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# *Chef's Ingredient Recipes*



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# RECIPE NOTES

## **SWEET POTATO & PECAN CRUST** (yields 3 lbs)

½	cup	Sugar
¼	cup	Salted Butter
1	cup	Milk
1¼	tsp.	Salt (divided)
2	large	Sweet Potatoes
1		Egg
2	Tbsp.	<b>Golden Vegetable Base</b>
2	Tbsp.	Finely chopped Pecans
1	tsp.	Vanilla Extract

Wash the sweet potatoes and cook in a pot with enough water to cover and one teaspoon salt. Boil until potatoes are fork tender. While the potatoes are cooking, simmer milk, ¼ teaspoon salt, butter, sugar & Vanilla Extract together. Peel skin from boiled sweet potatoes and mash. Blend milk mixture, Golden Vegetable Base, egg and finely chopped pecans into mashed sweet potatoes .

To top Pot Pies with a Potato Crust: After filling pre-baked bottom crust with Pot Pie filling of choice, spread a thin layer of the warm flavored Potato Crust over the entire pie. Bake at 375°F for 25-30 minutes or until potatoes are a golden brown and internal temperature reaches 165°F minimum. The filling has to be completely covered or the potato crust will fall into the filling while baking. Both the filling and the potato mixtures can be made in advance. However, the potato crusts spread easier when hot. We suggest you reheat the potato crust in a microwave if they are made in advance

## **MAPLE PECAN RICE** (yields 10-12 portions)

1	oz.	pecan halves
2	Tbsp.	Honey
1	Tbsp.	Oil
		salt and pepper to taste
2	cups	white rice
1	quart	<b>Chicken Base of your choice (prepared)</b>
½	tsp.	Maple Flavor

Toss the rice in the oil until well coated. Add the remaining ingredients and mix well. Cover and bake in a preheated 350° oven for 15-20 minutes or until tender. Serve as is or use as a stuffing for poultry or pork.

## **POACHED SALMON**

12-5	oz.	Boneless salmon filets
3	cups	Water
½	tsp.	Chopped garlic
1	Tbsp.	<b>Golden Vegetable Base</b>
1		Bay leaf
½	tsp.	Thyme
1	cup	White wine

Combine the water, wine, thyme, bay leaf, chopped garlic and Golden Vegetable Base. Bring mixture to a boil. Lay filets in hotel pan being sure not to overlap. Pour the hot stock mixture over the fish, allowing the filets to barely be covered with the stock. Cover and place pans in a preheated 350° oven for approximately 10-12 minutes or until fish is flaky.

## **LENTIL PILAF** (yields 12-15 portions)

1		bay leaf
½	tsp.	Oregano
	pinch	thyme
½	tsp.	Basil
1	Tbsp.	Oil
1		rib celery, bias cut
1		carrot, julienne
¼	cup	chopped shallots
1	cup	white rice
1	cup	yellow lentils, soaked for 2 hours and drained
½	quart	prepared <b>Minor's Ham Base</b>
½	quart	prepared <b>Chicken Base of your choice</b>

Lightly sauté the vegetables and chopped shallots in the oil. Add the rice and lentils and toss gently. Combine the prepared Ham Base and Chicken Bases with the seasonings. Add to the rice and lentil mixture. Cover and bake in a preheated 350° oven for 15-20 minutes or until tender. Remove bay leaf and serve.

## **VEGETARIAN CHICKEN AND VEGETABLE SOUP** (yields 2 gallons)

1	lb.	green peas
10	oz.	Israeli couscous
½	lb.	sliced leeks
½	lb.	diced savoy cabbage
4	quarts	prepared <b>Golden Vegetable Base</b>
1	lb.	diced carrots
4	quarts	prepared <b>Vegan Chicken Flavor Base</b>

Combine both prepared Vegetarian Chicken Flavored Base and Golden Vegetable Base together in a large soup pot and bring to a boil. Add diced carrots, sliced leeks and celery, reduce heat to a simmer. When vegetables are tender add Israeli couscous and savoy cabbage. Simmer soup until Israeli couscous is tender. Add green peas & simmer until peas are tender.

