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**COOKING@SOUPBASE.COM**

# A Few of Our Favorite Things

with



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 the recipes we've chosen.  
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

Create memorable meals with Minor's.

**HAPPY COOKING !!**  
Heidi & David

## Mexican Lime Soup with Cilantro

6	Cups	Water
2	Tbsps	<b>Chicken Base</b>
4	Each	Chicken Gizzards and Chicken Livers or chicken breasts
1	Medium	Onion -- Chopped
1	Clove	Garlic -- Minced -- or more to taste
1	Tbsp	Cooking Oil
1	Large	Tomato -- Chopped
1/3	Cup	Green Pepper -- Chopped
1/2	Tsp	Dried Oregano -- Crushed
3	Tbsps	Fresh Squeezed Lime Juice*
4	Pieces	Grapefruit Peel -- 1 x 1 1/2" slices
3	6-7"	Corn or Flour Tortillas -- cut in 1/2" strips
		Cooking Oil -- for frying
	For Garnish	Lime Slices, Chopped Fresh Cilantro, Pickled Jalapeno Or Serrano Peppers, Rinse -- Seeded, Chopped

In 3 qt. saucepan combine water, Bases and gizzards; simmer, covered, 1 hr. Add livers; cook 5 min. more. (if using breasts, simmer, covered, apx. 30 minutes more until tender.) Remove meat from broth. Cool. Finely chop gizzards and livers. Shred chicken. Strain broth. In small skillet cook onion & garlic in hot oil until tender but not brown. Add tomato, green pepper and oregano. Cook over medium heat 5 minutes. Remove from heat and stir into broth. Add lime juice and grapefruit peel. Simmer covered 30 minutes; add meat and heat through. Remove peel just before serving. Fry tortilla strips in 1/2" hot oil 40-50 seconds until crisp and light brown. Drain on paper towel. Ladle soup over fried strips. Garnish. Serves 6

## Parmesan Orzo Primavera

2 1/2	Cup	Water
2 1/2	Tsps	<b>Chicken Base</b>
1	Cup	Orzo - Rice Shaped Pasta
3	Tbsps	Unsalted Butter
2	Tbsps	Shallots -- minced
1	Cup	Carrot (About 2 Medium) -- diced
1	Cup	Green Beans -- sliced diagonally
1	Cup	Tiny Peas - Fresh Or Thawed Frozen
1	Cup	Diced Zucchini Or
1	Cup	Yellow Squash - About 1 Med.- Large -- diced
1/2	Cup	Parmesan Cheese + Extra For Serving -- freshly grated
1/4	Tsp	Fresh Ground Pepper
2	Tbsps	Scallions For Garnish -- thinly sliced

Heat Base and water to boiling in saucepan. Stir in orzo, reduce heat to low; cook, partially covered, until tender and liquid is almost absorbed, 10-12 minutes. Remove from heat, let stand uncovered. Heat butter in skillet over low heat. Stir in shallots. Cook, stirring often until tender, apx. 2 minutes. Stir in carrots and beans. Cook, stirring, 2 minutes. Add peas and cover. Cook for 2 minutes, shaking skillet. Stir in zucchini; cook covered, stir once or twice, until crisp-tender, apx. 2 minutes. Sprinkle 1/2 cup Parmesan and pepper over orzo; stir until creamy. Add orzo to vegetables; toss gently. Sprinkle with scallion greens and Parmesan, serve at once. Serves 6

## Poached Chicken with Chili Mayonnaise

1	Quart	Water or more if necessary to cover chicken
1	Tbsp	<b>Chicken Base</b> or more if additional water is used
		Fresh Ground Pepper -- to taste
2		Skinless Boneless Chicken Breasts
2	Medium	Carrots - peeled & cut 2"x1/4" strips
1	Medium	Zucchini - ends trimmed -- cut 2"x1/4" strips
1	Tbsp	Olive or Peanut Oil
2	Tsps	Chili Powder
2	Tbsps	Fresh Cilantro
1	Tbsp	Hot Chilies - bottled OK - your choice - minced
1 1/4	Cups	Mayonnaise

**Mayonnaise:** Heat oil in small skillet over low heat until rippling. Stir in chili powder. Remove immediately and cool to room temperature. Add chili powder mixture, cilantro and hot chilies to mayonnaise. Whisk until blended. Set aside.

**Chicken:** Dissolve Base in water and pour enough into large deep skillet to cover chicken. Heat to simmering. Season with pepper. Add chicken to broth. Increase to high heat just until liquid begins to boil then reduce heat to slow simmer. Poach chicken uncovered for 2 min. Add vegetables; continue to poach until chicken is cooked through and vegetables are tender-crisp, apx. 5 minutes. Using slotted spoon, transfer vegetables to plates. Arrange chicken on vegetables; top with dollop of mayo. Serve at once with more mayo on side. Serves 2-4

## Pork Tenderloin With Scallion Sauce

1	Bunch	Scallions (Apx. 1 Cup) -- Cut In 1/2" Pieces
1	Cup	Water
1	Tsp	<b>Chicken Base</b>
3/4	Pound	Pork Tenderloin
2	Tbsps	Olive Oil
		Fresh Ground Pepper -- To Taste

Combine scallions, water, Base and pepper. Bring to boil, simmer 10-15 min or until scallions are very tender. Puree mixture in blender; pour back into pan, boil until thickened. Keep sauce warm and covered. Cut pork into 1" slices. Pat dry, season with salt & pepper. In heavy skillet heat oil over med-high heat until hot but not smoking. Saute pork, turning once 6-7 minutes to desired doneness. Transfer to platter. Spoon sauce around pork. Serves 2

## Zucchini with Orzo

2	Small	Zucchini (apx. 6 Oz. Each) - shredded large
1	Quart	Water for cooking
4	Tsps	<b>Chicken Base</b>
1	Cup	Orzo (rice shaped pasta)
1	Tsp	<b>Chicken Base</b> -- optional

