 cup Gruyere or Provolone, shredded (about 4 oz)



Procedure

- 1 Peel and thinly slice the onions.
- 2 Heat butter in a 4-quart saucepan over medium heat. When butter is melted, add onions and sauté, stirring frequently with a wooden spoon, until onions are soft and a light golden brown.
- 3 Sprinkle onions with flour and stir until all traces of flour disappears. Cook 1 minute longer, stirring constantly with wooden spoon. Remove from heat.
- 4 Gradually add beef stock, stirring onion mixture constantly; stir in water and add bay leaves. Return to moderately high heat and bring mixture to a boil, stirring constantly. Then reduce heat and simmer, uncovered, for 30 to 40 minutes.
- 5 Remove and discard bay leaves. Season soup with pepper.
- 6 Spoon soup into individual microwave-proof onion-soup bowls. Sprinkle equal amounts of shredded cheese in each bowl.
- 7 Microwave until cheese melts, about one minute on medium. Remove carefully from microwave oven and serve immediately.

Recipe Tips

If using an oven to melt the cheese and you do not have broiler proof bowls, be sure to set oven to bake rather than broil.

Goulash Soup

Serve with crusty pumpernickel bread for dunking.

Servings: 4

Ingredients

- 1 lb onions, chopped
- 2 cloves garlic, minced
- 1 tsp safflower oil
- 1 lb top round of beef, 1/2 inch cubes
- 1 tsp Mrs. Dash veggie seasoning
- 1 Tbs Hungarian sweet paprika
- fresh ground black pepper, to taste
- 1 bay leaf
- 1 Tbs tomato paste
- 5 cups water or vegetable broth
- 1/2 tsp caraway seeds
- 1/2 lb baking potatoes, peeled and diced
- 1 large tomato, peeled, seeded and diced
- fresh parsley, chopped

Procedure

- 1 Cook onions and garlic in oil in soup pot until transparent.
- 2 Add beef, veggie seasoning, paprika, pepper, bay leaf, tomato paste, water/broth, and caraway seeds. Mix well and bring to a boil.
- 3 Reduce heat, cover, and simmer for 45 minutes. Stir often.
- 4 Add potatoes and tomato, simmer for 30 minutes, or until potatoes are tender. Stir occasionally.
- 5 Remove bay leaf and serve goulash in heated soup bowls. Garnish with chopped parsley.

Ham and Bean Cabbage Soup

I made this soup using the leftover broth and vegetables from my corned beef and cabbage.

Ingredients

- 1/2 cup ham, diced
- 1 can cannellini beans (15.5 oz), drained
- 2 wedges leftover cabbage, chopped
- 4 chunks leftover carrots, sliced
- 4 cups leftover corned beef broth



Procedure

- 1 Add the ham, beans, cabbage and carrots to the broth and simmer until heated through.

Ham and Bean Soup

A great way to use that leftover holiday ham bone. And don't forget the cornbread!

Servings: 6

Ingredients

1	Tbs	vegetable oil
1	stalk	celery, chopped
1	medium	carrot, diced
1/2	medium	onion, diced (1 1/2 - 2 cups)
1	clove	garlic, minced
4	cups	low-sodium chicken stock
1		ham bone or meaty ham hock
4	cans	Trappey's Navy Beans, including liquid
1	cup	lean ham, chopped
		ground black pepper, to taste

Procedure

- 1 Warm the oil in a large frying pan and cook the celery, carrot, onion and garlic until soft. Do not brown.
- 2 Warm the stock in a large pot and add in the cooked vegetables and the ham bone or hock. Bring to a boil and then reduce to a simmer. Simmer for an hour or more, until the meat is falling off the bone.
- 3 Remove the bone and add the beans and chopped ham. Simmer until warmed through and season to taste with ground black pepper.

La Madeleine's Tomato Basil Soup

I first had this soup in Dallas, and many more times in Austin, and then in Houston. I love it!

Servings: 8

Ingredients

- 4 cups Tomatoes, peeled, cored and chopped
- OR
- 4 cups Canned whole tomatoes, no salt added -- Crushed
- 12 Fresh basil leaves -- Washed
- 1 cup Heavy cream
- 1/4 lb Sweet unsalted butter
- 1/4 tsp Fresh ground black pepper
- Salt, to taste

Procedure

- 1 Heat chopped or crushed tomatoes with juice in sauce pan. Simmer 30 minutes.
- 2 Puree tomatoes with liquid, along with 3/4 of the basil leaves, in small batches, in blender or food processor (or with immersion blender while still in sauce pan).
- 3 Return to sauce pan and add cream, butter and pepper, while stirring, over low heat. Salt to taste.
- 4 Garnish with remaining basil leaves and serve.