\*Wild or Brown Rice can be substituted for the Israeli couscous. It is recommended that the rice be precooked before using. Any type of beans can be added. It is recommended that the beans be cooked before adding to soup. Grilled tofu & tempeh can also be added. If you take out the Israeli couscous this soup is a perfect base to add green or yellow split peas for flavorful Vegetarian Split Pea Soup.

## **SPANISH RICE** (yields 2+ quarts)

1¼	quarts	prepared <b>Vegan Chicken Flavor Base</b>
2	cups	rice
1		bay leaf
1	Tbsp.	olive oil
2	tsp.	chopped garlic
1	medium	onion, small diced
½		rib celery, small diced
½		green pepper, small diced
½		red pepper, small diced
1	Tbsp.	chili powder
½	tsp.	Cumin
½	tsp.	Oregano
1	Tbsp.	chopped parsley
¼-½	tsp.	cayenne pepper
1-2	Tbsp.	tomato paste

Sauté the chopped garlic and vegetables in oil. Add seasonings and spices. Sauté a few minutes longer. Add the rice and stir to coat. Mix the prepared Vegan Chicken Flavored Base with the tomato paste and add to vegetable-rice mixture. Bring to a simmer and cover. Simmer on low flame for 15 minutes. Remove from the heat and allow to rest, covered, for an additional 5 minutes.

## **VEGETABLE PASTA** (yields 6-8 portions)

2	Tbsp.	Cornstarch
1	Tbsp.	Water
1	pint	prepared <b>Vegan Chicken Flavor Base</b>
1½	lbs.	vegetables of your choice such as carrots, broccoli, peas
2	tsp.	chopped garlic
2-3	Tbsp.	olive oil
¼	cup	whole butter (optional)
1	lb.	fettucini, cooked
		fresh cracked black pepper to taste

Sauté the chopped garlic. Add the vegetables and heat thoroughly. Add the prepared Vegan Chicken Flavored Base and bring to a simmer. Combine the water and cornstarch to make a slurry. Slowly add the slurry to the stock and vegetable mixture. Add the butter (optional) and stir to incorporate. Once the stock simmers, add the pasta and heat thoroughly. Using tongs, portion the pasta and top with vegetables. Pour the remaining sauce over the portions and season with cracked black pepper.

## **VEGETARIAN BEEF AND MUSHROOM SOUP** (yields 2 gallons)

2	lbs.	diced potatoes
½	lb.	sliced celery
4	quarts	prepared <b>Vegan Beef Base</b>
1	lb.	diced tomatoes
¼	lb.	diced red bell pepper
1	lb.	diced carrots
4	quarts	prepared <b>Minor's Mushroom Base</b>
1	lb.	sliced mushrooms

Combine both prepared Vegan Beef Flavored Base and Minor's Mushroom Base together in a large soup pot and bring to a boil. Add diced carrots, diced red bell pepper, sliced mushrooms, diced potatoes and celery. Reduce heat to a simmer and cook until potatoes are tender. Add diced tomatoes and simmer for another 10-15 minutes.

Serving Suggestion : Any combination of mushrooms can be used. Portobello and lentils make a great flavor combination with this soup. Barley can be added too. It is recommended that the barley be cooked and rinsed before adding to the soup. Cooked rice and pasta can also be added.

## **HOT AND SOUR SOUP** (yields 1¼+ quarts)

1	qt.	prepared <b>Vegan Chicken Base</b>
¼	tsp.	crushed red pepper flakes
1-2	tsp.	Sugar
1		carrot, julienne
6-8		mushrooms, sliced (white, shitake or wood ear)
3		scallions, bias cut
2-3	Tbsp.	rice wine vinegar
4	tsp.	soy sauce
2	Tbsp	cornstarch
1		egg, beaten well
2	tsp.	Water
4	oz.	firm tofu, cut into medium cubes
		sesame oil to taste

Combine the prepared Vegan Chicken Flavored Base, crushed red pepper flakes, sugar, carrot, mushrooms, and scallions. Simmer for 3-5 minutes. Combine the vinegar, soy sauce and cornstarch. Mix well. While the stock is simmering, slowly stir in the cornstarch mixture. Combine the egg with 2 teaspoons of water and mix well. Stir the stock to create a whirlpool effect. Slowly pour the egg mixture over a whip held about 3 inches above the swirling stock. Allow the egg to cook for a few seconds. Add the tofu and sesame oil. Do not stir the stock with a whip. Use a spatula and slowly stir the soup.

