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2011 WINTER WARMERS



About the Recipes

We hope you enjoy these recipes.
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.

Create memorable meals
with Minor's.

HAPPY COOKING !!
Heidi & David



Cheddar and Ale Soup

3	Tbsp	Bacon, small diced
2	Tbsp	Margarine or butter
1	C	Carrots, small diced
1/2	C	Celery, small diced
1/3	C	Scallions/green onions, sliced thin
1	C	Beer
1	qt	Water
1/2	C	Heavy whipping cream
1	Tbsp	<u>Minor's Chicken Base</u>
1	tsp	Red pepper sauce
1/2	tsp	Worcestershire Sauce
1/4	tsp	Mustard powder
Dash		White pepper, ground
2	C	<u>Trio Cheese Sauce Mix</u>

In a stockpot, over medium high heat, saute bacon until browned. Add margarine or butter, carrots, celery and scallions. Saute until slightly tender. Add beer. Heat to a gentle boil for 2 minutes, stirring occasionally. Add water, cream, Chicken Base, pepper sauce, Worcestershire sauce, mustard and pepper. Heat mixture to 190°F. Slowly add Cheese Sauce Mix, stirring briskly with a wire whip until smooth. Heat to a gentle boil for 1 minute, stirring occasionally. Remove from heat. Let sit 10 minutes before serving. Serves 7

Trio Vegetable Chowder

1	tsp	Vegetable oil
1/4	C	Onions, medium diced
1/2	C	Celery, medium diced
1/4	C	Carrots, raw, medium diced
1	C	Corn kernels
1/4	tsp	Garlic, fresh, chopped
1	qt	Water, hot
1	C	Lowfat milk, 1%
1	C	<u>Trio Low Sodium Poultry Gravy Mix</u>
1	C	Potatoes, medium diced
1/4	C	Scallions/ green onions, sliced
1	Tbsp	Lemon juice

In a saucepan, over medium heat, sweat onions, celery, carrots, corn and garlic in oil for 5 minutes. Add hot water and milk. Increase heat to medium high. Gradually add the Low Sodium Poultry Gravy Mix, stirring well with a wire whip. Add potatoes. Heat to boiling, stirring constantly. Reduce heat and gently boil for 6-10 minutes, stirring occasionally. Finish the soup with scallions and lemon juice. Serves 8

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White Bean Chili

1 3/4	C	Water
2/3	C	Onions, medium diced
1 1/2	tsp	Minor's® Chicken Base
1/8	tsp	Garlic, fresh, minced
2	C	Great Northern beans, canned, drained
1	C	Chicken meat, medium diced or turkey
1/2	C	Green chiles, fire roasted, diced, drained
1/2	tsp	Cumin, ground
1/4	tsp	Oregano leaf, dried
1/8	tsp	Cilantro, dried
dash		Red pepper, ground
dash		Cloves, ground
1/2	C	Monterey Jack cheese, shredded, shredded (optional)

In a 2 qt. saucepan, combine water, onions, Chicken Base and garlic. Heat to boiling over medium high heat; reduce heat and gently boil 3 minutes, stirring occasionally. Add beans, chicken, diced green chiles, cumin, oregano, cilantro, pepper and cloves. Return to a gentle boil for 10 minutes, stirring occasionally. Garnish each serving with 1/2 oz. of cheese (optional). Serves 4

Chicken Mexicali Soup

1/2	tsp	Vegetable oil
3/4	tsp	Minor's® Chicken Base
6	oz	Chicken breast, boneless, skinless, medium diced
3	Tbsp	Bacon, fine diced
1/2	Tbsp	Vegetable oil
1/2	C	Onions, small diced
1/4	tsp	Garlic, fresh, minced
3	C	Water, hot
1 2/3	Tbsp	Minor's® Chicken Base
1/2	C	Black beans, canned, drained
1/4	C	Roasted red peppers, canned, drained, small diced
1/4	C	Picante sauce - mild
3/4	C	Tomatoes, diced, canned in juice
2	Tbsp	Green chiles, fire roasted, diced
1/2	tsp	Cumin, ground
1/2	tsp	Chili powder
1/4	tsp	Red pepper sauce
1/8	tsp	Black pepper, ground
2	Tbsp	Water
1	Tbsp	Cornstarch
1-1/2	(6")	Corn tortillas, julienne cut

In a small bowl, combine Chicken Base and oil. Mix until well blended. Add chicken and toss until evenly coated. Set aside. In a 2 qt. saucepan, sauté bacon until crisp. Add oil and heat. Add seasoned chicken, onions and garlic. Sauté, until evenly browned. Add water, Chicken Base, black beans, peppers, picante sauce, tomatoes, diced green chiles, cumin, chili powder, pepper sauce and pepper. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 12-15 minutes, stirring occasionally. In a small bowl, whisk water and cornstarch until smooth. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling over medium high heat, stirring frequently. Add tortillas. Return to a gentle boil for 2 minutes, stirring occasionally. Serves 4