Drain zucchini in sieve. Bring water and Base to boil. Add orzo; cook per directions until tender but firm. Squeeze zucchini dry as possible. Heat butter and additional Base, if desired, in a 10" skillet over low heat. Add zucchini; cook, tossing often, for 5 minutes. Add orzo and stir to combine. Add fresh ground pepper to taste. Serve. Serves 4

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## Albondigas Soup

3	Quarts	Water
¾	Pound	Ground Sirloin
¼	Cup	White Rice
3	Sprigs	Fresh Mint -- chopped
1		Egg
3	Tbsps	<b>Chicken Base</b> -- or to taste
2	Small	Zucchini -- sliced ½" thick
2	Small	Yellow Squash -- sliced ½" thick
2	Stalks	Celery -- sliced ½" thick
2		Carrots -- sliced ½" thick
2		Potatoes-Peeled -- cut bite-size
16	Ounces	Tomato Sauce
1	Tsp	Fresh Ground White Pepper
1	Tbsp	Dill Weed

Bring water and Chicken Base to boil. Combine sirloin, rice, egg and mint. Form balls, drop into broth; cook 10 minutes. Lower heat just so not boiling. Stir in celery and carrots; cook 10 minutes. Stir in potatoes and pepper and cook 15 minutes. Stir in squash, zucchini, dill and tomato sauce. Cook until squash is tender. Serves 8

## Asparagus, Pea & Tarragon Soup

1¼	Pounds	Asparagus-Trimmed -- sliced ¼" thick
10	Ozs	Frozen Peas (1 Package) -- thawed
6	Cups	Water
2	Tbsps	<b>Chicken Base</b>
1	Tbsp	Fresh Tarragon -- Chopped (use Sprigs -- For Garnish)

In large saucepan combine asparagus, peas, tarragon, water and Chicken Base. Bring to boil and simmer uncovered, 10 minutes or until asparagus is very tender. In a blender, puree until smooth; Return to pan. Season with pepper. Heat through. Garnish and serve. Serves 8

## Linguine With Herbed Clam Sauce

½	Cup	Shallots -- Chopped
2	Cloves	Garlic -- Pressed
2	Tbsp	Unsalted Butter
2	Tbsp	All-Purpose Flour
1/3	Cup	Dry White Wine
1	Cup	Water
2	Tsps	<b>Clam Base</b>
2	Cans	(6 oz) Whole Baby Clams Or Chopped /Minced, With Juice
¼	Cup	Fresh Parsley -- Minced
2	Tsps	Fresh Thyme Or ¾ Tsp. Dried -- Crumbled
½	Pound	Linguine

Dissolve Base in water, for broth. In deep skillet cook shallot and garlic in butter over medium heat, stirring until pale golden. Add flour and cook, stirring 1 minute. Stir in wine, broth and clams with juice. Simmer, stirring, 5 minutes. Stir in parsley, thyme and pepper to taste. Keep sauce warm. Cook linguine per pkg. directions until al dente, Drain, add to skillet, toss. Serves 2

## Broiled Salmon Soup, Japanese Style

6	Dried	Shiitake Mushrooms
½	Cup + 2 Tbsp	Mirin (Japanese Sweet Cooking -- Wine)
¼	Cup	Reduced Sodium Soy Sauce
4	Tsps	<b>Fish Base</b>
4	Cups	Water
5	Quarter-Size	Fresh Ginger Slices
1/3	Cup	Carrots -- Julienned
½	Cup	Green Peas Or Sliver Snow Peas
1½	Pounds	Salmon Fillet, Skin Removed -- Cut In 4 Even Pieces
2		Green Onions, Thinly Diagonally Sliced

Soak mushrooms hot water until tender, 15-30 minutes. Drain and squeeze gently to remove excess water. Remove stems, discard. Sliver caps and set aside. In small saucepan, combine ½ cup mirin and soy sauce. Bring to boil until reduced to apx. ¼ cup, 5-7 minutes, set aside. Preheat broiler. In large saucepan, combine water, Fish Base, remaining mirin, ginger and mushrooms. Bring to a boil over high heat, reduce to low, cover and simmer 5 minutes. Add carrots and continue to simmer until carrots are nearly tender, apx. 3 mins. Remove from heat, stir in peas and set aside while cooking salmon. Brush salmon with reduced sauce, set on lightly greased baking sheet. Broil a few inches from heat until nearly opaque through, 4-5 minutes. Take from oven, brush again with sauce. Ladle soup into bowls, set a piece of salmon in each bowl, sprinkle with green onion, serve. Serves 4

## Butternut Squash Soup

2	Medium	Butternut Squash
2	Tbsps	Olive Oil
2	Tbsps	<b>Chicken Or Vegetable Base</b>
6	Cups	Water
1½	Tsps	Jalapeno Peppers -- Minced
	Dash	Sugar
¼	Tsp	Fresh Grated Nutmeg
2	Tbsps	Toasted Pine Nuts

Peel, halve and seed squash. Cut 1½ squash into thin slices. Cut remaining squash into 1½" cubes and set aside. Heat oil in heavy 4-quart stock pot over medium heat and add squash slices. Cook and turn until lightly browned, apx. 8 minutes. Add water, Base, jalapeno, nutmeg and sugar to the pot; bring to simmer and cook until squash is very tender, apx. 20 minutes. Puree the squash in a blender or processor. Return to pot, adjust seasoning. Return to simmer, add cubed squash, simmer until tender, thinning with more stock if needed. Garnish with toasted pine nuts. Serves 8

## Orzo With Mushrooms

2	Cups	Orzo - Rice Shaped Pasta
1	Tsp	<b>Mushroom Base</b> Per Cup Orzo Cooking Water
4	Tbsps	Unsalted Butter (½ Stick)
½	Pound	Shiitake Or Any Variety Mushrooms
1/3	Cup	Fresh Chives -- Cut In 1" Lengths
		Fresh Ground Black Pepper -- To Taste
		Fresh Grated Parmesan Cheese -- To Taste