## **MUSHROOM RICE SALAD** (yields approximately 1½ quarts)

1		rib celery, small diced
1	large	portabella mushroom, julienne
8-10		white mushrooms, thinly sliced
2	cups	rice
1	quart	water
4	tsp.	<b>Golden Vegetable Base</b>
		<b>Golden Vegetable Base (additional to taste)</b>
		additional olive oil, to taste
¼	cup	small diced carrots
1		medium onion, small diced
1	tsp.	chopped garlic
2-3		scallions, bias cut
1	Tbsp.	olive oil

Sauté the onion, chopped garlic, carrots, celery and mushrooms in olive oil. Add the rice and stir to coat. Cook the rice until it starts to brown and smells nutty. Add the water and the Golden Vegetable Base. Bring to a simmer and cover. Allow to barely simmer for about 15-20 minutes. Remove from the heat and allow to stand for several minutes. Spread out on a sheet pan, cover and cool before serving. Drizzle with additional olive oil and adjust seasoning with Golden Vegetable Base. Garnish with scallions.

## **AUTUMN SWEET POTATO & APPLE GNOCCHI**

(yields 10 lbs. raw dough)

12		Apples peeled, small diced
3		Red Bell Peppers cut brunoise
1	gallon	prepared <b>Golden Vegetable Base</b>
2	tsp.	White Pepper
8	cups	Semolina Flour
3	Tbsp.	<b>Instant Food Thickener</b>
7		Egg Yolks
¾	lb	Sweet Potatoes
		Fresh Sage Leaves, minced
		Unsalted Butter
		Fresh Shallots, minced
		Pureed fresh ginger
		Freshly Ground Black Pepper
		Parmesan Cheese, good quality

Wash sweet potatoes very well, cut in half and bake in 350°F oven until very soft. Let potatoes cool slightly and remove skin. Puree and blend in egg yolks with white pepper. Cut in semolina flour and Instant Food Thickener to potato mixture with a pastry cutter until all flour is incorporated. Place dough on parchment lined sheet pan, cover & let rest for at least 2 hours. Roll out gnocchi in 1 inch thick ropes and cut into ½ inch pieces. Using a fork dusted with flour gently rub the gnocchi off the fork to form. Cook formed gnocchi in prepared Golden Vegetable Base for 5-6 minutes. While gnocchi is cooking, in a sauté pan add butter, red pepper, apples, sage, minced shallots and pureed ginger. Sauté 2-3 minutes, add strained cooked sweet potato gnocchi and some cooking liqueur. Season with black pepper and top with Parmesan cheese before serving.

## **COUS COUS CHICKEN SALAD** (yields 2+ pounds)

4	each	dried apricots, julienned
2	oz.	golden raisins
1	Tbsp.	blended oil
½	tsp.	chopped garlic
1	Tbsp.	chopped shallots
		salt and pepper to taste
2	cups	prepared <b>Chicken Base of your choice</b>
1-10	oz.	box couscous
16	oz.	grilled boneless chicken breast, julienned

Briefly sauté the chopped shallots and the chopped garlic in the blended oil. Add the prepared Chicken Bases and raisins. Bring the mixture to a boil. Add the couscous, stir briefly, cover and remove from the heat. Leave covered for approximately five minutes. Fluff with a fork and add the julienned apricots and chicken.

