

EMMA'S MULLIGATAWNY SOUP

Heat ¼ cup fat in a Dutch Oven. Add the following and cook until lightly browned, stirring occasionally:
1 cup diced, cooked chicken ¼ cup chopped onion
¼ cup chopped celery ¼ cup diced carrots
2 tart apples, quartered, cored, pared and sliced



Then, stir in a blend of ¼ cup all-purpose flour and 1 teaspoon curry powder. Gradually add 6 cups chicken broth, stirring constantly. Then stir in one cup drained, canned tomatoes (cut in pieces), ½ green pepper (finely chopped), 1 teaspoon minced parsley and 2 whole cloves.

Mix in a blend of 1 tsp. Salt, 1 tsp. Sugar, 1/8 tsp. Pepper and 1/8 tsp. Mace. Cook, covered, over low heat for 1-1/2 hours. Remove and reserve chicken. Discard cloves. Strain soup, forcing vegetables through a sieve or food mill (or puree in an electric blender). Return strained soup to Dutch Oven, mix in chicken and heat to serving temperature. If desired,
Mix in one cup cooked rice before serving.

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EMMA'S ZUCCHINI SOUP

1 tablespoon butter 2 medium bay leaves
1 large onion, chopped ¾ tsp. dried thyme
5 cups rich chicken broth 1 cup milk
1 very large zucchini salt and pepper to taste
(unpeeled, uncooked and coarsely shredded)
Bacon, parsley, parmesan or cream cheese.



Melt butter in Dutch Oven. Add onion and cook over medium heat until it is soft. Add zucchini, chicken broth, bay leaves and thyme. Bring to boil, reduce heat and simmer, covered, until zucchini is done. Remove bay leaves. Place mixture in blender and add milk. Process until mixture is smooth. Heat to serving temperature – do not boil. Add bacon, parsley, parmesan cheese or cream cheese.

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EMMA'S FAMOUS CABBAGE, POTATO, AND ONION SOUP

1 tablespoon butter or margarine
½ teaspoon salt
2 large potatoes, peeled and cut
into 1-inch cubes
½ teaspoon ground white pepper
2 cups shredded cabbage
2 cans fat-free chicken broth
1 large onion, thinly sliced
¼ cup chopped green onions
2 cloves garlic, minced
1 tablespoon chopped fresh parsley



Melt butter in a 5-quart Dutch oven over high heat. Add the next 6 ingredients and saute for 10 minutes. Add chicken broth – cover and cook for 30 minutes, stirring often. Remove from heat and, using a potato masher, mash half the vegetables. Place over medium heat – cook and stir for 2 minutes. Garnish with the chopped green onion and parsley. Makes 6 cups.

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