Leek Potato Soup

Servings: 6

Ingredients

- 1 lb leeks, cleaned, dark green sections removed
- 3 Tbs unsalted butter
- heavy pinch kosher salt, plus additional for seasoning
- 14 oz Yukon gold potatoes, peeled, small dice
- 1 quart vegetable broth
- 1 cup heavy cream
- 1 cup buttermilk
- 1/2 tsp white pepper
- 1 Tbs chives, snipped



Procedure

- 1 Chop the leeks into small pieces.
- 2 In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.
- 3 Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.
- 4 Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.

Recipe Tips

To make this soup chunky, boil additional diced potatoes and add them after the soup has been pureed with the immersion blender. Crumbled bacon makes another nice addition at the end. - Jackie

Source

Author: Alton Brown, 2005

Source: Food Network

Web Page: http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_29689,00.html

Lentil and Sausage Soup for a Cold Winter's Night

Serves four adults with plenty of leftovers.

Ingredients

3	cups	water, plus more if needed
3	Tbs	bacon fat or olive oil, divided
2		bay leaves
3 or 4		sausages made with herbs and/or garlic
1 1/2	cup	French green lentils
1	large	yellow or white onion
4	cloves	garlic
1/2	cup	sturdy red wine
4	cups	chicken or beef stock (preferably homemade)
3	stalks	celery, and their leaves if possible
1	Tbs	dried marjoram or an equivalent amount of fresh
4 or 5	medium	carrots
3	Tbs	organic ketchup
		salt and pepper, to taste
2	cups	chopped fresh spinach (or 1 1/2 cups frozen)
1/4	cup	chopped parsley
		red wine vinegar, to taste



Procedure

- 1 Fill a tea kettle with 3 plus cups water and put it on the stove to boil while you do the following step.
- 2 Heat 2 Tbs of oil or bacon fat with one of the bay leaves and gently sauté the sausages, if they are not already cooked. If they are pre-cooked (or if not, once you've cooked them), slice them into 3/4" slices and brown them in the bacon fat or oil. Remove the sausage slices with a slotted spoon and set them aside.
- 3 Rinse the lentils in cold water two or three times, pick out any stones or other debris, and put the lentils on the stove in a saucepan with at least three cups of hot water from the kettle. If it hasn't boiled at this point, don't worry about it. Stir the lentils and cook them over medium heat, while you chop the vegetables. Be sure to keep an eye on the cooking lentils and stir them occasionally. Add more hot water as they cook, if they start to look dry. (You don't have to do this step if you have a lot of time to make this soup. I.e., you can put them in the soup, uncooked, with the hot water, after you have cooked the onions and garlic.)
- 4 Meanwhile, dice the onions so they are about 1/2" square; chop the garlic. Add the remaining oil or bacon fat, as well as the onions and garlic, to the pan in which the sausages were browned; cook over medium heat, stirring occasionally. When the onions start to look a bit translucent, push them aside with a spoon and add the wine. Cook for a minute or two to deglaze the pot, then add to the lentils.
- 5 Stir the lentils and add the stock.
- 6 Chop the celery into small dice and chop a small handful of the celery leaves, if you have them; add to the soup. Add the marjoram and the other bay leaf and stir well, continuing to cook.
- 7 Cut the carrots into slices or chunks, depending on how thick they are. Add them to the pot, with the reserved sausages, and stir well. (I add the sausages at this point, rather than earlier, because the kind I use tends to fall apart, even after browned, if I cook them much longer. You can add them when you combine the lentils and their cooking water, if that's not a problem for you.)
- 8 Cook for at least another ten minutes, adding more water if necessary and stirring occasionally, to prevent the lentils from sticking. At this point, you can also turn it down to simmer, if you have the time, but do keep an eye on the lentils, please, and add more water if necessary.
- 9 Add the ketchup and stir well. Cook until the carrots are tender.

10 Test and correct the seasonings. Add the spinach and the parsley. Heat until the soup is very hot.

11 Pass the red wine vinegar separately, for people to add, to taste. Serve with a hearty whole grain bread and fresh butter.

