



Better Homes and Gardens.

the *ultimate*
soups & stews
book

More than **400** satisfying meals in a bowl



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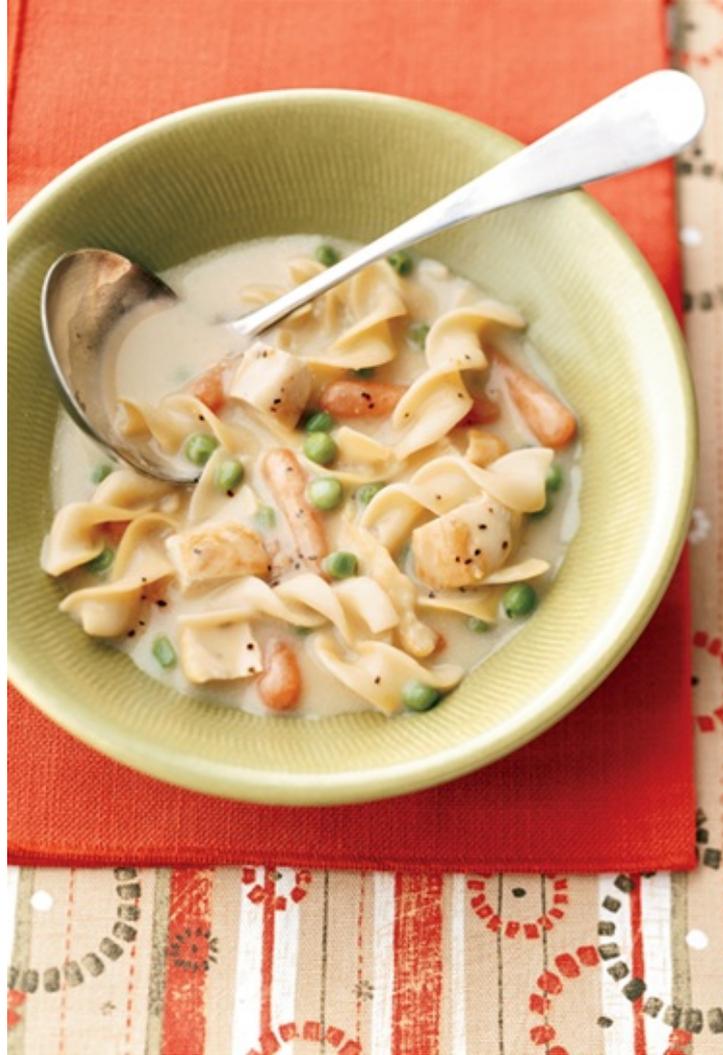
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Introduction



[Creamy Chicken Noodle Soup](#)

soups for every season!

No matter the time of year, nothing can be more satisfying than a bowl of soup. Much of the appeal of this comfort food comes from its glorious aromas and so many distinctive flavors and styles, whether creamy or clear, casual or elegant, brimming with seafood or thick with vegetables. But more than ever, soups and stews are a way to bring fresh, seasonal flavors to the table.

Dish up any one of the extraordinary recipes in this collection and you'll be sure to draw rave reviews every time. From the timeless classics to soups with innovative ingredient pairings, the recipes cover every course—from appetizers to desserts. What's more, you can easily adapt many of the recipes to incorporate ingredients you have on hand or leftovers you want to use. Look for icons that identify our best slow-cooker recipes as well as low-fat soups. Another bonus: You'll find basics on making homemade stock, customizing your own soups, and tips that show you how to master soups of all kinds. Making soup has never been so easy!

Look for these tabs throughout to guide your recipe choices

*Recipes with 10 grams
of fat or less per main-
dish serving*

lowfat

slowcooker

*Recipes that include
slow cooker directions*

1

soup-making basics

If you know how to boil water and have a few essential ingredients on hand—vegetables, meat, beans, and/or grains—you can make soup. To help you get started, here are a few basics on making rich soup stocks, plus techniques for cooking and freezing soups and stews. You'll also find oodles of ideas for customizing your own tasty soups.

[Chicken Stock](#)

[Beef Stock](#)

[Vegetable Stock](#)

[Make-It-Mine Soup](#)

[Make-It-Mine Chili](#)

soup terms

Not all soups are alike. Texture, consistency, and ingredients are what differentiate one soup from another. Here are several types of soups you'll run across in this book.

