DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!
About the Recipes

We hope you enjoy these recipes. Most have been chef-developed for restaurants. Remember, they are only a guide.

MAKE THEM YOUR OWN !!

If there's an ingredient you dislike, replace it.

If there's one you really like, add more.

Substitute any ingredients with similar ingredients you have on hand.

Cutting down on fat? Substitute a “fat-free” cooking spray for butter or oil, “Fat-Free” Half & Half, (Land O’ Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Soften Bases in water instead of oil before rubbing on meats, poultry or fish to season.

Replace mayonnaise or sour cream in dips, sandwiches or pastas with “Fat-Free” varieties, then add great flavor with Bases.

Some recipes call for Minor’s Sauce/Soup Thickener or “Dry Roux®”. Substitute any of the following:

a) Classic roux in equal amounts of butter and flour
b) Cornstarch or arrowroot and water

HAPPY COOKING !!
Heidi & David
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## Chef's Secrets

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Chef's Secrets for Delicious Results

A) For MORE FLAVOR LESS SALT; replace salt with 2 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2 tsp. Base.) Bases are highly concentrated; USE LEVEL MEASURES.

B) Replace bouillon cube(s) in any recipe with ½ tsp. Base for more natural flavor & less salt.

C) Blend Base into any recipe easily by dispersing in any liquid called for in the recipe; i.e., water, milk, eggs, mayonnaise...

D) To enhance soup stock: Add 1 Tbsp. Base per quart of water. For full flavored stock or broth: see directions on container.

E) Rice, grains, beans, vegetables: Add 1 tsp. Base to every 1½ cups boiling water used in cooking.

F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as a seasoning or as a finishing touch to flavor. Dissolve in small amount of water first, stir or toss.

G) Marinades made easy: Add Base to olive oil, red wine vinegar, garlic & black pepper; marinade 1 hour. Use 1 tsp. Base per ½ cup water or vegetable oil.

H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin & meat before grilling, broiling or sautéing to replace salt.

I) A flavorful baste: Combine 1 tsp. Base with ¼ cup oil for each lb. of meat. Baste throughout cooking process.

J) Breading: 1) Rub meat with softened (in water or oil) Base at 2 tsp. per lb. of meat. Then dust with combination of flour, bread crumbs and seasonings. 2) Mix Base into breading mixture with electric mixer and coat.

K) Sandwiches, dips & appetizers: Blend 1 tsp. Base per cup of mayonnaise or 1 tsp. per 8 oz. sour cream or cream cheese.

L) Pasta Sauce: Add 1 tsp. per cup for enhanced flavor.

M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.

N) Poaching: Add 1 Tbsp. Base per qt. of water with an acid (wine, lemon juice or vinegar) to retain meat juices. Do not allow liquid to boil when poaching. Boiling toughens meat.

O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to caramelize outside for flavor, while remaining tender & juicy inside.

P) Ground meats: Add Base to ground meat before grilling or baking at 2 tsp. per pound.

Q) Potatoes: Mashed/Twice Baked: 1½ to 2 tsp. Chicken Base per lb.

R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.

S) Stuffing: Disperse ½ tsp. Base (in liquid) per cup of stuffing. Be sure stuffing is cool before stuffing meat. Never stuff raw meat until ready to cook.

T) Pizza crust: Dilute Chicken/Garlic Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.

U) Replace salt in scrambled eggs, egg whites or egg substitute, omelets or quiche with ¼ tsp. any flavor Base per egg. (dissolve Base in 1 tsp. warm water before adding)

Alfredo Sauce II

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
<th>Description</th>
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<tbody>
<tr>
<td>Cup</td>
<td>Hot Water</td>
<td></td>
</tr>
<tr>
<td>1½ Tsp</td>
<td>Chicken Base</td>
<td></td>
</tr>
<tr>
<td>¾ Cup</td>
<td>Heavy Cream</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Unsalted Butter</td>
<td></td>
</tr>
<tr>
<td>¼ Cup</td>
<td>Lukewarm Water</td>
<td></td>
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<tr>
<td>3½ Tbsps</td>
<td>Minor’s Sauce/Soup Thickener (Dry Roux®)</td>
<td>Fresh Grated Parmesan Cheese</td>
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Combine water, Base, cream and butter. Heat to boiling, stirring occasionally, until butter melts. Blend Dry Roux® with warm water until smooth using whisk. While stirring vigorously, gradually pour into hot liquid. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Add cheese, stirring until mixed thoroughly. Remove from heat. Yields 2 cups

Baked Potato Bernier

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<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>2 Large</td>
<td>Baking Potatoes (Apx. 8 Oz. Each) -- washed</td>
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<tr>
<td>¼ Cup</td>
<td>Bacon -- diced small</td>
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<tr>
<td>¼ Cup</td>
<td>Hot Milk</td>
<td></td>
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<tr>
<td>1½ Tbsp</td>
<td>Chicken Base</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp</td>
<td>Sour Cream</td>
<td></td>
</tr>
<tr>
<td>1½ Tbsp</td>
<td>Butter Or Margarine</td>
<td></td>
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<tr>
<td>1 Tbsp</td>
<td>Fresh Grated Parmesan Cheese</td>
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<tr>
<td>1 Tbsp</td>
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Bake potatoes 450°F until tender, apx. 1 hour. While warm, cut in ½ lengthwise. Scoop out potato, leaving ¼” in skin. Mash scooped out potatoes. Saute bacon until crisp, for apx. 7 minutes. Drain. Combine bacon and remaining ingredients in bowl; mix until smooth and well blended. Fill skins. Sprinkle with cheese, then melted butter. Bake 375°F for 15-20 minutes. Serves 4