Recipe Tips

I used regular brown lentils, blanched green kale in place of the spinach, and sherry vinegar in place of the red wine vinegar.
- Jackie

Source

Web Page: http://www.food52.com/recipes/2348_lentil_and_sausage_soup_for_a_cold_winters_night

New England-Style Clam Chowder

Servings: 6

Ingredients

2	slices	bacon, diced
3/4	cup	onion, diced
3/4	cup	celery, diced
1	cup	clam juice
2	cups	potatoes, peeled and cubed
		salt, to taste
		ground black pepper, to taste
1 1/2	cups	half-and-half
1 1/2	Tbs	butter
2	cans	chopped clams, with juice (6.5 oz each)
up to 1	cup	instant mash potato flakes, to taste



Procedure

- 1 Place diced bacon in large stock pot over medium heat. Cook until almost crisp; add onions and celery, and cook 5 minutes to soften, do not allow to brown.
- 2 Stir in clam juice and potatoes, and season with salt and pepper. Bring to a boil, reduce heat, cover and simmer for 15 to 20 minutes, or until potatoes are fork tender but do not overcook.
- 3 Pour in half-and-half, and add butter. Stir in clams and their juice. Cook on low simmer for about 5 minutes, or until heated through. Do not allow to boil.
- 4 Thickened chowder, to taste, with instant mash potato flakes.
- 5 Adjust seasonings and serve warm with crackers.

Potato Soup with Bacon and Chives

Ingredients

3	slices	bacon, chopped
2	Tbs	bacon drippings (reserved from cooking bacon)
1/4	medium	onion, diced
1 1/4	lb	russet potatoes, peeled and diced
1	cup	water or chicken stock
1 1/2	cup	half and half
1/2	cup	heavy whipping cream
		fresh ground black pepper, to taste
		chives, chopped

Procedure

- 1 Cook bacon to render fat. Reserve cooked bacon.
- 2 Use 2 Tbs of bacon drippings to soften onions. Do not let the onions brown.
- 3 Add potatoes to onions and toss to coat with fat.
- 4 Add water or stock (just to cover potatoes), bring to a boil, then reduce heat to low and simmer covered until potatoes are tender, about 15 to 20 minutes.
- 5 When potatoes are tender, add half and half and cream and simmer slowly until hot, do not boil.
- 6 When heated through, taste for seasoning and add pepper to taste.
- 7 With potato masher, mash some of the potatoes to slightly thicken soup.
- 8 Add the reserved bacon to the soup and serve with chopped chives as garnish.

Potato Soup with Bacon and Green Onions

Servings: 4

Ingredients

2 slices bacon, diced
3/4 cup onion, diced
3/4 cup celery, diced
1 cup chicken stock
2 cups peeled and cubed potatoes
1 pinch salt, to taste
1/4 tsp ground white pepper, or to taste
1 1/2 cups half-and-half
1 1/2 Tbs butter
1/2 cup instant mash potato flakes
2 green onions, chopped thin

Procedure

- 1 Place diced bacon in large stock pot over medium heat. Cook until almost crisp; add onions and celery, and cook 5 minutes to soften, do not allow to brown.
- 2 Stir in stock and potatoes, and season with salt and pepper. Bring to a boil, reduce heat, cover and simmer for 15 to 20 minutes, or until potatoes are fork tender but not falling apart.
- 3 Pour in half-and-half, and add butter. Cook on low simmer for about 5 minutes, or until just heated through.
- 4 Add potato flakes to soup and stir. Cook soup on a low simmer, uncovered, for 10 to 15 minutes to thicken and blend flavors. Adjust seasonings.
- 5 Serve warm in a bowl, topped with chopped green onions.

St. Patrick's Next Day Hot and Sour Soup

Hi Girls: Just wanted to pass this on. We had left over cabbage & carrots from our St Pat's dinner. I make hot & sour soup.... Really tasty. Enjoy, love, Mom

Ingredients

add to left over cabbage and carrots
3 cups chicken broth
1/4 cup rice vinegar
3 Tbs soy sauce
dashes hot sauce to taste

Recipe Tips

Add a few frozen pot-stickers to the soup while it simmers.

Source

Author: Myrna Liner

Thai Lemongrass Soup With Shrimp

This is one of my favorite soups! (I took this photo of the Tom Yum at Kemah Cafe.)