Cook orzo in water and Base per pkg directions. Drain (DO NOT RINSE), keep warm. In large skillet melt butter and saute mushrooms until tender, apx. 3 min. Add orzo and chives to mushrooms. Season to taste. Sprinkle with cheese. Serve hot. Serves 6

## World Champion “No Bean” Chili

1	Pound	Ground Round
½	Pound	Beef Sirloin Steak -- Cut In ½” Cubes
¼	Pound	Link Sausage -- Cut Up
1	Each	Medium Onion, Medium Green Pepper -- Diced
2	Lg Stalks	Celery -- Diced
1	Clove	Garlic (Or ½ Tsp. Garlic Base) -- Minced
5	Medium	Chili Peppers (Your Preference) -- Seeded And Diced
1	Whole	Bay Leaf
¼	Cup	Chili Powder
1	Can	(29 oz) Stewed Tomatoes
1	Can	Each (12 oz cans) Tomato Paste & Tomato Sauce
3	Tbsps	<b>Beef Base</b>
3	Cups	Water - Apx.

Brown meat in a large pot; add onions, green pepper, celery, garlic cloves, bay leaf, chili peppers, and chili powder. Cook over medium low heat until vegetables are tender, stirring occasionally. Combine tomato paste, water and base(s), add to pot with stewed tomatoes and tomato sauce. Cook over med-low heat apx. 1½ hours. Remove bay leaf, serve.

**Variations:** Add (1)1-2 tsp. ground cumin; (2) ½ tsp. ground cinnamon; (3) ½ oz. semi-sweet baking chocolate; (4) Use ½ beer and ½ water. Use any or all variations- you can't go wrong.

Serving suggestions: Layered Chili - Macaroni on bottom, chili, grated cheddar or Jack. Beans optional. Serves 6

## Roasted Garlic Seasoned Rack Of Lamb

2	Pounds	Lamb Rack(s) - 6-7 Bones -- Cleaned & Trimmed
½	Tbsp	<b>Roasted Garlic Concentrate</b>
¼	Cup	Italian Bread Crumbs-Dry

Spread Roasted Garlic Concentrate evenly over all meat surfaces. Coat garlic with bread crumbs. Cook in 350°F conventional oven 15-25 min., to desired internal temp. Remove from oven, allow to rest 4-5 min., before cutting. Serve 3-4 bones (chops) per serving. Serves 2

## Kielbasa with Peppers Onions & Mashed Potatoes

1	Tbsp	Vegetable Oil
¾	Pound	Smoked Kielbasa (Polish Sausage) -- cut in 1” pieces
1	Each	Yellow and Red Bell Pepper -- cut in ¼” strips
1		Onion -- thinly sliced
¾	Tsp	<b>Chicken Base</b> -- or to taste (in ½ cup hot water)
¾	Pound	Yellow Or Russet Potatoes -- peeled and cut Into ¼” cubes
1	Tbsp	Unsalted Butter -- cut into bits
2	Tbsp	Hot Water
1	Tsp	<b>Chicken Base</b> (in ¼ cup hot milk)
1		Scallion -- minced

Dissolve ¾ tsp. Base in ½ cup water; set aside. Peel/cube potatoes. Place in steamer 12 min. or until very tender. Meanwhile, heat oil over medium heat until hot but not smoking; brown kielbasa. Add bell peppers & onion; cook, stirring, 1 min. Add broth and simmer, partially covered, 10 min. or until vegetables are tender. Dissolve 1 tsp. Chicken Base in heated milk and add to mash potatoes with hot water. Add scallions, butter and pepper to taste. Serve kielbasa on mashed potatoes, top with the cooked vegetables. Serves 2

## Barley Risotto With Vegetables

1	Cup	Pearl Barley
8	Cups	Water (Apx.)
3	Tbsps	<b>Vegetable Base</b> -- Or More To Taste
1	Medium	Onion -- Finely Chopped
2	Medium	Zucchini* -- ¼” Dice
1	Medium	Carrot -- ¼” Dice
½	Stick	Unsalted Butter (¼ Cup)
½	Cup	Parmesan Cheese -- Freshly Grated
2	Tsps	Fresh Parsley -- Minced
		Fresh Ground Black Pepper -- To Taste

Soak barley in cold water at least 6 hrs. - up to 1 day. Drain. In large saucepan bring broth to simmer; keep at a bare simmer. In 5 qt. heavy kettle cook onion and 2 Tbsps. butter over med-low heat, stirring until softened. Add barley and 2 cups of simmering broth. Cook at a slow boil over medium heat, stirring often until thickened and some broth is absorbed. Continue to add simmering broth 1 cup at a time, and cook stirring often, letting each addition be partially absorbed before adding the next, until apx. ½ of the broth has been used - over a period of apx. 20 minutes. Stir in zucchini and carrot, continue to cook adding broth ½ cup at a time in the same manner until barley is tender, apx. 20 minutes. (Mixture will be soupy.) Stir in cheese, remaining butter, parsley and pepper until incorporated; remove from heat. Let stand 5 minutes. Serve 6 as a side or 4 as main course. Use any vegetables in season.\* We used broccoli (stems diced, tops cut into small florets). Serves 6

## Bloody Mary Couscous

¾	Cup	Tomato Juice
½	Cup	Water
2	Tsps	<b>Clam Base</b>
1½	Tsps	Horseradish -- Grated
2	Dashes	Tabasco Sauce -- To Taste
1	Tsp	Worcestershire Sauce
2	Tbsps	Grated Onion
1	Tbsps	Lemon Juice
		Fresh Ground Pepper -- To Taste
1	Cup	Dry Couscous
1	Tsp	Olive Oil Or Melted Butter
1	Medium	Tomato -- Finely Diced
1	Tbsps	Celery Leaves -- Chopped