Braised Carrots With Cilantro Sauce

<table>
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<tr>
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<tbody>
<tr>
<td>1 Pound</td>
<td>Carrots -- peeled and julienned</td>
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<tr>
<td>¼ Cup</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>¼ Tsp</td>
<td>Chicken Base</td>
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</tr>
<tr>
<td>3 Tbsps</td>
<td>Fresh Cilantro -- coarsely chopped</td>
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<tr>
<td>1 Tsp</td>
<td>Honey</td>
<td></td>
</tr>
<tr>
<td>¾ Cup</td>
<td>Sour Cream</td>
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<tr>
<td>3 Tbsps</td>
<td>Butter</td>
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Dissolve Base in water. Set aside. Heat butter in medium skillet. Add carrots, cook over medium heat until they just begin to soften, apx. 5 minutes. Add broth, 2 tsps of cilantro, honey and pepper; cover and simmer until carrots are tender, apx. 5 minutes. Transfer to serving bowl with slotted spoon; keep warm. Increase heat to high; cook until pan juices thicken slightly, about 1 minute. Turn off heat; stir in sour cream and 1 tsp. cilantro. Pour sauce over carrots, serve immediately. Serves 4
**Turkey Tetrazzini**

10 Ozs Mushrooms (Apx 4 Cups) -- sliced thin  
5 Tbsps Unsalted Butter  
¾ Cup All-Purpose Flour  
2 Cups Warm Water  
2 Tbsps **Turkey Base**  
½ Cup Dry White Wine  
3 Cups Cooked Turkey With Giblets If Desired -- coarsely chopped  
1 Cup Cooked Peas  
2/3 Cup Fresh Grated Parmesan Cheese  
1 1/3 Cups Fine Bread Crumbs (Fresh If Desired)  
10 Ozs Spaghetti

Cook mushrooms in 4 Tbsp. butter over medium heat, stirring until most of the liquid is evaporated, stir in flour. Cook over low heat, stirring 3 minutes. Dissolve Base in water; combine with milk and wine. Add mixture in stream to mushrooms, stirring; bring to boil. Reduce heat; simmer 5 minutes. Cook pasta al dente, drain well. Combine pasta, mushroom sauce, turkey, peas and pepper to taste. Stir in ½ the Parmesan; transfer to buttered shallow 3 qt. casserole. Combine remaining Parmesan, bread crumbs, salt & pepper and sprinkle over Tetrazzini; dot top with remaining butter - cut into bits. May be prepared up to this point 1 month in advance-kept frozen, covered. Bake in center of preheated 375°F. oven 30-40 minutes, or until bubbling top is golden. Serves 4-6

**Turkey Vegetable Noodle Soup**

1 1/2 Tsp Butter Or Margarine  
1 1/4 Cups Onions -- diced small  
1 Cup Carrots -- diced medium  
1/2 Cup Celery -- diced medium  
1 1/4 Quarts Hot Water  
2 Tbsps + 2 Tsp **Turkey Base**  
4 Ozs Canned Crushed Tomatoes In Puree  
1 1/2 Cups Fine Egg Noodles  
2 Cups Cooked Turkey -- diced small  
1/2 Cup Frozen Green Peas -- thawed

In sauce pot melt butter over medium heat. Add onions, carrots and celery. Saute and stir 3-5 minutes. Stir in water, Base and tomatoes, mixing well. Bring to boil. Add noodles. Reduce heat, gently boil until noodles are tender. Add turkey and peas, stirring well. Simmer 5-7 minutes, until peas are tender. Serves 10

**“To Taste” Turkey Thigh Sandwiches**

Turkey Thighs
Onions -- sliced-to taste  
**Turkey Base** -- to taste  
Garlic Cloves -- to taste-sliced

Disperse Bases in oil. Cook with skin on-remove if desired after roasting. Rub base mixture under and on skin. Place in roasting pan. Add wine, onions and garlic (if using cloves). Sprinkle with paprika and pepper. Bake 350°F covered apx. 2 hrs. Uncover last hour. Don’t worry about overcooking - the longer roasted the easier to release from bone. Shred with fork. Serve on rye bread with horseradish sauce or over spaetzle with gravy.

**Cheese Soup Vermont**

4 Tbsps Margarine Or Butter  
1/3 Cup Onions -- diced small  
1/3 Cup Celery -- diced small  
1/3 Cup Carrots -- diced small  
1/3 Cup Green Peppers -- diced small  
1/2 Cup All-Purpose Flour  
3 Cups Hot Water  
4 Tbsps **Chicken Base**  
2 Slices American Cheese -- diced small  
1 Cup Sharp Cheddar Cheese -- shredded  
1 Cup Half And Half -- hot  
1/3 Cup Beer - Optional

In saucepan, melt butter over medium heat. Add onions, celery, carrots and peppers; saute/stir 10 min. Add flour, stirring until well blended, evenly cooked, 2-3 min. Reduce heat; gently boil 7 min, stirring occasionally. Add cheeses, half & half and beer, mix well. Heat to simmering, stirring continuously until cheese melts. Garnish with blanched green pepper, cherry tomato slices, herbed croutons. Serves 6

**Cheese Tortellini With Vegetables**

1 Cup Cheese Tortellini -- uncooked  
1 Tbsp Each Butter Or Margarine & Veg. Oil  
¼ Cup Carrots -- julienned  
¼ Cup Mushrooms -- sliced thin  
¼ Cup Yellow Squash -- julienned  
¼ Cup Celery -- julienned  
1/8 Cup Onions -- julienned  
1/8 Cup Bell Peppers-Any Variety Or Color -- julienned  
1 1/2 Tbsps Water  
2 1/4 Tsps **Turkey Base**  
1/8 Cup Tomatoes -- peeled and diced  
1/2 Tsp Dried Basil  
1/4 Tsp Garlic -- minced  
Fresh Ground White Pepper -- to taste