Servings: 2

Ingredients

- 2 cups water, boiling
- 2 tsp Caravelle's Instant Soup Hot & Sour Flavour paste
- 10 large tail-on shrimp, peeled and deveined
- 2 Tbs green onions, chopped
- 2 Tbs black fungus, rehydrated and chopped
- 1/4 cup bok choy greens, chopped
- 2 tsp fresh cilantro leaves, chopped (garnish)



Procedure

- 1 Add soup paste to boiling water and stir to blend.
- 2 Add all remaining ingredients, except cilantro, and simmer until the shrimp is pink and firm.
- 3 Add cilantro and serve.

Recipe Tips

Caution: This soup is very spicy and will definitely make your nose run! So have tissues readily available. I purchase the paste and dehydrated black fungus from our local Asian market.

Tortilla Soup With Chicken And Avocado

Ingredients

- 1 Tbs vegetable or olive oil
- 1/4 cup finely chopped onion (from about 1/2 small onion)
- 1 Tbs chili powder, or more to taste
- 1 Tbs tomato paste
- 2 skinless chicken thighs (bone-in or boneless)
salt to taste
- 4 cups low-sodium chicken broth (divided use: 1/2 cup; as needed; the balance)
- 6 2-inch stems fresh cilantro
- 4 fresh corn tortillas, 6 inches across, cut into 1/4-inch-wide strips
- 1/2-1 cup peanut oil (for frying)
- 1/2 cup corn kernels (fresh, canned or frozen), brought to room temp.
- 1/2 cup canned black beans, rinsed and drained, brought to room temp.
- 3/4 cup diced fresh tomato, at room temp.
- For the garnish:
- 1 ripe avocado, diced and tossed with a squeeze of lime juice
- 1/4 cup crumbled queso fresco, feta, or shredded cheddar
- 2 dollops sour cream
- 1/4 cup coarsely chopped fresh cilantro leaves
Lime wedges for serving



Procedure

- 1 Heat the oil in a large saucepan over medium heat. Add the onion and cook until the onion has softened but not browned, about 3 minutes. Add the chili powder and tomato paste and stir with a wooden spoon to mix and cook briefly; take care not to let the chili powder scorch.
- 2 Season the chicken thighs lightly with salt and nestle them in the chile paste, turning them once so they're entirely coated. Pour in about 1/2 cup of the broth and adjust the heat to a simmer. Cover the pan and cook the chicken, turning once, until it's extremely tender when pierced with a knife, 30 to 40 minutes (add a little more broth if the pan is drying out). When the chicken's done, remove it from the pan, let it cool a bit, and cut or shred it into bite-size pieces, discarding any bones and bits of fat or gristle. Set the shredded meat aside.
- 3 If there's any visible grease in the pan, spoon it off, add the remaining broth and the cilantro stems and simmer, uncovered, until the broth has reduced by about one-third, 20 to 30 minutes. Remove cilantro stems.
- 4 While the broth is reducing, fry the tortillas: Line a plate with two layers of paper towels. Fill a small, high-sided saucepan with enough oil to come to about a 1-inch depth. Heat the oil over medium heat; when it reaches 375°F or when a strip of tortilla sizzles immediately when dipped in the oil, add six to eight strips of tortilla. With tongs or a long fork, "scrunch" them for a second or two so they take on a wavy shape. Fry until the strips aren't bubbling much and are pale brown, about 1 minute. Transfer to the paper towels. Repeat with the remaining strips.
- 5 Add the shredded chicken to the broth, and when heated, add the corn, black beans. Heat the soup so it's heated through but not overcooked. Serve immediately, and let each diner add the garnish (tortilla strips, avocado, cheese, sour cream, chopped cilantro leaves), and a big squeeze of lime juice at the table.

Source

Source: adapted from a recipe by Martha Holmberg

Turkey Stock in the Microwave

Makes a great start to any turkey soup or gravy.

Ingredients

- 1 turkey neck
- 3 cups chicken broth
- 1 cup water
- 1 medium onion, quartered
- 1 medium carrot, cut into large chunks
- 1 stalk celery, cut into large chunks
- 3 sprigs fresh parsley
- 1 sprig fresh thyme
- 1 bay leaf

Procedure

- 1 Combine all ingredients in a microwave safe bowl and cover tightly.
- 2 Cook in microwave on high for 8 to 10 minutes.
- 3 Stir, cover again and cook on medium for 30 minutes.
- 4 Strain and set aside until ready to use.

Source

Source: adapted from Mastering Microwave Cookery