Combine tomato juice, water, Clam Base, horseradish, Tabasco, Worcestershire, onion and lemon juice with pinch of pepper in a medium saucepan. Heat until just boiling. Stir in couscous, cover pan, remove from heat and let stand 5 minutes. Fluff with fork, adding oil and butter to help separate grains. Stir in tomato and celery leaves. Serve warm. Serves 4

## Pasta Alfredo With Bacon & Tomatoes

2	Servings	Pasta Of Choice
4	Strips	Bacon -- Cooked & Crumbled
1	Pint	Cherry Tomatoes -- Halved
		Celery Leaves -- Chopped
5	Tbsps	Water
3	Tbsps	Half And Half
2	Tbsps	<b>Alfredo Concentrate</b>

Cook pasta per pkg. directions. Bring half & half and water to boil, remove from heat; immediately add Alfredo Concentrate. Stir with wire whisk until smooth and thickened. Drain pasta, return to pot. Add Alfredo sauce, bacon, tomatoes and celery leaves. Toss to coat. Serves 2

## Braised Beef Short Ribs In Horseradish Broth

1	Medium	Onion -- finely minced (1 Cup)
1	Medium	Carrot -- finely minced
1	Stalk	Celery -- finely sliced
1	Tbsp	Garlic Cloves -- minced
1	Tbsp	Tomato Paste
3	Pounds	Short Ribs -- fat removed
½	Teaspoon	Fresh Ground Black Pepper
2	Cups	Water with 2 tsps <b>Beef Base</b>
1		Bay Leaf
1	Sprig	Fresh Thyme Or ½ Tsp. Dried
2	Tbsps	Prepared Horseradish

Dissolve Beef Base in water; set aside. Combine onion, carrot, celery, tomato paste & garlic cloves in roasting pan (large enough to hold ribs in a single layer). Arrange ribs in pan, bone down. Sprinkle with pepper. Cover and braise at 350°F, 1 hour. Remove from oven. Place ribs on sides. Add broth, bay leaf and thyme. Cover and bake 1 hour. Remove from oven. Remove ribs from pan, keep warm. Strain braising liquid, discard vegetables. Carefully remove fat from surface of liquid. Adjust seasonings. Add horseradish to broth. Place ribs in soup bowls, ladle broth over. Serves 4

## Broiled Flounder With Pistachio Butter

2	6-8 Oz	Flounder Fillets
¼	Cup	Shelled Pistachios
1	Medium	Shallot -- Chopped
2	Tbsps	Butter -- Room Temp.
2	Tbsps	Fresh Parsley -- Chopped
2	Tsps	Fresh Lemon Juice and 1 tsp. Lemon Zest
Dash		Red Pepper Sauce
¾	Tsp	<b>Fish Base</b>

In a blender or food processor combine all ingredients except flounder, until finely chopped and combined well. Place fish on baking sheet. Spread pistachio butter evenly over fillets. Broil 3" from heat without turning until nearly opaque throughout, apx. 4 minutes. Transfer to serving plate. Garnish with additional chopped pistachios and/or lemon zest - optional. Serves 2

## Fajita Marinade For Beef Or Chicken

¼	Cup	Vegetable Oil
¼	Cup	Lime Juice
2	Tbsps	Water
1	Tbsp	<b>Beef Or Chicken Base</b>
1	Tbsp	Ground Cumin
1	Tsp	Chili Powder
½	Tsp	Garlic Powder

Blend ingredients well. Marinate beef or chicken for one hour. Marinates apx. 3 lbs. of meat. Use for beef or chicken fajitas or fajita steak salad. Marinate a flank steak 6 hours to overnight for best results. More tender cuts, require less marinating time. Yield ¾ cup

## Warm Rice Salad

2½	Cups	Water
1	Tbsp	<b>Chicken Base</b>
1½	Cups	Long-Grain Rice
3	Ozs	(¾ cup) Pine Nuts - Optional
¼	Cup	Olive Oil
¼	Cup	Fresh Lime Juice
¼	Cup	Mayonnaise
1	Tbsp	Dijon Mustard
		Fresh Ground Black Pepper
8	Ozs	Fresh Mushrooms -- quartered
2	Medium	Red Bell Peppers - Stemmed, Seeded -- cut in 1/2" cubes
2	Large	Scallions - White/Green Parts 1" Pieces -- diagonally cut
¼	Cup	Fresh Cilantro* -- chopped

Heat water and Base in saucepan to boiling; add rice; stir. Reduce heat to low; cook covered until water is absorbed, 15-20 minutes. Let stand covered 10 minutes. Toast pine nuts in skillet over medium heat, shaking pan until golden brown., 5-7 minutes. Transfer to small bowl; let cool. **Dressing:** Whisk oil, lime juice, mayonnaise, mustard and pepper to taste in small bowl. Pour ½ the dressing over warm rice and toss to coat. Add mushrooms, peppers, scallions and ½ the cilantro; toss to combine. Let stand covered at room temp. 1 hour. When ready to serve, add remaining dressing, cilantro and pine nuts; toss to combine. Serves 8

\* Any strong flavored herb such as basil or tarragon may be substituted.

## Warm Shrimp & Asparagus Salad

¼	Cup	Fresh Lemon Juice
2	Tsps	Dijon Mustard
½	Tsp	Balsamic Vinegar
1	Tsp	<b>Chicken Base</b>
2	Tbsps	Water
¼	Cup	Extra Virgin Olive Oil
¼	Cup	Vegetable Oil
2	Tsps	Shallot -- minced
1	Tbsp	Fresh Parsley -- chopped
2	Tbsps	Zucchini -- scrubbed/minced
1	Tsp	Fresh Chervil -- minced
1½	Pounds	Large Shrimp (About 24) -- shelled and deveined
1	Tbsp	Salt*
1	Tbsp	White Wine Vinegar
2	Pounds	Green Or White Asparagus -- steamed tender-crisp
2	Tbsps	Fresh Parsley -- chopped (garnish)
6	Sprigs	Dill -- for garnish
		Fresh Ground Black Pepper -- to taste