## **CHAMPAGNE POACHED SALMON** (yields 10 portions)

¼	cup	chopped shallots
10	7-8 oz	salmon filets cleaned and skinned
2	tsp.	<b>Golden Vegetable Base, divided</b>
1	tsp.	chopped garlic
2		carrots, julienne
2		medium yellow squash, julienne
2		medium zucchini, julienne
1	Tbsp.	Butter
2		parsnips, julienne
1	bunch	pencil asparagus, quartered lengthwise and blanched
1-2	cups	champagne

Combine the chopped shallots and chopped garlic and rub on the filets. Sprinkle with 1 teaspoon of the [goldenvegbase]. Toss the zucchini, squash, carrots and parsnips with the remaining [goldenvegbase]. Place the vegetables on the filets. Place filets in a hotel pan, add the champagne and poach until fish is done. Briefly sauté asparagus in the butter and use as a garnish, leaning it against the salmon.

## **BAJA BLACK BEAN SOUP** (yields 6 quarts)

1	pint	sour cream
		juice from one lime
2		tomato, seeded and small diced
1	small	jalapeño seeded and very small diced
3	quarts	prepared <b>Chicken Base of your choice</b>
3	quarts	prepared <b>Ham Base of your choice</b>
2	tbsp.	tomato paste
1½	tbsp.	brown sugar
2	tsp.	Oregano
		to taste ground allspice
2	tsp.	chopped garlic
2		bay leaves
4	lbs.	black beans
3		medium onions, small diced
2	tbsp.	olive oil
1		red pepper, small diced
½	cup	corn

Soak the black beans in cold water overnight. Drain the beans and reserve. Heat olive oil and sauté onions and chopped garlic. Add bay leaves, oregano, allspice, sugar and tomato paste then sauté for 3–5 minutes. Add the prepared Ham Base and prepared Chicken Base and beans. Simmer 2½-3 hours or until beans are tender. Remove the bay leaves and strain half of the cooked beans and puree. Add puree back to the soup mixture. To create the jalapeño salsa topping, combine the jalapeño, tomatoes, red pepper, green peppers, corn and lime juice. Mix well. Serve soup topped with sour cream and jalapeño salsa.

## **BROCCOLI CHEDDAR SOUP** (yields 3 quarts)

1	Tbsp.	olive oil
2	ribs	celery, peeled and rough cut
1	lb.	blanched broccoli, rough cut
1	medium	onion, chopped
1	tsp.	chopped garlic
2	quarts	prepared <b>Golden Vegetable Base</b>
16	oz.	shredded cheddar
1	cup	heavy cream mixed with 2 Tbsp. Cornstarch
		salt & pepper to taste

Sauté the celery, onion and chopped garlic in the olive oil. Add the broccoli and prepared No Added MSG Harvest Vegetable Base. Simmer until vegetables are tender. Add the cheese and puree mixture. Add the heavy cream and cornstarch slurry and reheat. Season with salt and pepper.

\*Suggestions: Try adding 4 oz. of bacon

## **SOFT SHELL CRABS** (yields 12 portions)

½	tsp.	Ginger Puree
½	tsp.	chopped garlic
2	tsp.	Paprika
2	tsp.	celery seed
1	tsp.	mustard seeds
½	tsp.	white pepper
1/8	tsp.	ground cloves
2	Tbsp.	<b>Golden Vegetable Base</b>
2	Tbsp.	Cornstarch
2	cups	flour
		blended oil as needed
24		medium soft-shell crabs

To prepare the seasoning mix, place all ingredients, except flour, oil and crabs, in a food processor and pulse until well mixed. Clean the crabs by removing their faces with a kitchen scissors and lifting up the pointed sides of their shells, and removing the gills. Sprinkle both sides with the seasoning mix. Dredge the seasoned crabs in flour, and sauté in the blended oil until golden brown on both sides (2-3 minutes per side). Serve immediately. Store extra seasoning, covered, in a cool dry place.