Bisque: a rich, thick, smooth soup that's often made with shellfish, such as lobster or shrimp. It is usually thickened by pureeing ingredients or adding cream.

Chowder: a thick, chunky soup. Traditionally, a chowder is made with seafood or fish, but chowders made with poultry, vegetables, and cheeses have become popular.

Stock: a strained, thin, clear liquid in which meat, poultry, or fish has been simmered with vegetables and herbs. While normally used as an ingredient in other soups, it can be enjoyed as a light course on its own.

Gazpacho: a vegetable soup served cold, often made with tomatoes as the key ingredient.

Gumbo: hearty bowls of seafood, vegetables, and/or meat chunks that have thick broths and Creole seasonings.

Stew: a very thick soup based on chunks of meat or occasionally fish and vegetables. The thick souplike broth is a combination of the stewing liquid and the natural juices of the food being stewed.

***Stock your pantry with canned broth, stewed tomatoes, dried pasta, and herbs and seasonings. Combine with fresh veggies or leftover meat for a quick soup supper that offers home-cooked comfort.**

HOT or COLD

To keep soup piping hot, serve it in warm bowls. Cold soups are more refreshing and stay cold longer when served in chilled bowls. Follow these guidelines to enjoy your soup at the right temperature.

To warm bowls: Preheat your oven to the lowest setting; then turn it off. Place bowls in the oven for 5 to 10 minutes before serving time.

To chill bowls: Place bowls in the refrigerator for 10 to 15 minutes before serving time.

Reheating soups: When reheating soup on the stove top, use high heat for broth-based soups and low heat for purees or cream soups. Bring soup to a gentle simmer until heated through. Stir as often as necessary to keep it from burning. Watch bean, potato, or flour-thickened soups closely, as they can burn easily.

stock up

Rich, velvety homemade stocks are the building blocks for many soups and stews. Simmer chicken or meat, vegetables, seasonings, and water for a few hours to make your own pot of liquid gold.

Stock your pantry

When a recipe calls for broth, use one of the following convenient options to impart rich, distinctive flavor to your soups:

- * **Canned broth:** Use chicken, beef, or vegetable broth straight from the can or resealable carton. If you prefer lower-sodium varieties, use reduced-sodium or even unsalted chicken or beef broth.
- * **Bouillon:** Instant bouillon granules or cubes are available in chicken, beef, and vegetable flavors. Mix 1 teaspoon or 1 small cube with 1 cup water. These also come in low-sodium varieties.
- * **Condensed broth:** Cans of condensed chicken or beef broth, which are stronger than regular-strength broth, are also a quick-fix option. Dilute them for use according to the label directions.

chicken stock

prep: 25 minutes **cook:** 2½ hours

makes: 6 servings

3 pounds bony chicken pieces (wings, backs, and/or necks)
3 stalks celery with leaves, cut up
2 medium carrots, unpeeled and cut up
1 large onion, unpeeled and cut up
4 sprigs fresh parsley
2 bay leaves
2 cloves garlic, unpeeled and halved
1 teaspoon salt
1 teaspoon dried thyme, sage, or basil, crushed
½ teaspoon whole black peppercorns or ¼ teaspoon ground black pepper
6 cups cold water

1 If using wings, cut each wing at joints into three pieces. Place chicken pieces in a 6-quart Dutch oven. Add celery, carrots, onion, parsley, bay leaves, garlic, salt, thyme, and peppercorns. Add the water. Bring to boiling; reduce heat. Simmer, covered, for 2½ hours. Remove chicken pieces from Dutch oven.

2 Strain stock into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander. Discard vegetables and seasonings. If desired, clarify stock.*

3 If using the stock while hot, skim off fat. Or chill for 6 hours; lift off fat with a spoon. If desired, cool chicken; remove meat from bones, discarding bones and skin. Reserve chicken for another use. Place stock and reserved chicken in separate airtight storage containers. Cover and chill for up to 3 days or freeze for up to 6 months.

nutrition facts per serving: 30 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 435 mg sodium, 1 g carb., 0 g dietary fiber, 0 g sugar, 2 g protein.