Chile Garlic Asian Soup Bowl

3	qt	Water
3	Tbsp	Minor's Chicken Base
1	Tbsp	Minor's Shrimp Base
1/4	C	Gingerroot, fresh, sliced thin
2	Tbsp	garlic, crushed
1	Tbsp	Peppercorns, black, crushed
2 1/3	C	Chinese cabbage/Napa, sliced thin
1	C	Spinach, sliced thin
3 1/3	C	Mushrooms, sliced thin
1	C	English Cucumber, medium diced
10	oz	Chicken thigh meat, boneless, skinless, cooked, julienne cut
5	oz	Tofu, firm, cut in 1" cubes
1	C	Minor's Chile Garlic Sauce

In a saucepot, combine water, Chicken Base, Shrimp Base, ginger, garlic and peppercorns and boil over high heat. Reduce heat and gently boil 10 minutes. Strain. Keep hot. In a bowl, combine cabbage, spinach, mushrooms and cucumber. Toss until well mixed. Assembly: Place 3 oz vegetable mixture in a serving bowl. Add 1 oz chicken, 1/2 oz tofu and 1 oz Chile Garlic Sauce. Ladle 7 oz of broth mixture over sauce. Serve immediately. Serves 10

Chardonnay and White Cheddar Soup

1/4	C	Margarine or butter
2	C	Onions, small diced
3	C	Celery, small diced
3	C	Carrots, small diced
1	C	Green bell peppers, small diced
3	qt	Water
14	oz	Minor's White Wine Cream Sauce Concentrate (1 container)
1/3	C	Minor's Sautéed Vegetable Base (Mirepoix)
1	tsp	Mustard, dry
1/4	tsp	White pepper, ground
1	qt	Cream, half and half
1	lb	Cheddar cheese, sharp, grated
1/2	C	Chardonnay, dry, white wine

In a saucepot, melt margarine or butter; add onions, celery, carrots and peppers. Saute 3-4 minutes. Add water, White Wine Cream Sauce, Sautéed Vegetable Base, mustard and pepper; mix well. Boil, stirring constantly. Reduce heat and gently boil 5 minutes, stirring frequently. Add cream and cheese; mixing until cheese is melted. Add wine and mix well. Serves 24

Tomato Bisque

3	Tbsp	Margarine or butter
1/3	C	Flour, all-purpose
3 1/2	C	Water, hot
1 1/3	Tbsp	Minor's® Chicken Base
1/2	C	Tomatoes, whole, canned in juice, small diced
1/3	C	Tomato paste
1 1/2	Tbsp	Sugar, granulated
1/2	tsp	Salt
1/4	C	Cream, heavy whipping

In a 2 qt. sauce pot over medium high heat, melt margarine or butter. Blend in flour. Cook 2-3 minutes, stirring constantly. Remove from heat. Add water, Chicken Base, tomatoes, tomato paste, sugar and salt. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally. Add cream. Mix well. Heat to a gentle boil, stirring frequently. Serves 4

She-Crab Soup

3/4	C	Margarine or butter
1 1/3	C	Flour, all-purpose
2 3/4	qt	Water, hot
1/2	C	<u>Minor's® Crab Base</u>
1/2	tsp	Paprika
Dash		Mace, ground
1	qt	Cream, half and half, hot
1/2	C	Sherry, pale dry

In a sauce pot, melt margarine or butter. Blend in flour. Cook for 2-3 minutes, stirring constantly. Add water, Crab Base, paprika and mace. Heat to boiling, stirring constantly. Reduce heat. Gently boil 10 minutes, stirring occasionally. Add cream and wine. Mix well. Serves 16

Old Bay Pumpkin Soup

2	Tbsp	Butter or margarine, unsalted
3/4	C	Onions, fine chopped
1	Tbsp	Old Bay Seasoning
1/8	can	Libby's 100% Pure Pumpkin (1 lb 10 oz can)
2	qt	Water, hot
3	C	Whole milk
2	Tbsp	<u>Minor's Crab Base</u>
1	C	<u>Trio Sauce & Soup Mix</u>

In a stockpot, melt butter or margarine. Add onions; saute 2-3 minutes. Add Old Bay Seasoning. Saute an additional 2-3 minutes. Add pumpkin, hot water, milk and Crab Base; heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 2-4 minutes. Note: Crab meat, shrimp or other seafood may be added as garnish. Serves 17

Calico Chicken Soup

1	tsp	Vegetable oil
1/4	C	Onions, medium diced
1/4	C	Celery, medium diced
2	C	Water
1 1/2	Tbsp	<u>Minor's Chicken Base</u>
3/4	C	Green beans, cut 1"
3/4	C	Carrots, raw, sliced medium
1/3	C	Tomatoes, diced, canned in juice
1/2	C	Chicken meat, cooked, medium diced
1/4	C	Potatoes, peeled, medium diced
1/4	C	Whole kernel corn, frozen or canned
1	Tbsp	Tomato paste
Dash		Garlic powder
Dash		Parsley flakes, optional
Dash		White pepper, ground