## **CHICKEN & ESCAROLE in a PARMESAN BROTH** (yields 1+ gallons)

1½	heads	escarole, washed and torn
2	lbs.	chicken breast, skinned, poached, and small diced
½	cup	tomato paste
½	tsp.	Basil
½	tsp.	Oregano
¼	tsp.	Thyme
5	quarts	water
2		carrots, small diced
2	medium	onions, small diced
2	ribs	celery, small diced
½	tsp.	chopped garlic
1	Tbsp.	olive oil
¼	cup	parmesan cheese, grated
		salt and pepper to taste
4	oz.	<b>Chicken Base (your choice)</b>

Sauté the chopped garlic and vegetables without color in the olive oil. Add the Chicken Bases to the water and mix well. Combine the sautéed vegetables, prepared stock, herbs, tomato paste and chicken and simmer for 5-10 minutes. Add the torn escarole and simmer an additional 5-10 minutes. Finish the soup by adding the cheese just before service. Adjust seasoning with salt and pepper.

### **CHILE CON CARNE** (yields 15-20 portions)

½	cup	flour
2	medium	onions, small-diced
2	tsp.	chopped garlic
4	lbs.	small-diced chuck roast
¼	cup	corn-oil
1	qt.	prepared <b>Beef Base your choice</b>
1	lb.	cooked kidney beans
1/3	cup	<b>Minor's Ancho Flavor Concentrate</b>

Heat oil and brown meat. Add chopped garlic, onions and sprinkle with flour. Cook for 3-5 minutes, stirring continually. Add Ancho Chile Flavor Concentrate, prepared Beef Bases and beans. Simmer for 45-60 minutes, or until meat is tender.

### **CREAM OF SPINACH AND BRIE SOUP** (yields 1+ gallons)

3	ribs	celery, sliced
1	Tbsp.	whole butter
¾	tsp.	chopped garlic
¼	cup	chopped shallots
2	lbs.	Spinach
2		bay leaves
1	tsp.	Worcestershire sauce
1	pint	heavy cream
3	qts.	prepared <b>Chicken Base of your choice</b>
1	tsp.	Thyme
		ground pepper to taste
6-8	oz.	prepared roux
1	lb.	Brie

Sweat the celery, chopped garlic and chopped shallots in butter. Add the spinach and heat until wilted. Add the prepared Chicken Bases, bay leaf, Worcestershire sauce, thyme and ground pepper. Bring to a boil. Reduce heat and simmer for 10-15 minutes. Trim off the brie skin and discard. Cut cheese into cubes and add to the simmering stock. Whisk the stock until the Brie melts. Continue whisking and add the roux a little at a time. Add the cream and simmer for 5 additional minutes. Remove the bay leaves and puree.

### **ITALIAN WEDDING SOUP** (yields 1 gallon)

2	Tbsp.	grated parmesan cheese
4	Tbsp.	fresh bread crumbs
2		egg slightly beaten
1	cup	acini di pepe pasta
1	lb.	lean ground beef
1	cup	small diced carrots
3	quarts	prepared <b>Chicken Base of your choice</b>
1	tsp.	chopped basil
1	tsp.	<b>Roasted Onion Base</b>
4	cups	thinly sliced escarole

In a medium bowl, combine meat, egg, bread crumbs, cheese & chopped basil. Shape into 1 inch balls and bake in a 350°F oven until fully cooked & reserve. While meatballs are cooking, in a soup pot bring prepared Chicken Bases to a boil and add Roasted Onion Base, sliced escarole, pasta, carrots and cooked meatballs. Cook for 10-15 minutes until pasta is al dente. Season with black pepper & additional parmesan cheese.

### **MUSHROOM BARLEY SOUP** (yields 2½+ quarts)

8	oz.	mushrooms, sliced
1	rib	celery, small diced
1		carrot, small diced
1	medium	onion, small diced
1	tsp.	chopped garlic
1	Tbsp.	olive oil
1	cup	prepared <b>Minor's Mushroom Base</b>
1	cup	barley
1	Tbsp.	chopped parsley
		pepper to taste
½	tsp.	Thyme
2	tsp.	Basil
1		bay leaf
2	qts.	prepared <b>Vegan Chicken Flavor Base</b>

Sauté the chopped garlic and vegetables. Add the herbs, prepared Vegan Chicken Flavored Base and prepared Mushroom Base. Bring to a simmer and add barley. Simmer until barley is tender. Finish with chopped parsley.