Cook tortellini per pkg. directions. Rinse in cold water; drain. In skillet on med-high heat, melt butter and oil. Add carrots, celery, mushrooms, squash, onions and peppers; saute 2-3 minutes. Add water, Base, basil, tomatoes, garlic, pepper and tortellini, mix well. Cook until hot, 3-4 minutes, stirring occasionally. Serves 6

**Cole Slaw Or Potato Salad Dressing**

2 Cups Mayonnaise  
3/4 Cup Sour Cream  
2 Tbsps White Vinegar  
1 Tbsp **Turkey Base**  
1/2 Tbsp Ground Mustard  
1/2 Tbsp Sugar and Fresh Ground White Pepper

Combine ingredients well with whisk. Chill. Use 1/2 cup per 12 ozs. of salad. Yield 3 cups
Chicken & Turkey Gravies

1/4 Cup Butter Or Margarine
3/8 Cup All Purpose Flour
2 Tbsps Cornstarch
1 Quart Hot Water
4 Tsp Chicken or Turkey Base

Melt butter over medium heat. Blend in flour and cornstarch. Cook over medium heat 2-3 minutes, stirring constantly. Add remaining ingredients. Heat to boiling, stirring constantly. Reduce heat; gently boil 2 minutes, stirring occasionally. Yield 1 qt

Herbed Turkey Gravy

2 Tbsps Butter or Margarine
1 Cup Onions, Chopped
1 1/2 Cups Mushrooms, Chopped
4 Cups Water

Dissolve Base in water, separate 1/2 cup of the broth and cool. In sauce pot saute onions and mushrooms in butter, 2 minutes. Stir in 3 1/2 cups broth, parsley and thyme. Remove from heat. Mix cornstarch and cooled broth until smooth; pour into pot stirring constantly with wire whisk. Bring to boil and stir 1 minute. Yield: apx. 1 qt. Var.: Use wine, fruit juice or cream as part of liquid.

Chicken (Or Turkey) White Bean Chili

1 1/4 Cups Water
2/3 Cup Onions -- medium diced
1 1/2 Tsp Chicken Base
1/8 Tsp Garlic -- minced
2 Cups Great northern beans -- canned, drained
4 Ozs Chicken or turkey (1 cup) -- medium diced
1/2 Cup Green chili peppers, canned, drained -- medium diced
1/4 Tsp Ground cumin
1/4 Tsp Oregano
1/8 Tsp Cilantro dry
Dash Ground red pepper
Dash Ground cloves
1/2 Cup Monterey jack cheese, shredded for -- garnish, optional

In sauce pot combine water, onions, Base and garlic. Heat to boiling over med-high heat; reduce heat; gently boil 3 minutes, stirring occasionally. Add beans, chicken, chili peppers, cumin, oregano, cilantro, pepper and cloves. Return to gentle boil 10-12 minutes, stirring occasionally. Garnish. Serves 4

Turkey Florentine Soup

1 Tbsp Vegetable oil
1/2 Cup each Onion and Red bell pepper -- diced medium
3 Cups Water
1 Cup Turkey meat -- cooked & diced
1/8 Cup Frozen spinach
1 1/2 Tbsps Turkey Base
1/4 Tsp Poultry seasoning
2 Tbsps Ground nutmeg and Fresh ground white pepper
2 Tbsps Cornstarch well blended into 1/4 cup cold water

In sauce pot, heat oil over med-high heat. Add onions and peppers; saute 2-3 minutes. Add 1st amount of water, turkey, spinach, poultry seasoning, Base, nutmeg and pepper. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 5-8 minutes, stirring occasionally. Blend 2nd amount of water and cornstarch until smooth with wire whisk. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Serves 4

Turkey (Or Chicken) A La King

1 Cup Fresh Mushrooms -- sliced 1/4" thick
1 1/2 Cups each Hot Water and Hot Milk
1 1/2 Cups Cooked Turkey or Chicken (9 Ozs.)
1 Tbsp + 1 tsp Pimiento -- chopped

Parboil mushrooms and green peppers 3-4 minutes. Drain and rinse with cold water. Set aside. Melt butter over medium heat. Add flour using wire whisk. Stir until well blended, evenly cooked and bubbly. 2-3 minutes. Remove from heat. Add water, milk and Base. Bring to boil, stirring constantly. Boil and stir 2 minutes. Add turkey, pimiento, peppers and mushrooms. Heat until simmering, stirring occasionally. Serve over puff pastry shells, rice or biscuits. Serves 4

Turkey Noodle Soup Oriental

3 Tbsps Turkey Base into 2 1/2 quarts water
2 Ribs Celery - Sliced Thin -- diagonally cut
2 Medium Carrots -- pared and cut into matchsticks
4 Ozs each Fresh White and Shiitake Mushrooms -- sliced thin
4 Ozs Medium Shrimp - Shelled, Deveined -- chopped
1 Package Frozen Baby Peas (10 Ozs) -- thawed
4 Scallions -- thinly sliced
1/4 Cup Soy Sauce - Light
2 Tbsps Oriental Sesame Oil

Heat water and Base to boiling in large pot. Add celery and carrots; boil gently until tender, apx. 5 minutes. Add remaining ingredients, cook 5 minutes longer. Taste, adjust seasonings. Serve with noodles of choice (cellophane or mung bean threads suggested) and fresh ground black pepper. Serves 8
**Chicken Gumbo Creole Soup**