In a saucepan, heat oil over medium high heat. Add onions and celery; sauté 5 minutes. Add water, Chicken Base, green beans, carrots, tomatoes, chicken, potatoes, corn, tomato paste, garlic powder, parsley flakes and pepper. Heat to boiling, stirring occasionally. Reduce heat to medium and gently boil 15 minutes or until potatoes are tender. Serves 4

Bacon, Lettuce and Tomato (BLT) Soup

4	oz	Bacon, small diced
2	Tbsp	Margarine or butter
3	C	Iceberg lettuce, julienne cut
1/4 cup + 3	Tbsp.	Flour, all-purpose
1-1/2	Tbsp	<u>Minor's® Chicken Base</u>
1	tsp	<u>Minor's® Ham Base</u>
1-1/2	C	Tomatoes, medium diced
	dash	Nutmeg, ground
	dash	Red pepper, ground
1	C	Cream, half and half

In a saucepan over medium high heat, sauté bacon until crisp. DO NOT DRAIN FAT. Add margarine or butter; heat until melted. Add lettuce; sauté 2 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Chicken Base, Ham Base, tomatoes, nutmeg and red pepper. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil 6 minutes, stirring occasionally. Serves 6

Pacific Crab Bisque

3	Tbsp	Margarine or butter
1/3	C	Flour, all-purpose
3	C	Water, hot
1 1/2	Tbsp	<u>Minor's® Crab Base</u>
1/8	tsp	Paprika
1	C	Cream, half and half, hot
2	Tbsp	Sherry, pale dry, cocktail

In a saucepan, melt margarine or butter over medium high heat. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Crab Base and paprika. Heat to boiling, stirring constantly. Reduce heat and gently boil 10 minutes, stirring occasionally. Add cream and sherry, mixing well. Heat to a gentle boil, stirring frequently. Serves 4

Baked Potato Soup

1/3	C	Bacon, small diced
3	Tbsp	Butter or margarine
2	Tbsp	Onions, small diced
2 1/2	Tbsp	Scallions/green onions, sliced thin
1/2	C	Flour, all-purpose
3	C	Water
1 2/3	Tbsp	<u>Minor's® Chicken Base</u>
1/2	C	Potato skins, frozen, medium diced
1	C	Cream, half and half
6	Tbsp	Cheddar cheese, sharp, grated

In a 3 qt. saucepan over medium high heat, sauté bacon until crisp. DO NOT DRAIN FAT. Add butter or margarine and heat until melted. Add onions and scallions; sauté 2-3 minutes. Blend in flour. Cook over medium heat for 2-3 minutes, stirring constantly. Add water, Chicken Base, potatoes and cream. Heat to boiling, stirring constantly. Reduce heat and gently boil for 5-6 minutes stirring, occasionally. Reduce heat. Add cheese; stir until melted. Serves 5

Black Bean Soup Rio Grande

1/2	Tbsp	Vegetable oil
1/4	C	Carrots, medium diced
1/4	C	Celery, medium diced
1/4	C	Onions, medium diced
1	tsp	Ortega diced jalapenos
1/4	tsp	Garlic, fresh, minced
1 1/4	C	Black beans, canned, drained, rinsed
2 1/2	C	Water, hot
2	tsp	<u>Minor's Chicken Base</u>
1	Tbsp	<u>Minor's Bacon Base</u>
1/4	C	Tomatoes, canned, crushed in puree
2/3	C	Black beans, canned, drained, rinsed

In a saucepot, heat oil over medium high heat. Add carrots, celery, onions, jalapenos and garlic; mix. Add black beans. Remove mixture and puree in a blender or food processor. Return to heat. Saute 5-8 minutes. Add water, Chicken Base, Bacon Base, and tomatoes. Heat to boiling, reduce heat and gently boil 12-15 minutes, stirring occasionally. Add remaining 2/3 C black beans for garnish. Serve with sour cream, green onions or diced tomatoes. Serves 5

Turkey Florentine Soup

1	Tbsp.	Vegetable oil	1-1/2	Tbsp	<u>Minor's® Turkey Base</u>
1/2	C	Onions, medium diced	1/4	tsp	Poultry seasoning
1/2	C	Red bell peppers, medium diced		dash	Nutmeg, ground
				dash	White pepper, ground
3	C	Water	1/4	C	Water
1	C	Turkey meat, cooked medium diced	2	Tbsp	Cornstarch
2	Tbsp	Spinach, frozen, chopped			

In a saucepan, heat oil over medium high heat. Add onions and peppers; sauté 2-3 minutes. Add water, turkey, spinach, Turkey Base, poultry seasoning, nutmeg and pepper. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil 5-8 minutes, stirring occasionally. In a small bowl, whisk water and cornstarch into a smooth slurry,. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling over medium high heat, stirring frequently. Reduce heat and gently boil for 2 minutes, stirring occasionally. Serves 4