**Dressing:** In bowl whisk lemon juice, mustard, balsamic vinegar, Chicken Base, water and pepper to taste. Add oils in a stream, whisking until emulsified. Stir in shallot, parsley, zucchini and chervil. **Shrimp:** In kettle bring 5 cups water to boil, add shrimp and salt\*, cook 2 minutes, or until just firm. Drain and toss with white-wine vinegar. Arrange asparagus and shrimp on plates. Spoon dressing over. Sprinkle parsley and arrange dill sprigs if desired. \***substitute any Seafood Base.** Serves 6

## Chicken Breasts With Corn, Leeks & Olives

6		Chicken Breast Halves -- Boned
		Fresh Ground Pepper -- To Taste
		<b>Chicken Base</b> -- To Coat
4	Ears	Fresh Corn (Or 2 Cups Kernels)
2		Leeks - White & Pale Green Portions Only -- Thinly Sliced
1/3	Cup	Green Olive-Pitted and Coarsely Chopped
1	Mild	Green Chili Pepper -- Seeded & Chopped
¼	Cup	Parsley -- Chopped
½	Tsp	Cumin Powder
1	Cup	Water - Combine with next ingredient for broth
1	Tsp	<b>Chicken Base</b>
¼	Cup	Cream Or Half & Half
1	Ripe	Avocado- Peeled, Seeded -- Sliced
	Garnish	Bean Puree (Recipe Follows)
1	Can	Cannellini Beans Or White Beans (15 Oz.)
¼	Cup	Fresh Parsley
2	Cloves	Garlic Crushed
2	Tbsps +	Olive Oil
1/3	Cup	Dry White Wine Or Riesling
		Milk Or Cream If Necessary

Preheat oven to 325°F. Season chicken with pepper and Base (soften in water/oil-brush on both sides). Arrange in baking pan (s) large enough to hold in single layer. Scrape corn into bowl; mix with leeks, olives, pepper, parsley and cumin. Scatter over chicken and season lightly with pepper. Add broth, cover pan; bake 35-40 min., until chicken is cooked through. Remove chicken. Reserve 1 cup of vegetables; puree remaining vegetables in food processor, along with cream. Adjust seasoning. Stir in reserved vegetables. Put one breast per plate, spoon vegetable blend over each. Top with dollop of Bean Puree & avocado. Serves 6

**BEAN PUREE:** Rinse beans; drain thoroughly. Put in food processor with parsley. If using cloves: In a small skillet cook garlic in oil 1-2 min. until starts to brown lightly. Add wine; boil apx. 10 min. until wine reduces to apx. 2 Tbsps Add contents of pan to food processor. When using Garlic Base: Add 2 Tbsps wine and Base directly to food processor. Puree beans to consistency of creamy mashed potatoes, adding cream or milk as necessary. Season to taste with salt, pepper.

## Ginger, Onion & Garlic Flavored Rice

1	Cup	Rice -- uncooked
2¼	Cups	Water
2¼	Tsps	<b>Chicken Base</b> -- to taste
¼	Cup	Red Onion -- diced medium
1	Large	Knob Ginger Root -- peeled and sliced
4	Cloves	Fresh Garlic -- peeled and sliced
1/3	Cup	Olive Oil Or -- to taste

Bring Base and water to a boil. Stir in rice; prepare per pkg. directions. Meanwhile slice ginger, garlic and red onion in amounts desired. Heat oil in small sauce pan. Add ginger and onion. When very lightly browned, add garlic; continue to saute until garlic is browned. Strain sizzling oil through sieve into warm rice. Toss and serve. Serves 4

## Spicy Sugar Snap Stir Fry

1	Tbsps	Butter
1	Tbsps	Olive Oil
2		Garlic Cloves -- minced
1	Pound	Sugar Snap Peas-Rinsed -- strings removed
½	Tsp	<b>Chicken Or Vegetable Base</b> - dissolved in ½ cup water
2	Tbsps	Soy Sauce
1/8	Tsp	Ground Red Pepper Paste
5		Green Onions-White Part Only -- chopped

Heat oil in large skillet, add butter. When bubbling stops add garlic; saute 1 min. Add snap peas; saute 2 min., over medium heat. Add broth; bring to simmer. Add soy sauce & red pepper paste. Stir in green onion; adjust seasonings to taste. Serve over rice or as a side. Serves 5

## Tortellini Minestrone Soup

1½	Quarts	Water
4	Tsps	Each Minor's <b>Beef and Chicken Base</b>
1	Cup	Canned Diced Tomatoes In Juice
½	Cup	Frozen Italian Green Beans
½	Cup	Kidney Beans -- Drained & Rinsed
½	Cup	Each Carrots and Celery -- Sliced/Diced Thin
¼	Cup	Onions -- Medium Diced
½	Tsp	Italian Seasoning
1/8	Tsp	Fresh Ground Black Pepper
2	Cups	Frozen Tortellini

In 4 qt. sauce pot, combine all ingredients except tortellini. Heat to boiling; reduce heat; simmer 20 minutes, stirring occasionally. Add tortellini; gently boil 5 minutes. Serves 8

## Tuscan Vegetable Soup with Orzo

1	Large	Onion -- coarsely chopped
2	Cloves	Garlic -- minced - optional
8	Ozs	Mushroom -- sliced
1	Cup	Dry White Wine
5	Tsps	<b>Chicken Base</b> dissolved in 4 cups water
¼	Tsp	Fresh Ground Black Pepper
1	Each - Large	Zucchini, Yellow Squash -- Cut ½" Thick & Quartered
½	Cup	Orzo-Rice Shaped Pasta -- uncooked
¼	Cup	Fresh Basil Chopped or 1 tsp. dried
1	Tsp	Dried Oregano
½	Cup	Fresh Grated Parmesan Cheese -- For Garnish
¼	Cup	Fresh Italian Parsley -- For Garnish