- 2 Tbsps Butter Or Margarine
- 1¼ Cups Onions -- julienned
- ½ Cup each Celery -- sliced ¼” thick, Green Pepper -- julienned
- 2 Cloves Garlic -- minced
- 1/8 Tsp Ground Thyme and 1 Bay Leaf
- 1½ Quarts Hot Water

**Chicken Base**

- 1 Can (14.5oz) Diced Tomatoes In Juice
- 1 Cup Frozen Whole Okra -- sliced ¼” thick
- 2/3 Cup Cooked Chicken -- diced small
- 1/8 Tsp Worcestershire Sauce
- Dash Ground Red Pepper

Blend warm water and Dry Roux® until smooth, with whisk. Gradually pour into hot mixture. Heat to boiling over med-high heat, stirring constantly. Bake and stir 1 minute. Serve with herbed or garlic croutons or chopped fresh parsley. Yield 2/¼ qts

**Mushroom Rye Casserole**

- 5 Tbsps Unsalted Butter (Cooking Spray)
- 1 Cup Onions -- Coarsely Chopped
- 1 Cup Carrots -- Coarsely Chopped
- 1 Cup Celery -- Coarsely Chopped
- 2 Cups Mushroom (About 6 Oz.) -- Sliced Thick
- 4 Cups Stale Rye Bread Cubes
- 1 Cup Water

In sauce pot heat oil over med-high heat. Add turkey; saute 3-5 minutes, until lightly browned. Add onions and garlic; saute until tender, apx. 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, half & half, Base, tomatoes, red pepper, cumin, chili and jalapeno peppers. Heat to boiling over med-high heat, stirring occasionally. Yield 1 ¼ qts

**Mushroom Rye Casserole**

- 3 Tbsp Vegetable oil
- 8 Ozs Turkey meat -- medium diced
- 1 Cup Onions -- medium diced
- ¼ Tsp Garlic -- minced
- 1/3 Cup All-purpose flour
- 2/3 Cups Water

**Turkey & Green Chili Soup**

- 1 Tbsp Turkey Base
- 1/3 Cup Canned tomatoes -- diced & drained
- 1 Tbsp Jalapeno peppers, canned -- small diced
- ½ Tsp Ground cumin

Combine 1st amount of Base and oil. Blend well. Add chicken; toss until coated. Set aside. Heat oven to 350°F. Spray or butter 2½ qt. casserole. Heat 4 Tbsp. butter in large skillet over med-high heat. Add onions, carrots and celery; saute until starting to brown, apx. 10 minutes. Add mushrooms; saute 3 minutes. Remove from heat, stir in bread cubes, broth, dill, pepper, caraway and dill seeds. Add eggs; stir until well blended. Transfer to prepared casserole and dot with butter. Bake, uncovered, until golden brown, apx. 30 minutes. Serves 12

**Turkey Mexicali Soup**

- ½ Tsp Vegetable oil
- 3 Tbsp Chicken Base
- 6 Ozs Boned and skinned chicken breasts -- diced medium
- 3 Tbsps Bacon -- diced fine
- ½ Tbsp Vegetable oil
- ¼ Tbsp Onion -- diced small
- ¼ Tbsp Garlic -- minced
- 3 Cups Hot water
- 1 Cup Minor’s Chicken Base
- ½ Cup Black beans -- canned, undrained
- ¼ Cup Canned roasted red peppers -- small diced
- ½ Cup Mild picante sauce
- 2 Tbsps Canned green chili peppers -- small diced
- ½ Tbsp each Ground cumin, Chili powder, Hot pepper sauce
- ½ Tsp Fresh ground black pepper
- 2 Tbsp Water

Dissolve Base in water, set aside. Heat oven to 350°F. Spray or butter 2½ qt. casserole. Heat 4 Tbsp. butter in large skillet over med-high heat. Add onions, carrots and celery; saute until starting to brown, apx. 10 minutes. Add mushrooms; saute 3 minutes. Remove from heat, stir in bread cubes, broth, dill, pepper, caraway and dill seeds. Add eggs; stir until well blended. Transfer to prepared casserole and dot with butter. Bake, uncovered, until golden brown, apx. 30 minutes. Serves 12

**Chicken Mystical Soup**

- 1½ Corn tortillas -- julienned

Chicken Salad Amandine

\( \frac{1}{2} \) Cup Mayonnaise
3 Tbsps Sour Cream
\( \frac{3}{4} \) Cup Celery -- diced small
1 Tbsp Onions -- diced small
2 Tsp Chicken Base
2 Tsp White Wine Vinegar
1 Tsp Fresh Lemon Juice
\( \frac{1}{4} \) Tsp Fresh Ground White Pepper
1 Pound Cooked Chicken Meat -- diced
\( \frac{1}{3} \) Cup Almonds -- slivered & toasted

Combine first 8 ingredients. Blend well. Add chicken and almonds. Mix gently until blended. Chill and serve. Serves 6

Chicken Vegetable Pasta Soup

3 Tbsps Chicken Base
1 1/2 Quarts Water
2 Cups Frozen mixed vegetables
1 Cup Cooked chicken (5 oz.) -- diced
\( \frac{1}{4} \) Cup Small pasta shells -- uncooked
\( \frac{1}{2} \) Cup Canned tomatoes, diced in juice
2 Tbsps Onions -- diced medium
\( \frac{3}{4} \) Tsp Fresh Parsley Chopped For Garnish -- optional

In a 4 qt. sauce pot, heat Base and water to boiling. Add remaining ingredients. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil 12-15 minutes, until tender. Garnish. Serves 8