Gulf Coast Shrimp Chowder

4	oz	Bacon, small diced	1	qt	Whole milk, hot
1/4	C	Margarine or butter	6	Tbsp	<u>Minor's® Shrimp Base</u>
3/4	C	Onions, small diced	1	qt	Whole kernel corn, frozen
1/2	C	Celery, small diced	2 2/3	C	Creamed corn, canned
1/2	C	Green bell peppers, small diced	2	C	Potatoes, peeled, medium diced
1/2	C	Red bell peppers, small diced	1/4	tsp	Worcestershire sauce
1/3 C + 1	Tbsp	Flour, all-purpose	1/8	tsp	White pepper, ground
1	qt	Water, hot	1/8	tsp	Red pepper sauce
		12 oz Shrimp, 70-90 ct/lb., P&D			

In a sauce pot, sauté bacon over medium high heat until evenly browned, 5-7 minutes. DO NOT DRAIN FAT. Add margarine or butter, onions, celery, bell peppers; sauté 2-3 minutes. Add flour; stir until well blended. Cook over medium heat 2-3 minutes, stirring constantly. Add water, milk, Shrimp Base, corn, potatoes, Worcestershire sauce, white pepper and pepper sauce. Mix until well blended. Heat to boiling over medium high heat; reduce heat and gently boil until potatoes are tender, 7-8 minutes, stirring occasionally. Add shrimp; gently boil 3-5 minutes. Stir occasionally. Serves 16

Bayou Shrimp & Scallop Soup

2	Tbsp	Salt pork or bacon, small diced
1/3	C	Green onions, sliced thin on bias
1/3	C	Carrots, small diced
1/4	C	Green bell peppers, small diced
2	Tbsp	Flour, all purpose
2	C	Water, hot
3/4	C	Potatoes, peeled, small diced
1 1/2	Tbsp	<u>Minor's Shrimp Base</u>
2/3	C	Shrimp, 70/90/lb, P&D
1/2	C	Bay scallops
Dash		Nutmeg, ground
Dash		White pepper, ground
Dash		Red pepper sauce

In a saucepot over medium high heat, saute salt pork or bacon until crisp. DO NOT DRAIN FAT. Add onions, carrots and peppers. Saute 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring occasionally. Add water, potatoes and Shrimp Base. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Add shrimp, scallops, nutmeg, white pepper, and red pepper sauce; gently boil 2-3 minutes, stirring occasionally. Serves 4

Boston Bay Clam Chowder

1/4	C	Butter or margarine, unsalted
1	C	Onions, small diced
2	qt	Water, hot
2	C	Whole milk
2	Tbsp	<u>Minor's Clam Base</u>
1/2	tsp	<u>Minor's Pork Base</u>
25	oz	Clams, canned, chopped, undrained
1	lb	Potatoes
2	C	<u>Trio Sauce & Soup Mix</u>

In a stockpot, melt butter or margarine. Add onions; saute 2 minutes. Add hot water, milk, Clam Base, Pork Base, clams with broth and potatoes. Heat to boiling. Reduce heat. Add sauce and soup mix, stirring constantly. Gently boil until soup is thickened and potatoes are tender. Serves 17

Lobster Bisque

3/4	C	Margarine or butter
1 1/4	C	Flour, all-purpose
3	qt	Water
1/2	C	Minor's® Lobster Base
Dash		Red pepper, ground
1	qt	Cream, half and half, hot
2/3	C	Sherry, pale dry

In a sauce pot, melt margarine or butter. Blend in flour. Cook 2-3 minutes, stirring constantly. Add water, Lobster Base and red pepper. Heat to boiling, stirring constantly. Reduce heat and gently boil 10 minutes, stirring occasionally. Add cream and sherry, mixing well. Heat to a gentle boil, stirring frequently. Serves 16

New England Lobster Bisque

2 1/2	qt	Water, hot
2	C	Whole Milk
6	Tbsp	Minor's Lobster Base
2	C	Trio Sauce & Soup Mix
1/4	C	Sherry, pale, dry
Dash		Red pepper, ground

In a stockpot, combine water, milk and Lobster Base. Heat to boiling. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 3-4 minutes. Season with sherry and red pepper. Note: Cooked seafood pieces (Lobster meat, shrimp, mussels, etc) may be added as garnish. Serves 13

Spanish Style Stock

1	Tbsp	Spanish paprika
1	gal	Water
1/4	C	Minor's® Chicken Base
2	Tbsp	Minor's® Lobster Base (or Minor's Shrimp Base)
1/4	tsp	Saffron
1		Orange - juice, & zest

Toast paprika 1-2 minutes. Do not burn! Add water and Chicken Base, Lobster Base or Shrimp Base, saffron and orange juice and zest. Simmer for 2-3 minutes. Yield 1 Gal

Hot Beef and Rice Soup

2	Tbsp	Sesame oil
8	oz	Beef, julienne cut
1	qt	Leeks, fine diced
1	qt	Mushrooms, medium diced
1	qt	Bok choy, sliced
2 1/2	qt	Water, hot
1/4	C	Minor's Beef Base
1/4	C	Minor's Teriyaki Sauce
1 1/2	C	Long grain rice, cooked
1	C	Scallions / green onions, sliced thin