### **WHITE BEAN with SAUSAGE SOUP** (yields 1½ gallons)

3		carrots, small diced
3	stalks	celery, small diced
¾	tsp.	Oregano
2	tsp.	chopped basil
½	tsp.	Thyme
1		bay leaf
4		potatoes, peeled and diced
8	oz.	Italian sausage, cooked and thinly cut on the bias
2	lbs.	cooked cannelloni beans
1	Tbsp.	balsamic vinegar
1	oz.	parmesan cheese
		salt and pepper to taste
1	gallon	prepared <b>Chicken Base your choice</b>
2		leeks, julienne
2	medium	onions, small diced
2	tsp.	chopped garlic
1	Tbsp.	olive oil

Lightly brown the chopped garlic. Add the onions, leeks, carrots and celery. Sauté until tender. Add the herbs, prepared Chicken Bases, potatoes and cooked sausage. Simmer until potatoes are tender. Remove the bay leaf and add remaining ingredients. Adjust seasoning with salt and pepper.

### **VEGETABLE and WILD RICE SOUP** (yields 5½ quarts)

2	medium	onions, small diced
3		carrots, small diced
1	medium	zucchini, small diced
8	oz.	mushrooms, sliced
1	medium	yellow squash, small diced
3	cups	cooked wild rice
1	Tbsp.	chopped parsley
1		bay leaf
1	gallon	prepared <b>Golden Vegetable Base</b>
		salt and pepper to taste
1	tsp.	chopped garlic
1	Tbsp.	olive oil

Heat the oil and sauté the chopped garlic and vegetables. Add the rice and herbs. Toss to coat. Add the prepared Golden Vegetable Base and simmer until vegetables are tender. Season with salt and pepper. Remove bay leaf before serving.

### **TUSCAN VEGETABLE and BREAD SOUP** (yields 2¼+ quarts)

4	oz.	green beans, cleaned and cut into 1 inch pieces
2		tomatoes, peeled, seeded and diced
¾	tsp.	chopped fresh thyme
1	tsp.	chopped fresh basil
½	tsp.	dried oregano
1		bay leaf
4	oz.	raw ditalini pasta
1½	qts.	prepared <b>Vegan Chicken Flavor Base</b>
1	cup	cooked white beans
1	Tbsp.	Parmesan cheese
1	loaf	ciabatta bread
1	cup	shredded cabbage
1	small	zucchini, small diced
2		carrots, peeled and sliced
1	medium	onion, small diced
2	tsp.	chopped garlic, divided
2	Tbsp.	olive oil, separated

Sauté 1 tsp. of chopped garlic and the vegetables in 1 Tbsp. of olive oil. Add the herbs, bay leaf, pasta and prepared Vegan Chicken Flavored Base. Simmer until the pasta is nearly tender. Add the cooked beans and return to a simmer. Finish with parmesan cheese. Remove the crust from the ciabatta bread. Combine the remaining garlic and oil. Rub the ciabatta bread with the mixture and toast. Cut into one inch squares. Stir into soup until completely absorbed. Place the soup in oven proof bowls. Heat until bubbling. Serve immediately.

### **SPLIT PEA SOUP with BACON** (yields 1 ¼ gallons)

2	quarts	prepared Minor's Ham Base
1		carrot, julienne
1	rib	celery, very small diced
1	medium	onion, very small diced
6-8	oz.	bacon, small diced
1		bay leaf
½	tsp.	Thyme
2	lbs.	split peas
2	lbs.	potatoes, peeled and medium diced
1	tsp.	chopped garlic
2	quarts	prepared <b>Chicken Base your choice</b>

Sauté the bacon until crisp. Remove from fat and reserve for later use. Sauté the onion, celery, carrot and chopped garlic in the bacon fat. Add the remaining ingredients and simmer for about 45 minutes, or until peas are tender. Remove the bay leaf and serve topped with the crisp bacon.