Chicken With Mushroom Herb Sauce

2 Tbsps Olive Oil
\( \frac{3}{4} \) Pound Boneless Skinless Chicken Breasts -- pound thin/pat dry
\( \frac{1}{2} \) Cup Water Mixed with 1 Tsp Chicken Base
2 Tbsps Shallot -- minced
\( \frac{1}{4} \) Cup Mushrooms -- minced
1 Tbsp Fresh Chives -- snipped
2 Tbsps Fresh Tarragon-Minciled Or 2 tsp dried crumbled
2 Tps Fresh Lemon Juice
2 Tbsps Cold Unsalted Butter -- cut into bits
2 Tbsps Fresh Parsley -- minced

In skillet heat oil on med-high heat until hot. Season chicken with pepper; saute 30-45 seconds a side, until browned lightly. Remove, keep warm. Pour fat from skillet, add broth; deglaze on high heat, scraping brown bits. Add shallots and mushrooms; bring to a boil and simmer for 5 minutes. Add herbs, simmer 5 minutes more or till slightly reduced. Add lemon juice. Add cold butter bits; swirl till blended. Pour over chicken. Serves 2

Spicy Cajun Chicken Breast

\( \frac{1}{2} \) Cup Vegetable Oil
1 1/2 Tbsps Chicken Base
2 Pounds Skinless Boneless Chicken Breast
\( \frac{1}{4} \) Cup Cajun Seasoning-Not “Salt First” variety

In bowl, combine oil and Base; marinate chicken 30 min. Remove from marinade; dust with cajun spice on both sides. Grill 5 min. a side or bake 375°F apx. 15 min. Serve as entree or in Cajun Chicken Caesar Salad. Serves 4

Maryland Turkey & Vegetable Chowder

\( \frac{1}{8} \) Cup Butter or margarine
3/4 Cup each Onions and Celery -- medium diced
1/8 Cup Green peppers -- medium diced
\( \frac{1}{2} \) Cup All-purpose flour
1 Quart Water
\( \frac{3}{4} \) Cup Potatoes -- medium diced
2/3 Cup Frozen whole kernel corn
\( \frac{3}{4} \) Cup Creamed corn
1 Tbsp + 1 tsp Turkey Base
\( \frac{1}{4} \) Tsp Old Bay Seafood Seasoning
\( \frac{1}{4} \) Tsp Poultry seasoning
\( \frac{1}{4} \) Tbsp Fresh ground white pepper
4 Ozs Turkey meat, cooked (1 cup) -- medium diced

In sauce pot over med-high heat, melt butter, add onions, celery and peppers; saute 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes, frozen and creamed corn, Base, pepper, Old Bay and poultry seasoning. Heat to boiling over med-high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 12-15 minutes, stirring occasionally. Add turkey meat; cook 2 minutes, stirring occasionally. Yield 1 1/2 qt

Turkey Cutlets Sauteed & Honey Glazed

3 Tbsps Balsamic Vinegar
1 Tbsp Honey
\( \frac{3}{4} \) Pound Turkey Cutlets - Each About ¼” Thick
\( \frac{1}{2} \) Cup Fine Dry Bread Crumbs
1 Tsp Turkey Base
\( \frac{1}{4} \) Cup Olive Oil
2 Cloves Garlic -- minced
1 Tbsp Unsalted Butter
\( \frac{1}{4} \) Cup Dry White Wine

In small bowl stir vinegar and honey until blended. Reserve. Dredge turkey in bread crumbs, pressing to adhere. In large skillet heat oil over med-high heat until hot but not smoking. Saute turkey in batches, turning once for 1 minute, transfer to platter. Wipe out skillet, melt butter saute garlic over med-low heat, stirring 1 minute or until pale golden; stir in wine mixture. Boil until reduced to apx. 2 Tbsp., stir in vinegar and honey mixture; boil until syrupy. Spoon glaze over cutlets, sprinkle with parsley. Serves 2
**Potato Leek Kielbasa Soup**

1/4 Tsp Cumin Seed
1/4 Tsp Caraway Seed
1 Medium Leek, White Part Only, clean well -- cut in 1/4" strips
1 Tbsp Unsalted Butter
2 Cups Hot Water
2 Tsp Chicken Base
5/3 Pound Potatoes -- diced medium
1/3 Pound Low-Fat Kielbasa, Quartered Lengthwise -- cut in 1/2" strips
1 Tbsp Half And Half
1/2 Cup Fresh Spinach Leaves -- julienne

In dry saucepan, toast cumin and caraway seeds over moderate heat, stirring until fragrant. Set aside. In soup pot, cook leek in butter, stirring occasionally, 5 minutes or until very soft. Add Base and hot water to leeks, along with potatoes; bring to boil. Simmer 10 minutes or until potatoes are tender. Stir in toasted seeds, kielbasa, half & half, and pepper to taste. Simmer 5 minutes. Just before serving stir in spinach, reserve a portion for garnish. Serves 2

**Risotto With Porcini & Fresh Basil**

2/3 Oz Dried porcini mushrooms
3 1/2 Tsps Chicken Base
3 Cloves Garlic -- finely chopped
3 1/2 Cups Water
2 Tbsps Olive oil
3 Cups Arborio rice
1 Cup Fresh basil -- finely chopped
1 Cup Hot water

Soak mushrooms in 1 cup hot water for 30 minutes. Remove from water (reserve water), chop fine. Strain reserved water. Set aside. In 1 1/2 qt. sauce pan, combine water and Base, bring to boil, reduce heat and simmer. Preheat sauté pan on medium heat. Add olive oil; heat 1 minute. Sauté onions and garlic for 2-3 minutes. Add rice; sauté 3-4 minutes. Stir 1/2 cup broth into rice. Stir until absorbed. Add remaining broth 1/3 cup at a time, stirring until absorbed. Stir in cheeses. Add pepper. Serves 4