In a soup pot over medium heat, saute onion and garlic (if using cloves) in oil until tender, apx. 4 minutes. Add mushrooms; saute 2 minutes. Add wine, water, Base (s); bring to boil. Reduce heat; cover and simmer 10 minutes. Add squash and orzo; cover, simmer 10-15 minutes until tender. Remove from heat, stir in herbs, garnish and serve. Serves 7

## Vietnamese Corn Soup

4	Cups	Water
4	Tsps	<b>Pork Base</b>
1	Pound	Chicken Thighs, Skin And Fat Removed
2	Cans	Creamed Sweet Corn (17 Oz. size)
2	Tbsps	Vegetable Oil
4	Cloves	Garlic-- Minced
4	Each	Shallots and Scallions -- Sliced Thin
1	Tbsp	Nuoc Mam ( Vietnamese Fish Sauce)
1	Can	Whole Kernel Corn (8 Oz.) -- Drained
4	Tsps	Cornstarch Mixed With 1 Tbsp. Cold -- Water
1		Egg -- Lightly Beaten
2	Tbsp	Fresh Cilantro -- Shredded
		Fresh Ground Black Pepper

Put water, chicken, Pork and Garlic Bases in 3 qt. soup pot, bring to rolling boil. Reduce heat; skim surface to remove foam. Continue skimming until foam ceases to rise. Simmer 30 minutes. Remove chicken, refresh under cold running water. Shred chicken. Set aside. Place creamed corn in blender; process to fine puree. Strain mixture through fine sieve, (extract as much pulp as possible) into a bowl. Discard pulp and reserve puree. Heat oil in large skillet. Add garlic (if using cloves), shallots and scallions; saute until aromatic. Add chicken and fish sauce, stir-fry 1 minute. Set aside. Stir puree and corn kernels into stock. Bring to a boil. Add cornstarch mixture; stir gently until thickened. While soup is actively boiling, add egg; stir gently 1 minute. Add chicken mixture, cook gently until heated through. Garnish with cilantro and pepper. Serves 4

## Chicken Cacciatore

1	Tbsp	Olive Oil
2	Tsps	<b>Chicken Base</b>
1½	Cups	Skinless Boneless Chicken Breast -- Julienned
2	Tbsps	Olive Oil
¾	Cup	Green Peppers -- Julienned
¾	Cup	Onions -- Julienned
¾	Cup	Mushrooms -- Sliced
¼	Cup	Celery -- Cut On Bias
1	Tsp	Garlic -- Minced
1½	Cups	Water
2	Tbsp	<b>Chicken Base</b>
1	Can	(6 oz) Tomato Paste
1	Tbsp	Sugar
2	Tbsps	Burgundy Wine
¼	Tsp	Oregano
¼	Tsp	Basil

In medium bowl, mix oil and 2 tsp. Chicken Base until well blended. Add chicken and toss until coated. In a large saute pan, heat olive oil over med-high heat. Add chicken and saute apx. 4-6 minutes, stirring often. Remove chicken from pan. Set aside. In same pan, add peppers, onions, mushrooms, celery and garlic. Saute over med-high heat 2-3 minutes, stirring often. Add water, 2 Tbsp. of Chicken Base, tomato paste, sugar, wine, oregano, cooked chicken, and basil mixing well. Heat to a slow boil and cook 5 minutes, stirring occasionally. Serve over rice or pasta. Serves 6

## Root Vegetable Turkey Soup

For this recipe you can use a turkey carcass (break it up if its too big for the pot), leftover drumsticks, wings, neck or any other turkey parts.

2½	Quarts	Water
3	Tbsps	<b>Turkey Base</b>
1	Stalk	Celery
1	Small	Onion -- Quartered
5	Cloves	Garlic -- Peeled
2	Sprigs	Fresh Parsley
1		Bay Leaf
8		Peppercorns
1		Carrot -- Peeled & Diced Small
1		Turnip -- Peeled & Diced Small
1		Parsnip -- Peeled & Diced Small
1	Large	Waxy Potato -- Diced Small
1½	Cups	Leftover Turkey -- Diced Small
½	Tsp	Fresh Ground Pepper
½	Cup	Fresh Grated Pecorino Romano Cheese -- Optional

Put carcass, bones, water, Base (s), celery, onion, garlic, parsley and bay leaf in large pot; bring to boil and simmer, partially covered for 45 minutes. Add peppercorns and simmer 15 minutes more. Strain - discard solids. Add vegetables, simmer until soft, apx.10 minutes. Add pepper. Ladle into bowls, sprinkle each with generous amount of cheese. Serves 6-8

## Scallops with Tomato Sauce & Fried Shallots

¾	Pound	Sea Or Bay Scallops
1	Tbsp	All-Purpose Flour
2	Tbsp	Olive Oil
¼	Cup	Dry White Wine
1/3	Cup	Water
¾	Tsp	<b>Clam Base</b>
1/3	Cup	Tomato Juice
		Vegetable Oil -- for frying
¼	Pound	Shallots- Sliced Thin & Reserved In Bowl Of Cold Water
¼	Cup	Fresh Parsley -- minced
		Fresh Ground Pepper -- to taste

In a bowl toss scallops in flour and pepper until coated. In a skillet (large enough to hold the scallops in one layer without crowding) heat olive oil over high heat until hot but not smoking. Saute scallops, stirring 1-2 minutes, or until just firm; transfer to bowl with slotted spoon. Add wine to skillet; deglaze-scraping up brown bits. Dissolve Clam Base in water, combine with tomato juice. Add to skillet and bring to a boil; simmer until reduced to apx. ½ cup. While the liquid simmers, heat vegetable oil in a skillet until it registers 375° F on a deep-fat thermometer, add shallots (drained well & patted dry) carefully and fry, stirring 1 minute, or until golden. Transfer with slotted spoon to paper towels. Sprinkle, immediately, with salt to taste. Add parsley and scallops to tomato sauce, cook over med-high heat, stirring until scallops are heated through. Serve topped with shallots, over thin pasta. Serves 2