## **ROOT VEGETABLE BEEF SOUP** (yields 2½+ gallons)

2           parsnips, peeled and diced  
4        ribs    celery, diced  
3           leeks, julienne  
3           carrots, peeled and diced  
2           turnips, peeled and diced  
2        Tbsp.   olive oil  
2        tsp.    chopped garlic  
12       oz.    Acini Pepe (or other small pasta)  
½       tsp.    Thyme  
1        tsp.    Basil  
1        tsp.    Oregano  
1        Tbsp.   parsley, chopped  
1        Tbsp.   fresh rosemary, chopped  
1            bay leaf  
1½-2   lbs.    cooked beef, small diced  
1        lb.    diced plum tomatoes  
½       tsp.    **Minor's Roasted Garlic Base**  
1        gallon   prepared **Golden Vegetable Base**  
1        gallon   prepared **Beef Base your choice**

In a stockpot, heat the oil and sauté chopped garlic until lightly browned. Add the turnips, carrots, leeks, celery, parsnips and beef and sauté until caramelized. Add the Roasted Garlic Base, Golden Vegetable Base and prepared Beef Bases. Bring to a simmer. Add the remaining ingredients and simmer until pasta is tender and vegetables are cooked. Serve with grated Parmesan cheese.

## **RED LENTIL SOUP with SAGE and PANCETTA** (yields 2 gallons)

2        tsp.    Cumin  
6           sage leaves, chopped  
2        lbs.    red lentils  
2            bay leaves  
2            carrots, peeled, quartered and sliced  
2        ribs    celery, small diced  
2        medium onions, small diced  
1½      gallons   prepared **Chicken Base your choice**  
2        tsp.    chopped garlic  
8        oz.    pancetta, small diced  
1        Tbsp.   olive oil

Brown the pancetta in olive oil. Sauté the garlic, onion, celery and carrots until caramelized. Add the remaining ingredients and simmer for 35-40 minutes or until lentils are tender.

## **VEGETABLE BARLEY SOUP** (yields 2+ gallons)

3        ribs    celery, sliced  
1            zucchini, small diced  
1            yellow squash, small diced  
10       oz.    mushrooms, sliced  
1        tsp.    chopped garlic  
2        cups    barley  
2            bay leaves  
½       tsp.    Thyme  
½       tsp.    Basil  
½       tsp.    chopped fresh rosemary  
2        gallons   prepared **Golden Vegetable Base**  
¼       cup    chopped parsley  
          salt & pepper to taste  
3            carrots, sliced  
2        medium onions, small diced  
2        Tbsp.   olive oil

Heat the oil and sauté the vegetables and chopped garlic until slightly caramelized. Add the barley and herbs. Toss to coat. Add the prepared Golden Vegetable Base and simmer until barley is tender. Add the parsley and season with salt and pepper. Remove bay leaf before service.

## **GARDEN VEGETABLE SOUP with BEEF** (yields 5+ quarts)

1        Tbsp.   olive oil  
1        tsp.    chopped garlic  
1        medium onion, small diced  
2            carrots, peeled and small diced  
1        rib    celery, small diced  
1        cup    corn kernels  
1        lb.    cooked top round or chuck, small diced  
1        tsp.    chopped fresh thyme  
1        Tbsp.   chopped fresh basil  
1            bay leaf  
1        medium potato, peeled and small diced  
3        quarts   prepared **Beef Base your choice**  
          **Liquid Vegetable Consommé Prep to taste**

Sauté vegetables in oil. Add remaining ingredients and simmer until potatoes are tender. Adjust seasoning with Liquid Vegetable Consommé Prep.

## **CARAMELIZED HERBED POTATOES** (yields 4 portions)

1        Tbsp.   Olive oil  
          **Golden Vegetable Base to taste**  
1        tsp.    Chopped garlic  
2        tsp.    Chopped fresh herbs

Boil the potatoes in salted water until al dente. Drain well and dry. Heat the oil. Add the dried potatoes and chopped garlic. Sauté until potatoes are caramelized. Add herbs. Season with Golden Vegetable Base or No Added MSG Harvest Vegetable Base, toss briefly and serve.