**Sautéed French Lettuce**

2 Tablespoons Butter Or Margarine
1/4 Cup Green Onions -- sliced thin
1 Pound (1 Qt) Iceberg Lettuce -- julienne - Do not use hearts
1 Cup Frozen Peas -- thawed
1/2 Tablespoon Chicken Base
1/2 Tablespoon Minor’s Vegetable Base
1/8 Teaspoon Marjoram Or Oregano

In large skillet over med-high heat, melt butter. Add onions; sauté 1 minute. Add lettuce, cook until wilted, apx. 1 minute. Add peas. Dissolve Bases and oregano in 2 Tbsp. water and add to lettuce. Cook and stir 1 minute. *Use one Base variety if desired. Serves 6

**Cream Of Chicken Florentine Soup**

4 Tbsps Margarine Or Butter
1/2 Cup All-Purpose Flour
3 1/4 Cups Hot Water
2 Tbsps Chicken Base
2/3 Cup Cooked Chicken (3 Oz.) -- diced medium
1/4 Package Frozen Spinach -Partially Thawed -- chopped
1 Tbsp Pimiento -- drained/chopped
Dash Ground Nutmeg
1/2 Cup Half And Half

In saucepan, melt butter over medium heat. Add flour, stirring with wire whisk until blended, evenly cooked and bubbled, 2-3 minutes. Remove from heat. Stir in remaining ingredients; heat to boiling. Reduce heat; gently boil 5 minutes, stirring occasionally, until thickened. Garnish with julienne pimiento, blanched asparagus tips or croutons. Serves 6

**Creamed Chicken & Garlic Soup**

1/8 Cup Butter Or To Taste
1/2 Cup each Yellow Onion and Celery -- diced medium
1 Tbsp. Garlic Minced -- or more to taste
1/3 Cup All-Purpose Flour
1 Quart Water
2 1/2 Tbsps Chicken Base
1/2 Cup Cooked Chicken Meat -- pureed
1 Cup Cooked Chicken Meat -- julienne
1 Cup Half And Half
1/4 Cup Pale Dry Sherry

In saucepot over med-high heat, melt butter. Sauté onions, celery and garlic, 1-2 minutes. Add flour, blend well; cook 2-3 minutes until bubbly. Add water, Base (s), bring to boil, lower heat; simmer 10-12 minutes. Stir occasionally. Add pureed chicken; cook 2-3 minutes. Add julienne chicken and half & half; cook 2-3 minutes. Add sherry, blend, remove from heat. Serves 8

**Minor’s Devil’s Rub & Mediterranean Marinade**

*** Devil’s Rub ***

2 Tbsps White Vinegar
1 1/2 Tbsps Chicken Base
6-8 Cloves Garlic-- minced
1 Tbsp each Tomato Paste and Hot Pepper Sauce
2 Tbsps Brown Sugar, Packed
1 Tsp Red Pepper -- crushed

*** Mediterranean Marinade ***

1/2 Cup Olive oil
1/4 Cup Lemon juice
1/8 Cup Red wine vinegar or more to taste.
1/2 Tbsp Chicken Base
1/2 Tbsp Garlic, minced
1 Tbsp Oregano
1/4 Tsp Fresh ground black pepper

For both recipes: Combine all ingredients until well blended. Rub on poultry. Use apx. 1 1/2-2 Tbsp. per lb. Let stand 15 min. - 2 hrs. Yield: 3/4 - 1 cup. Marinates apx. 5 lbs.
Crisp Braised Celery

1 ½ Large Bunches of celery with leaves
2 Tbsps Vegetable oil
1 Tbsp Unsalted butter
1 Tsp Sugar
¾ Tsp Celery seeds
1/3 Cup Water
1/3 Tsp Chicken Base

Dissolve Base in water, set aside. Trim celery, reserve leaves. Rinse and cut celery diagonally into 1/8” slices. (should be apx. 8 cups when sliced). In skillet heat oil and butter over med-high heat until hot but not smoking. Add celery, sugar and celery seeds. Saute, stirring, 1 minute. Add broth and reserved leaves, bring liquid to boil, simmer covered 3-5 minutes or until celery is crisp-tender. Serves 10

Fresh Julienne Vegetable Saute

1 Oz Butter Or Margarine
1 ½ Cups Carrots -- julienned
1 ½ Cups Celery -- julienned
1 Cup Onion -- julienned
½ Cup Green Pepper -- julienned
2 Ozs Hot Water
2 ½ Tsp Chicken Or Veg. Base
Pinch Ground White Pepper

Melt butter over medium heat. Add vegetables; saute 2-3 minutes. Combine water and Base. Add to vegetables. Saute until tender-crisp over medium heat. Remove from heat, add pepper to taste. Serve hot. Use any vegetable combination desired. Serves 6-8

Fried Rice

1 Cup Water
2 Tps Chicken Base
½ Cup White Rice
1/3 Cup Bacon -- diced small
½ Cup Mushrooms -- thin sliced
1/3 Cup Green Pepper -- diced small
½ Cup Green Onion -- thin sliced
Dash Soy Sauce
Dash Fresh Ground White Pepper

In sauce pot, boil water. Add Base and rice, mixing well. Reduce heat, cover and gently boil for 20 minutes. Remove from heat and let stand for 5 minutes. In saute pan over med-high heat, saute bacon until crisp, apx. 5 minutes. DO NOT drain fat. Add onions, mushrooms and peppers; saute 3-5 minutes. Add to rice. Stir until blended. Add soy and pepper. Mix to blend. Serves 5

Memorable Mashed Potatoes

1 Quart Potatoes -- diced large
1 Quart Water
¼ Cup Milk
2 Tsp Chicken Base
2 Tbsp Butter Or Margarine
1/8 Tsp Fresh Ground White Pepper