## Chicken, Leek & Chickpea Soup

4	Cups	Water
4	Tsps	<b>Chicken Base</b>
¼	Pound	Tiny Pasta Shapes (Ditalini, Tiny Shells)
1½	Tbsps	Butter
1		Leek (White Part Only) -- sliced thin and well rinsed
1	Clove	Garlic
½	Cup	Chick Peas (canned, drained) -- roasted*
1	Tbsp	All-Purpose Flour
3	Tbsps	Italian Parsley -- chopped fine (Var: use fresh cilantro)
		Fresh Ground Black Pepper
	Pinch	Cayenne Pepper
½	Pound	Cooked Chicken Meat - Optional -- chopped

Bring water and Chicken Base to a boil in saucepan. Add pasta; cook until barely done. Remove with slotted spoon. Leave stock simmering. Meanwhile, melt butter in large saucepan; gently saute leek and garlic until golden, not brown. Add pinch of chili powder to leek while sauteing, if desired. Add roasted chickpeas, toss for 1 minute and sprinkle with flour. Fry 10 seconds or so, then gradually blend in boiling stock. Add parsley, cayenne & a good ½ dozen grinds pepper. Add pasta and chicken; bring back to boil before serving. \* To roast chickpeas: toss in lightly oiled frying pan until golden. Serves 4

## Easy Egg Foo Yong

¾	Cup	Water
¾	Tsp	<b>Pork Or Beef Base</b>
1	Tsp	Soy Sauce
2	Tsps	Cornstarch
2	Tbsps	Cold Water
1	Cup	Frozen Peas
4	Large	Eggs
1	Tsp	<b>Chicken Base</b> Apx 1 Tbsp. -- Water, Mixed
2	Cups	Iceberg Lettuce-Rinsed-Spun Dry -- chopped
¼	Cup	Scallion -- sliced thin
½	Cup	Cooked Pork (Rib Chop Or Loin) Chopped
2	Tbsps	Vegetable Oil

In a small saucepan combine water, Base and soy; bring to boil. In bowl dissolve cornstarch in cold water; add to hot broth; boil stirring 1 minute. Stir in peas, keep warm over low heat. In a bowl whisk together eggs and softened Chicken Base; stir in lettuce, scallion and pork. In an 8" skillet heat 1 Tbsp. oil over moderate heat until hot but not smoking; spoon in ½ the egg mixture, spreading evenly. Cook without stirring 1-2 minutes or until eggs are almost set and underside is golden. Turn omelet carefully with spatula, cook 30 seconds- 1 minute or until eggs are just set. Transfer omelet to plate; repeat in remaining oil. Transfer to plate; spoon sauce around both. Serves 2

## Shrimp, Roasted Pepper & Spinach Saute

2	Tbsps	Extra Virgin Olive Oil
3	Cloves	Garlic-- Minced
¼	Tsp	Hot Red Pepper Flakes
1	Pound	Large Shrimp -- Peeled & Deveined
½	Cup	Dry White Wine
1	Tbsp	Fresh Lemon Juice
½	Cup	Water
½	Tsp	<b>Shrimp Base</b>
2	Tbsp	Cold Butter - in small chunks
		Fresh Ground Pepper -- To Taste
1	Cup	Fresh Spinach -- Spun Dry & Chopped
1	Large	Red Bell Pepper, Roasted, Seeded, Diced or Sliced Thin
1	Tbsp	Fresh Basil, Parsley Or Tarragon
2	Tbsps	Fresh Grated Pecorino Romano Cheese -- For Garnish

Dissolve Base(s) in water for broth set aside. Heat oil in large skillet until very hot. Saute garlic cloves and red pepper flakes 1 min. Toss in shrimp- do not stir for 2 minutes, then stir, cooking until shrimp is almost done, apx. 1 minute Remove shrimp, keep warm. Deglaze pan with wine, scraping up brown bits. Over high heat, add lemon juice and reserved broth; simmer until reduced by half. Stir in cold butter and add pepper. Remove from stove, fold in spinach then bell pepper. Place shrimp in pan with herbs, return to stove for 1 minute, to heat through. Garnish with cheeses. Serve with crusty fresh bread (as appetizer) to mop up juices. Toss with hot pasta for a main dish to serve 4.

## Southwest-Style Taco Soup

¼	Cup	Bacon -- Diced Small
10	Ozs	Ground Chuck Or Lean Ground Beef
½	Cup	Onion -- Diced Medium
1½	Cups	Iceberg Lettuce -- Diced Medium
¼	Cup	All-Purpose Flour
¾	Tsp	Chili Powder
½	Tsp	Ground Cumin
	Dash	Ground Red Pepper
3	Cups	Hot Water
1	Tbsp	<b>Beef Base</b>
1	Cup	Kidney Beans, Canned -- Drained
½	Cup	Canned Crushed Tomatoes -- In Puree
½	Cup	Tomatoes -- Medium Diced
¼	Tsp	Sugar
1/8	Tsp	Hot Red Pepper Sauce

In 4 qt. sauce pot, saute bacon over medium heat until crisp, stirring often. DO NOT DRAIN FAT. Add beef and onions; saute until meat is browned, apx. 7 minutes. Stir in lettuce and continue to saute 2-3 minutes. Blend in flour, chili powder, cumin and red pepper. Cook 2-3 minutes, stirring constantly. Add water, Beef Base, beans, tomatoes, sugar and red pepper sauce; mix well. Heat to boiling. Reduce heat and gently boil 5 minutes, stirring occasionally. Garnish with crushed tortillas, corn chips, crisp diced bacon, sour cream, chopped onions and/or tomatoes, shredded cheddar or Jack Cheese. Serves 6