In a soup pot, heat the oil over medium high heat. Add beef; saute 2-3 minutes. Add leeks, mushrooms and bok choy; saute 2-3 minutes. Add water, Beef Base and Teriyaki Sauce. Mix well. Simmer 5 minutes. Add rice and scallions. Serve hot. Serves 16

Fiesta Bean Pot Soup

8	oz.	Hot Italian sausage, bulk
1	C	Onions, medium diced
3	C	Water
2-1/4	tsp	Minor's® Beef Base
1 1/8	C	Pinto beans, canned, drained, rinsed
1-1/4	C	Red chili beans in sauce
3/4	C	Tomatoes, diced, canned in juice
3/4	tsp	Garlic, fresh, chopped fine
1/4	tsp	Cumin, ground
1/4	tsp	Oregano leaf, dried
1/8	tsp	White pepper, ground

In a 3 qt. saucepan over medium high heat, sauté sausage until brown. Add onions; sauté for 3 minutes. Add water and Beef Base. Heat to boiling, stirring occasionally. Add pinto beans, red chili beans, tomatoes, garlic, cumin, oregano and pepper. Return to a boil; reduce heat and gently boil 15 minutes, stirring occasionally. Servings 6

Philadelphia Steak and Cheese Soup

3	Tbsp	Butter or margarine
6	oz.	Ground Beef, julienne cut
3/4	C	Onions, julienne cut
3/4	C	Green bell peppers, julienne cut
1/3	C	Flour, all-purpose
2	C	Water
1	C	Cream, half and half
4	tsp	Minor's® Beef Base
1-1/2	C	Swiss cheese, processed, white, medium diced

In a 2 qt. saucepan over medium high heat, melt butter or margarine. Sauté beef 2-3 minutes. Add onions and peppers. Sauté 2 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, cream and Beef Base. Blend thoroughly. Heat to boiling over medium high heat, stirring constantly. Reduce heat to medium and gently boil 10-12 minutes, stirring occasionally. Remove from heat. Fold in cheese. Allow 2-3 minutes to melt, stirring occasionally. Serves 5

Hungarian Goulash Soup

1	Tbsp	Butter or margarine	1 1/2	Tbsp	Minor's Beef Base
2/3	C	Beef Sirloin, 5 oz small diced	3/4	C	Potatoes, peeled, medium diced
3	Tbsp	Butter or margarine	2	Tbsp	Tomato paste
1/2	C	Onions, small diced	1/4	tsp	Black pepper, ground
3/4	tsp	Garlic, fresh minced	1/4	tsp	Marjoram, dried
1/3	C	Flour, all purpose	1/8	tsp	Caraway seeds, crushed
2 1/4	tsp	Paprika	2 3/4	C	Water, hot
		2 Tbsp			Sour cream

In a saucepot over medium high heat, melt butter or margarine. Add beef; saute until evenly browned, 12-15 minutes. Add butter or margarine, onions and garlic; saute 5 minutes. Blend in flour and paprika. Cook over medium heat for 2-3 minutes, stirring constantly. Add water, Beef Base, potatoes, tomato paste, pepper, marjoram and crushed caraway seed. Boil over medium high heat, stirring constantly. Reduce heat and gently boil until potatoes are tender, 12 minutes, stirring occasionally. Add sour cream to soup mixture; mix well. Gently boil for 2 minutes, stirring occasionally. Serves 4

Seafood and Cheese Tortellini Soup

1	C	Cheese tortellini		dash	White pepper, ground
1/4	C	Margarine or butter	1/2	C	Cream, half and half
1/2	C	Onions, short julienne cut	1/2	C	Clams, frozen, chopped
1/4	C	Red bell peppers, short julienne cut	1/2	C	Peas, frozen
1/2	tsp	Garlic, minced			
1/2	C	Flour, all-purpose	1/4	C	Shrimp, 70-90 ct/lb., P&D
3	C	Water	1/4	C	Bay scallops
2-1/2	Tbsp	Minor's® Clam Base			

Cook tortellini according to label directions. Drain and rinse. Set aside.

In a saucepan over medium high heat, melt margarine. Add onions, peppers and garlic. Sauté for 3 minutes. Blend in flour. Cook over medium heat for 2-3 minutes, stirring constantly.

Add water, Clam Base and pepper, whisk together. Boil over medium high heat, stirring constantly.

Reduce heat and gently boil for 2 minutes, stirring occasionally. Add cream, clams, peas, shrimp and scallops. Mix well. Gently boil for 3 minutes, stirring occasionally. Add tortellini. Return to a gentle boil for 3 minutes, stirring occasionally. Serves 6

Spicy Caribbean Clam Chowder

1	Tbsp	Olive oil or vegetable oil	1 1/2	C	Water
1/4	C	Onions, medium diced	1/2	C	milk or half and half
2	Tbsp	Carrots, raw, medium diced			
2	Tbsp	Celery, medium diced	6 1/2	oz	Clams, canned, chopped, undrained
2	Tbsp	Green bell peppers, medium diced	6	Tbsp	Potatoes, peeled, medium diced
2	Tbsp	Red bell peppers, medium diced	1	Tbsp	Minor's® Clam Base
1/2	tsp	Garlic, fresh, minced	1/2	tsp	Caribbean jerk spice
2	Tbsp	Flour, all-purpose	1/4	tsp	Red pepper sauce

In a saucepan, heat oil over medium high heat. Add onions, carrots, celery, bell peppers and garlic; sauté until onions are translucent, 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, milk, Culinary Cream, clams, potatoes, Clam Base and jerk spice.

Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil until potatoes are tender, 10-12 minutes, stirring occasionally. Season to taste with pepper sauce.

Serve 4

Green Chile and Turkey Soup

3	Tbsp	Vegetable oil			
8	oz	Turkey meat, medium diced			
1	C	Onions, medium diced			
1/4	tsp	Garlic, fresh, minced			
1/3	C	Flour, all-purpose			
2 1/2	C	Water			
1/2	C	Cream, half and half			
1 1/2	Tbsp	Minor's® Turkey Base			
1/3	C	Tomatoes, diced, canned in juice			
1/3	C	Green chiles, fire roasted, diced			
1 2/3	Tbsp	Jalapeños, canned, diced			
1/2	tsp	Cumin, ground			
Dash		Red pepper, ground			

In a saucepan, heat oil over medium high heat. Add turkey; sauté 3-5 minutes until lightly browned. Add onions and garlic; sauté until tender, 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, cream, Turkey Base, tomatoes, green diced chiles, jalapenos, cumin and red pepper. Heat to boiling over medium high heat, stirring occasionally. Serves 6

Fresh Mushroom Bisque

5	Tbsp	Margarine or butter			
1	C	Mushrooms, sliced thin			
1/2 C + 2	Tbsp	Flour, all-purpose			
2	C	Water, hot			
1 1/4	Tbsp	Minor's Mushroom Base			
1	C	Cream, half and half			

In a saucepot, over medium high heat, melt butter or margarine, add mushrooms, saute 3 minutes. Blend in flour. Cook 2-3 minutes, stirring constantly. Add water and Mushroom Base. Heat to boiling, stirring constantly. Reduce heat and gently boil 10 minutes, stirring occasionally. Add cream, mixing well. Heat to simmering, stirring frequently.

* Fresh mushrooms may be replaced with 1 * oz can of drained sliced mushrooms. Serves 5

Mushroom Soup

2	Tbsp	Margarine or butter			
1 1/2	Tbsp	Garlic, fresh, crushed, chopped			
1 1/2	C	Onions, small diced			
3	C	Mushrooms, medium diced			
2 1/2	qt.	Water, hot			
1	C	Whole milk			
2	T	Minor's Mushroom Base			
2	C	Trio Sauce & Soup Mix			
1/4	C	Parsley, fresh or frozen, chopped			

In a stockpot, melt margarine or butter. Add Garlic, onions, and mushrooms; saute 4-6 minutes. Add hot water, milk and Mushroom Base. Bring to a gentle boil. Reduce heat. Add Sauce & Soup Mix, stirring constantly. Gently boil 4-6 minutes. Add Parsley and simmer 1-2 minutes. Serves 12

Asian Style Sea Scallop Noodle Bowl

1 1/2	qt	Water			
2	Tbsp	Minor's Low Sodium Chicken Base			
3/4	oz	Lemon grass, whole, crushed, optional			
1 1/2	oz	Gingerroot, peeled, crushed, optional			
1/2	C	Minor's Lime Ginger Sauce			
3/4	Tbsp	Lime juice			
		Salt or soy sauce, to taste			
3/4	C	Red bell peppers, brunoise cut			
3/4	C	Granny Smith apples, brunoise cut			
3/4	C	Pears, brunoise cut			
7	Tbsp	Scallions/green onions, sliced very thin			
1 1/4	lb	Sea scallops, medium diced			
1	oz	Cilantro, fresh, leaves, stemmed			

In a stockpot, bring water to a boil. Add Low Sodium Chicken Base, lemongrass and ginger. Simmer 2-3 minutes. Turn off heat. Add Lime Ginger Sauce and lime juice. Mix well. Keep hot for 15 minutes. Filter using a cloth or fine sieve. Before serving, combine broth, garnish and scallops; bring to a short simmer. Sprinkle with cilantro. Serves 25

Heartland Corn Chowder

1/4	C	Margarine or butter
1/4	C	Onions, medium diced
1/4	C	Celery, medium diced
1/4	C	Green bell peppers, medium diced
1/4	C	Red bell peppers, medium diced
1/2	C	Flour, all-purpose
2	C	Water
3/4	C	Creamed corn, canned
1	C	Potatoes, peeled, medium diced
1/2	C	Whole kernel corn, frozen
1 1/2	Tbsp	Minor's® Sauteed Vegetable Base (Mirepoix)
1/2	tsp	Old Bay® Seasoning
1/4	tsp	Worcestershire sauce
1/2	C	Heavy whipping cream