Heat potatoes and water to boiling over med-high heat. Reduce heat; gently boil until potatoes are tender, apx. 15 minutes. Drain. Combine milk, Base, butter, pepper and potatoes. Beat at high speed with electric mixer until smooth. Serves 6

Old Fashioned Bread Stuffing

1 Loaf White Bread - One Day Old -- small cubed
1 ½ Tsp Poultry Seasoning
¼ Tsp Black Pepper
6 Tbsp Butter or Margarine
½ Cup Onions -- diced small
1 ¼ Cups Boiling Water
1 Tbsp + 1 tsp Turkey or Chicken Base

Combine bread, poultry seasoning and pepper. Toss lightly until well blended. Set aside. In skillet, melt 3 Tbsp. butter over medium heat. Add onions; saute 5-10 minutes, until lightly browned. Remove from pan; set aside. In same skillet, melt remaining butter over medium heat. Saute until browned, 3-5 minutes, set aside. Combine water and Base, stirring well. Add broth and onions to browned butter, mixing well. Pour slowly over bread cubes while tossing lightly. Don’t overmix. Place dressing in greased loaf pan. Bake 350°F 30-35 minutes or until lightly browned. Serves 6

Pasta Florentine

10 Ozs Linguini Or Pasta Of Choice
2 Tbsps Butter Or Margarine
1/4 Cup Onion -- diced small
1/4 Cup Red Or Yellow Bell Pepper -- diced small
1 ½ Tsp Garlic -- minced
2 Tbsp All-Purpose Flour
1 ¼ Cups Hot Water
1 Tbsp + 1 tsp Chicken Base
¼ Cup Frozen Spinach -- chopped fine
¼ Tsp Fresh Ground Black Pepper
Dash Nutmeg -- ground
½ Cup Half And Half
3 Tbsps Fresh Grated Parmesan Cheese

Cook pasta per pkg. directions. Melt butter over med-high heat. Add onions, pepper and garlic; saute 2-3 minutes. Blend in flour; cook over medium heat 2-3 minutes, stirring constantly. Add water, Base, spinach, pepper and nutmeg, mix well. Heat to boiling, stirring constantly. Reduce heat; gently boil 2 minutes, stirring occasionally. Add half & half and cheese, mixing well. Heat to boil over med-high heat, stirring often. Reduce heat; gently boil 3-4 minutes, stirring occasionally. Add pasta. Serves 6
Lemon Herb Pork Chops

¼ Cup Fresh Lemon Juice
¼ Cup Vegetable Oil
2 Tbsps Chicken Base
1 Tbsp + 1 tsp Honey
2 Tps Dijon Mustard
1 Tsp Worcestershire Sauce
½ Tsp Thyme, Leaf
½ Tsp Rosemary, Leaf
½ Tsp Dried Basil
8 3 - Oz. Pork Chops or chicken breasts


Macaroni & Cheese

4 Oz. Elbow Macaroni
½ Tsp Vegetable Oil
1 Cup Whole Milk
¾ Cup Hot Water
1 Tbsp Chicken Base
1 Tsp Dry Mustard
¾ Cup Lukewarm Water
3/8 Cup Minor’s Sauce/Soup Thickener (Dry Roux®)
1 Cup Extra Sharp Cheddar, shredded or -- sliced thin
¼ Cup Extra Sharp Cheddar - option if baking

Cook macaroni per pkg. directions until al dente. Drain well; mix with oil until coated. Set aside. In sauce pot, combine milk, water,Base and mustard. Heat to boiling over med-high heat, mixing well. While stirring vigorously, pour into hot liquid. Heat to boiling over medium heat, stir constantly. Boil and stir 1 minute. Add cheese, stirring until melted. Add macaroni to sauce, tossing until evenly mixed. If desired, transfer to baking pan, sprinkle with remaining cheese. Bake uncovered at 350°F until lightly browned, 15-20 minutes. Serves 8

Mediterranean Lima Beans

2 Tbsp Olive Oil
2 Cups Carrots -- thin sliced
1¼ Cups Onions -- diced small
1 Cup Celery -- thin sliced
1½ Cups Tomatoes, Canned -- diced
2 Tps Chicken Base
1 Tbsp Cilantro -- chopped
2 Cans (15oz.) Lima Beans -- rinsed and drained

In sauce pot heat oil over med-high heat. Add carrots, onions and celery; saute 3 mins. Add tomatoes, Base and cilantro. Cook until tender-crisp, apx. 4 minutes, stir occasionally. Add beans; mixing well. Place in baking pan; cover and bake at 350°F for 20 minutes. Serves 8

Grilled Bayou Chicken

1½ Cups Olive Oil
3 Ozs Water
2 Tbsps Chicken Base
2 Tbsps Fresh Garlic -- crushed
½ Oz Fresh Ground Black Pepper
1 Tbsp + 1⅓ tsp Hot Red Pepper Sauce
3 Pounds Boneless Skinless Chicken Breast

Combine first 7 ingredients; mix with wire whisk until well blended. Marinate chicken covered and refrigerated for 3 hours, turning occasionally. Grill until brown, 15-20 min. Serves 8

Homestyle Chicken Noodle Soup

2 Tbsps Margarine Or Butter
1 Cup Onions -- diced small
1 Cup Carrots -- sliced 1/8” thick
½ Cup Celery -- sliced 1/8” thick
7 Cups Hot Water
2 Cups Egg Noodles -- uncooked
2 Cups Cooked Chicken (8 Oz.) -- diced small
7 Tsp Chicken Base