## Seafood Soup With Cilantro

3	Tbsps	Olive Oil
1	Cup	Each Carrots, Leeks, and Onions -- Chopped
1½	Cups	Dry White Wine
4½	Cups	Water
2	Tbsps	<b>Shrimp Base</b>
¾	Bunch	Fresh Cilantro
¾		Vanilla Bean -- Split Lengthwise and scraped inside
2		Bay Leaves
6	Ozs	Baby Green Beans -- Trimmed & Halved
6	Ozs	Asparagus, Trimmed & -- Cut In 3" Lengths
6	Ozs	Snow Peas -- Trimmed
1¾	Cups	Green Onions -- Chopped
24	Large	Shrimp, -- Peeled & Deveined
12		Sea Scallops -- Cut Horizontally In ½ Fresh Cilantro -- Chopped For Garnish

Heat oil in large Dutch oven over medium heat. Saute carrots, leeks and onion 5 min. Add wine; simmer 5 minutes. Add water, Shrimp Base, cilantro, vanilla bean, scrapings and bay leaves. Cover; simmer over low heat 30 min. Strain stock into large saucepan, bring to boil. Add green beans, asparagus, snow peas and ¾ cup green onions. Simmer 1 min. Add seafood; simmer until cooked through, apx. 3 minutes. Mix in ½ cup green onions. Ladle into bowls. Garnish with chopped cilantro. Serves 4

## Seared Salmon On Tartare Mashed Potatoes

4	Large	Idaho Potatoes -- Peeled & Quartered
1¼	Cups	Heavy Cream*
1½	Tsps	<b>Chicken Base</b> -- Or To Taste
5	Tbsps	Unsalted Butter
¾	Cup	Onions -- Coarsely Chopped
½	Cup	Scallions -- Coarsely Chopped
2	Tbsps	Fresh Dill -- Chopped
½	Cup	Capers -- Drained
		<b>Fish Base</b> Softened -- To Taste
1	Tsp	Olive Oil
4	6 Oz.	Salmon Fillet With Skin
2	Tbsps	Each Fresh Chives and Flat Leaf Parsley -- Minced

**POTATOES:** Cook until tender, apx. 15 min. Combine cream and 4 Tbsps. butter in med. saucepan; simmer over low heat until reduced to 1 cup, apx. 15 min. Drain potato water and return pan to heat to evaporate any remaining moisture. Remove from heat; mash. Dissolve Chicken Base into reduced cream and add to potatoes; stir in onions, scallions, capers and dill. Season with pepper, cover and keep warm. (Potatoes can stand at room temperature for up to 1 hour. Reheat gently, stirring often, before serving.)

**SALMON:** Preheat oven to 450°F. In large ovenproof non-stick or sprayed skillet, warm oil over high heat. Season salmon with softened Fish Base and pepper. When oil is hot add fillets skin side down. Add remaining butter, shaking pan to incorporate butter into oil. Cook salmon 4 minutes. Transfer skillet to oven without turning fillets. Roast apx. 5 minutes, depending on thickness and to desired doneness. Serve: Spoon potatoes onto plates, place fillets on top, skin side up. Sprinkle with chives and parsley. Serves 4

## Grilled Striped Bass with Burgundy Butter Sauce

2	Tbsps	Shallots -- Minced
1	Tsp	Unsalted Butter
2	Tbsps	Burgundy Wine
1	Tbsp	Balsamic Vinegar
1	Tsp	Fresh Lemon Juice
¾	Cup	Water
¾	Tsp	<b>Fish Base</b>
¼	Cup	Evaporated Skim Milk
1½	Tsp	Cornstarch
2	Tsp	Fresh Tarragon -- Chopped
8	4 Oz	Striped Bass Fillets Or Black Sea Bass -- With Skin

Prepare grill. In saucepan cook shallot in butter over medium heat, stirring until softened. Add wine, vinegar and lemon juice, reduce to a glaze. Set aside. In another saucepan bring water, 2 Tbsp. milk and Fish Base to simmer, whisking. Stir together cornstarch and remaining milk, whisk into broth mixture. Simmer, whisking occasionally 1 min. and whisk into shallot mixture. Bring to a boil, whisk in tarragon and pepper to taste. Keep warm. Pat fish dry season with salt & pepper. Grill fish, flesh side down first, on oiled rack set 5-6" over glowing coals 2-3 minutes per side or until just cooked through. Serve with sauce. Serves 8

## Hearty Lentil Soup

1½	Cups	Lentils
3	Cloves	Garlic -- chopped
5	Cups	Water
2	Tbsps	<b>Chicken Or Vegetable Base</b>
1	Tbsp	Olive Oil
1	Small	Onion -- chopped
¼	Pound	Ground Beef
1	Can	(14.5 Oz.) Tomatoes -- chopped and drained
		Fresh Ground Black Pepper -- to taste
1	Tbsp	Fresh Cilantro Or Parsley -- chopped
2	Tsps	Fresh Lemon Juice -- or to taste

Rinse and pick through lentils. Rinse again and drain. In medium saucepan, combine lentils, water, Base and garlic. Bring to a boil. Cover and simmer over low heat 20-30 min. or until lentils are tender. Meanwhile, heat oil in skillet. Add onion and saute over medium heat, stirring often, apx. 5 minutes, brown the beef and drain fat; add tomatoes and pepper. Stir and cook 5 minutes. Add to soup, return to boil. Remove from heat. Add cilantro and lemon juice. Serves 4

## Leek & Mushroom Soup

2	Oz	Shiitake Mushrooms -- Sliced
1	Cup	Leeks -- Chopped fine
2	Tbsp Each	Oil and Margarine Or Butter
1/3	Cup	Dry Sherry
5	Cups	Water
2	Tbsps	<b>Beef Base</b>
½	Tsp	Black Pepper -- fresh ground
½	Cup	Orzo

Dissolve Base in water, set aside. Heat oil in 3 qt. saucepan until hot, add butter. When foaming subsides add leeks & mushrooms, saute until leeks are tender, 5-7 minutes. Add sherry; cook until reduced by ½. Add broth and pepper; bring to a boil. Stir in orzo; cook 10 minutes, until tender. Serve. Serves 8