In a saucepan over medium high heat, melt butter or margarine. Add onions, celery, bell peppers. Sauté for 3 minutes. Blend in flour. Cook over medium heat for 2 minutes, stirring constantly. Add water, creamed corn, potatoes, whole kernel corn, Sauteed Vegetable Base, Old Bay Seasoning and Worcestershire sauce. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil until potatoes are tender, 10-15 minutes, stirring occasionally. Add whipping cream. Return to a gentle boil for 2 minutes. Serves n5

Vegetarian Pasta e Fagioli

1	tsp	Vegetable oil or olive oil
1/3	C	Onions, small diced
1/2	C	Carrots, raw, sliced medium
1/4	C	Celery, sliced medium
1/4	tsp	Garlic, fresh, minced
2	C	Water, hot
4	tsp	Minor's® Sauteed Vegetable Base (Mirepoix)
3/4	C	Tomatoes, canned, crushed in purée
1/2	C	Pinto beans, canned, drained
1/2	C	Great Northern beans, canned
3	Tbsp	Ditalini, dry
1 1/2	tsp	Sugar, granulated
1	tsp	Parsley, fresh, chopped
1/2	tsp	Basil leaf, dried
1/4	tsp	Rosemary leaf, dried, dried
Dash		Thyme, ground
1/2		Bay leaf

In a saucepan, heat oil over medium high heat. Add onions, carrots, celery and garlic; sauté 3-4 minutes. Add water, Sauteed Vegetable Base, tomatoes, pinto beans, Great Northern Beans, ditalini, sugar, parsley, basil, rosemary, thyme and bay leaf. Mix well. Heat to boiling, stirring occasionally. Reduce heat and gently boil 10-12 minutes, stirring occasionally. Remove bay leaf. Serves 4

Chicken and Clam Autumn Soup

1/4	C	Margarine or butter
1/3	C	Chicken meat, cooked, small diced
1/3	C	Cucumbers, peeled, quartered, seeds removed, sliced thin
1/3	C	Scallions/green onions, sliced thin
1/4	C	Carrots, raw, sliced thin
1/2	C	Flour, all-purpose
3	C	Water, warm
1	Tbsp	Minor's® Clam Base
1/2	C	Clams, canned, chopped, undrained
1/2	C	Cream, half and half
1/2	C	Whole kernel corn, frozen
3/4	C	Hash browns, shredded, frozen or fresh
1/4	tsp	Oregano leaf, dried
1/8	tsp	Thyme leaf, dried

In a saucepan over medium high heat, melt margarine or butter. Add chicken; heat through. Add cucumber, scallions and carrots. Sauté 3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring frequently. Do not brown. Add water and Clam Base, mix gently until well blended. Heat to boiling over medium high heat, stirring constantly. Reduce heat and gently boil until carrots are just tender, approximately 5 minutes, stirring occasionally. Add clams with juice, cream, corn, potatoes, oregano and thyme. Return to a boil, stirring occasionally; reduce heat and gently boil for 5 minutes, stirring occasionally. Serves 5

Maryland Turkey and Vegetable Chowder

1/4	C	Butter or margarine
1/4	C	Onions, medium diced
1/4	C	Celery, medium diced
2	Tbsp	Green bell peppers, medium diced
1/2	C	Flour, all-purpose
1	qt	Water
3/4	C	Potatoes, peeled, medium diced
2/3	C	Whole kernel corn, frozen
3/4	C	Creamed corn, canned
4	tsp	Minor's® Turkey Base
1/4	tsp	Old Bay® Seasoning
1/4	tsp	Poultry seasoning
dash		White pepper, ground
1	C	Turkey meat, cooked, medium diced

In a saucepan over medium high heat, melt butter or margarine. Add onions, celery and peppers; sauté 2-3 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, potatoes, frozen corn, creamed corn, Turkey Base, Old Bay Seasoning, poultry seasoning and pepper. Heat to boiling over medium high heat, stirring occasionally. Reduce heat and gently boil until potatoes are tender, 12-15 minutes, stirring occasionally. Add turkey meat and cook for 2 minutes, stirring occasionally. Serves 5

Chick 'n Bean Soup

1	Tbsp	Margarine or butter
1/3	C	Onions, medium diced
1/4	C	Celery, sliced medium
1/4	C	Green bell peppers, medium diced
2	Tbsp	Carrots, raw, medium diced
1/4	tsp	Garlic, fresh, chopped
1	qt	Water
4	tsp	Minor's® Ham Base
1/3	C	Tomatoes, diced, canned in juice
1/4	tsp	Black pepper, ground
1/4	tsp	Oregano leaf, dried
1/8	tsp	Basil leaf, dried
1/3	C	Black-eyed peas, canned, drained, rinsed
1/2	C	Black beans, canned, drained, rinsed
1/3	C	Great Northern beans, canned, drained, rinsed
1/2	C	Chickpeas, canned, drained, rinsed
1	C	Chicken meat, cooked, medium diced