In 4 qt. saucepan, melt butter over medium heat. Stir in onions, carrots and celery; saute 5 minutes. Stir in water, Base and noodles. Heat to boiling, stirring often. Reduce heat; gently boil until noodles are tender, 8-10 minutes. Add Chicken; continue gentle boil, 3-5 minutes, stirring occasionally. Serve garnished with chopped fresh parsley. Serves 8

Houlihan’s Baked Potato Soup

5 Cups Potato -- diced bite-sized
1 Stick Butter
2 Cups Onions -- diced medium
3/8 Cup Flour
5 Cups Water
1¼ Cup Chicken Base
1 Cup Potato Flakes
1½ Tps Dried Basil
1 Tps Tabasco
1 Cup Heavy Cream
1 Cup Milk

**Hot 'N Savory Vegas Wings**

1 Cup Hot Pepper Sauce or as hot as you like it
1/3 Cup Butter Or Margarine
1 Tbsp+ 1 tsp Chicken Base
1 Tsp Fresh Lemon Juice
5 Pounds Chicken Wings-Fresh, Frozen Or Breaded

In bowl, combine 1st. 4 ingredients. Mix well, set aside. Split wings at joints; discard tips. Fry 375°F 8-10 min. Drain. OR Bake on rack in roasting pan 425°F, 1 hour; turn halfway through cooking time. Dip wings in sauce to coat. Place on metal tray, broil ½ - 1 min. for crisp wings. Serve with blue cheese dip and celery sticks. Serves 8

**Idaho Black Bean Salsa**

2 Cans (15 ozs. each) Black Beans -- drained/rinsed
2/3 Cup Tomatoes -- diced small
½ Cup Green Pepper -- diced small
½ Cup Onions -- diced small
3 Tbsp Lime Juice
2 Tbsp Red Wine Vinegar
2 Tbsp Fresh Cilantro** -- chopped
1 Tbsp Chicken Base

In large bowl combine all ingredients. Mix well to blend. Chill. **To substitute dried cilantro (coriander) use ¼ of the amount called for. Serves 8

**Southwest Style Chicken Soup with Avocado Slices**

1 Tbsp + 1 tsp Chicken Base
1 1/4 Quarts Warm Water
1/3 Tsp Chili Powder
1 Tsp Lemon Juice Or To Taste
1 Ripe Avocado - Peeled, Seeded, Slice Each HalfLengthwise Into 6 Slices, Slice Crosswise Into Thin Slices

In saucepan add Base to water; bring to boil. Reduce heat, simmer for 2 minutes. Add chili powder and lemon juice. Add avocados. Serve hot. Variation: Chicken Avocado Soup a la Phoenix - Chill soup after preparing. Puree 1 avocado, ½ cup of sour cream and lemon juice to taste. Add to chilled soup. Serves 4

**Sweet Red Pepper Soup**

9 Red Bell Peppers -- seeded and chopped
4 Tbsp Shallots -- chopped
3 Cups Water
1 1/2 Tbsp Chicken Base
1 Cup Heavy Cream or Land 'O Lakes Fat Free Half & Half
1 Cup White Wine

Simmer peppers, shallot and wine; 5 minutes. Add water and Base. Cook 20 minutes, until peppers are tender. Puree in blender. Add cream, bring to boil; simmer 5 minutes. Season with ground red pepper - to taste. Serves 6

**Herb Compound Butter**

1 Cup Cream
1 Cup Unsalted Butter -- Softened
1 Tbsp Chicken Base
2 Tsp Garlic -- Minced
1 Tsp Lemon Juice
1 Tbsp Fresh Parsley -- Chopped
1 Tsp Coarse Ground Black Pepper
1 Tsp Onion Powder
1/2 Tsp Dried Basil
1/4 Tsp Thyme

In mixer or food processor, blend all ingredients until smooth. Use suggestions: Immediately place 1 Tbsp. on top of grilled, baked or broiled meat, fish, chicken or vegetables or gently toss 1 Tbsp. per 3 oz. cooked pasta. Yield 2 cups

**Savoyarde Potatoes**

5 Russet Potatoes -- Peeled
2 Cups Warm Water
1 Tbsp Chicken Base
1 Tbsp+ 1 tsp. Paprika
1/2 Cup Gruyere (Swiss) Cheese -- Grated

Cut potatoes in ¼ lengthwise. Place cut side down and slice into 1/8" slices, cutting almost through. Arrange in rows in a baking pan. In small bowl, combine water and Base, mixing well. Pour over sliced potatoes to apx. 2/3 height of potatoes. Sprinkle paprika over potatoes. Cover pan with foil, shiny side down. Bake at 375°F until potatoes are tender and broth has thickened or absorbed, apx. 1 hour. Remove foil. Sprinkle with cheese. Return to oven to slightly brown cheese, apx. 15 minutes. Serves 10

**Spring Green Vegetable Soup**

1 Tbsp Butter Or Margarine
1/2 Cup Onion -- Chopped
1 Quart Water
4 Tbsp Chicken Base
8 Ozs Fresh Asparagus -- Cut In 1" Pieces
1/2 Cup Zucchini -- Sliced
1/2 Cup Frozen Peas
2 Ozs Uncooked Angel Hair Pasta Broken -- Into 2" Pieces
1 Cup Fresh Spinach -- Chopped
1 Tbsp Fresh Dill Weed Or 1 Tsp. Dried

Melt butter in medium saucepan over medium heat. Add onion; cook 2-3 minutes, or until tender, stirring often. Add water and Base. Bring to boil. Stir in asparagus, zucchini, peas and pasta. Return to boil for 3-4 minutes or until pasta is of desired doneness, stirring occasionally. Stir in spinach and dill; cook 30 seconds or until spinach is wilted. Serves 4