## **CHICKEN AND SAUSAGE GUMBO** (yields 45-50 portions)

16	oz.	Flour
3	lbs.	onions, medium dice
1		stalk celery, medium dice
1	lb.	sliced okra
2	lbs.	green peppers, medium dice
2		bay leaves
2	tsp.	chopped garlic
1	Tbsp.	gumbo file
2	Tbsp.	parsley, chopped
4	lbs.	blackened skinless chicken breasts, medium dice
1	bunch	scallions, julienne
2	lbs.	andouille sausage
1		#10 can crushed tomatoes in juice
12	oz.	blended oil
2½	gal.	prepared <b>Chicken Base of your choice</b>
45-50		portions cooked rice

Thinly slice the andouille sausage on a bias. In a large stockpot, render the sausage over medium heat and remove with a slotted spoon. Add the oil and flour to the rendered fat and mix well with a wire whip. Make a brown roux by cooking for 30-40 minutes over low heat, stirring regularly. When the roux is a nutty brown, add the vegetables and seasonings (except the diced tomatoes) and stir continuously until vegetables are tender. Add the chicken breast, prepared Chicken Bases of your choice and tomatoes and simmer for 30 minutes, stirring regularly. Serve over rice garnished with additional julienne scallions.

## **CARAMELIZED ONION & GARLIC SOUP** (yields approx. 1¾ quarts)

1	cup	heavy cream
1/8	tsp.	basil
1/8	tsp.	Thyme
¼	tsp.	Oregano
3	Tbsp.	Flour
1	Tbsp.	blended oil
2	Tbsp.	whole butter
1	lb.	Onion
		Salt and pepper to taste
1	quart	prepared <b>Chicken Base of your choice</b>
3	Tbsp.	chopped garlic

Peel and slice the onions as you would for French Onion Soup. Sauté the onion and chopped garlic in the butter and oil until well caramelized (about 15-20 minutes). Add the flour and continue to sauté for an additional 5-10 minutes. Add the oregano, thyme and basil and sauté for 1-2 additional minutes. Slowly add the prepared Chicken Bases and bring the mixture back to a simmer. Add the heavy cream and simmer for 5 minutes. Strain the mixture and adjust the seasoning with salt and pepper. (yields approximately 1¾ quarts)

## **BUTTERNUT & CARROT SOUP** (yields 2½ gallons)

1½	gallons	prepared <b>Vegan Chicken Flavor Base</b>
4	lbs.	carrots rough cut with skin left on
7	lbs.	butternut squash peeled & cubed
2	cups	orange juice
4	large	onions
½	cup	chopped garlic
1	Tbsp.	Salt
4	oz.	blended oil
4	Tbsp.	<b>Golden Vegetable Base</b>
¼	tsp.	Nutmeg
½	gallon	water
3		bay leaves
1	tsp.	white pepper
¼	tsp.	ground thyme
¼	tsp.	Orange Flavoring

In a heavy gage soup pot, heat blended oil and add chopped onions then brown slightly. Add chopped garlic and sauté until aromatic. Add butternut squash, carrots, prepared Vegan Chicken Flavored Base, water & bay leaves. Cook mixture covered until carrots are tender. Puree soup and add dry No Added MSG Harvest Vegetable Base, white pepper, salt, Orange Flavor, nutmeg and ground thyme.

## **CARAMELIZED ONION TART** (yields 8 portions)

1	tsp.	<b>Golden Vegetable Base</b>
½	cup	milk
1	whole	egg+1 yolk
½	tsp.	chopped garlic
4	lbs.	onion, julienne
6	pcs.	bacon julienned, and cooked crisp (reserve the fat)
1-9	inch	pie shell
		salt and pepper to taste

Bake the pie shell in a preheated 350° oven until it starts to brown. Sauté the onions in some of the reserved bacon fat until caramelized (about 40-50 minutes). Add the [garlicinoil], toss briefly, and remove from heat. Combine the remaining ingredients and mix well. Add the onion mixture to the egg mixture, a little at a time, mixing well between additions. Adjust the seasonings and pour into the par-baked pie shell. Bake at 350° until set in the center (35-45 minutes). Allow to stand for 10-15 minutes, to set up before cutting.