In a saucepan over medium high heat, melt margarine or butter. Add onions, celery, peppers, carrots and garlic. Sauté for 5 minutes. Add water, Ham Base, tomatoes, pepper, oregano and basil. Heat to boiling, stirring occasionally; reduce heat and gently boil for 10 minutes, stirring occasionally. Add peas, black beans, navy beans, chickpeas and chicken meat. Return to a gentle boil for 5

Minnesota Wild Rice Soup

3/4	C	Water, boiling
2	Tbsp	Wild rice, dry
1/4	tsp	Minor's Ham Base
1/4	C	Butter or margarine
1/2	C	Onions, medium diced
1/2	C	Carrots, julienne cut
1/3	C	Celery, julienne cut
1/4	C	Red bell peppers, julienne cut
1/4	C	Green bell peppers, julienne cut
3/4	C	Ham, cooked, julienne cut
3	Tbsp	Almonds, slivered
1/3	C	Flour, all purpose
2 1/4	C	Water, hot
1	Tbsp	Minor's Ham Base
1/8	tsp	Red pepper sauce
Dash		Black pepper, ground
3/4 C + 2	Tbsp	Half and half
3/4	C	Skim milk

In a saucepan, add rice and Ham Base to boiling water. Cover, reduce heat and gently boil until rice pops open, approximately 1 hour. DO NOT DRAIN. Set aside. In a sauce pot over medium high heat, melt butter or margarine. Add onions, carrots, celery and bell peppers; saute 5 minutes. Add ham and almonds; saute 5 minutes. Blend in flour. Cook over medium heat for 2-3 minutes, stirring constantly. Add water, Ham Base, red pepper sauce, pepper and cooked rice with liquid. Heat to boiling over medium high heat, stirring constantly. Reduce heat, gently boil for 3 minutes, stirring occasionally. In a small bowl, combine half and half and skim milk. Add to mixture. Heat to a gentle boil for 3 minutes. Serves 4

Ham, Cabbage and Potato Soup

3/4	C	Ham, cooked, small diced
1/2	C	Onions, small diced
1/4	C	Carrots, raw, small diced
1/4	C	Celery, small diced
1/4	tsp	Garlic, fresh, minced
1	qt	Water, hot
4	tsp	Minor's® Ham Base
3/4	C	Tomatoes, diced, canned in juice
1 1/4	C	Potatoes, peeled, small diced
1 3/4	C	Cabbage, medium diced
Dash		White pepper, ground

In a saucepan, sauté ham 5-7 minutes. Add onions, carrots, celery and garlic. Sauté 5-7 minutes. Add water, Ham Base, tomatoes, potatoes, cabbage and pepper. Heat to boiling over medium high heat, stirring occasionally. Reduce heat; gently boil until potatoes are tender, 12-15 minutes, stirring occasionally. Serves 6

Potato Cream Soup

2	Tbsp	Vegetable oil
5	Tbsp	Onions, fine chopped
3/4	C	Leeks, small diced
1 1/3	Tbsp	Minor's Chicken Base
1 1/2	tsp	Minor's Ham Base
7	C	Water, hot
3	c	Skim milk
6	lb	Potatoes, large diced
3/4	C	Trio Sauce & Soup Mix
Dash		Mace or nutmeg, ground
Dash		White pepper, ground

In a stockpot, melt butter or margarine. Add onions and leeks; saute 2-4 minutes. Add Chicken Base, Ham Base, water, milk, and potatoes. Bring to a boil. Reduce heat and simmer 6-8 minutes or until potatoes are tender. Puree soup using a blender. Reduce heat. Slowly add Sauce & Soup Mix, stirring constantly. Gently boil 2-4 minutes. Season with mace or nutmeg and pepper. Serves 12

Black Bean Soup Rio Grande

1	qt	Water, cold	1/4	C	Onions, medium diced
1 1/4	C	Black beans, dry, washed	2	tsp	Jalapenos, canned, diced
2	tsp	Vegetable oil	1/2	tsp	Garlic, fresh, minced
1/4	C	Carrots, raw, medium diced	1		Bay leaf
1/4	C	Celery, medium diced	3 1/4	C	Water, hot
4	tsp	Minor's® Sauteed Vegetable Base (Mirepoix)			
1/3	C	Tomatoes, canned, crushed in purée			
2/3	C	Red wine, dry			

In a saucepan, heat water and beans to boiling; boil 2 minutes. Remove from heat; let stand covered for 60 minutes. Drain. Reserve 1/3 cup of beans for garnish; cook separately until tender, 45 minutes. Set aside. In a 3 qt. saucepan, heat oil over medium high heat. Add carrots, celery, onions, jalapeños, garlic and bay leaf; mix. Saute, 5-8 minutes. Add water, beans, Sauteed Vegetable Base and tomatoes; heat to boiling. Reduce heat; gently boil 60 minutes, stirring occasionally. Add wine. Continue to gently boil until beans are tender, 20-30 minutes. Remove bay leaf. Puree soup in blender or food processor. Add reserved cooked black beans; garnish with sour cream or diced tomatoes. Serves 5