* **To clarify hot strained broth,** return broth to Dutch oven. In a small bowl, combine ¼ cup cold water and 1 beaten egg white. Stir water mixture into broth. Bring to boiling. Remove from heat and let stand for 5 minutes. Strain the broth again.



Simmer slowly For chicken stock, simmer the meat and vegetables on the stove top for 2½ hours. Gelatin from the bones helps thicken the stock.



Strain the stock Strain the stock through two layers of 100-percent-cotton cheesecloth layered in a colander set over a large bowl. Discard chicken and vegetables. If desired, clarify broth.



beef stock

prep: 30 minutes **cook:** 3½ hours **roast:** 30 minutes

makes: 6 to 7 servings

4 pounds meaty beef soup bones (beef shank crosscuts or short ribs)

½ cup water

3 medium carrots, cut up

2 medium onions, unpeeled and cut up

2 stalks celery with leaves, cut up

1 tablespoon dried basil or thyme, crushed

1½ teaspoons salt

10 whole black peppercorns

8 sprigs fresh parsley

4 bay leaves

2 cloves garlic, unpeeled and halved

8 cups water

1 Preheat oven to 450°F. Place soup bones in a large, shallow roasting pan. Roast about 30 minutes or until brown, turning once.

2 Place soup bones in a large pot. Pour the ½ cup water into the roasting pan and scrape up browned bits; add water mixture to large pot. Stir in carrots, onions, celery, basil, salt, peppercorns, parsley, bay leaves, and garlic. Add the 8 cups water. Bring to boiling; reduce heat. Simmer, covered, for 3½ hours. Remove soup bones from broth; set aside.

3 Strain broth. Discard vegetables and seasonings.

4 If using the broth while hot, skim fat. If storing broth for later use, chill broth in a bowl for 6 hours; lift off fat with a spoon. Place broth in airtight containers. Cover and chill for up to 3 days or freeze for up to 6 months.

5 If desired, when bones are cool enough to handle, remove meat. Chop meat; discard bones. Place meat in airtight containers. Cover and chill for up to 3 days or freeze for up to 3 months.

nutrition facts per serving: 17 cal., 0 g total fat (0 g sat. fat), 3 mg chol., 595 mg sodium, 2 g carb., 1 g dietary fiber, 1 g sugar, 1 g protein.

***Just a handful of ingredients can yield an ultraflavorful broth. Fill the pot with cool water and slowly bring it to a simmer. This gradual heating allows a more gentle**

infusion of flavors.

vegetable stock

prep: 25 minutes **cook:** 2 hours

makes: 6 servings

4 medium yellow onions
4 medium carrots
3 stalks celery with leaves
2 medium parsnips or carrots
2 medium potatoes
1 medium sweet potato
1 pound fresh button mushrooms
8 cups water
1½ teaspoons salt
1 teaspoon dried dill, basil, rosemary, or marjoram, crushed
½ teaspoon whole black peppercorns or ¼ teaspoon ground black pepper

1 Do not peel vegetables unless coated with wax. Cut onions into wedges. Cut carrots, celery, parsnips, and potatoes into about 2-inch pieces.

2 Place cut-up vegetables and mushrooms in a 6-quart Dutch oven. Add the water, salt, dill, and peppercorns. Bring to boiling; reduce heat. Simmer, covered, for 2 hours.

3 Strain stock into a large bowl through two layers of 100-percent-cotton cheesecloth placed in a colander. Discard vegetables and seasonings. Place stock in airtight storage containers. Cover and chill for up to 3 days or freeze for up to 6 months.

nutrition facts per serving: 12 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 599 mg sodium, 3 g carb., 1 g dietary fiber, 1 g sugar, 0 g protein.



soups on hand

Soups can often be made in large batches—simply double a recipe that makes four to six servings and you'll likely have leftovers for future meals.



love leftovers

Leftovers from big-batch soups make great last-minute lunches. Follow these tips to store your soups and stews short term or long term.

1 To cool hot soup quickly for storage, place the soup pot in the kitchen sink. Fill the sink with cold water and ice, making sure the water level isn't high enough to splash into the pot or cause the pot to float. Stir several times while the soup is cooling. Add more ice to the water as necessary.

2 To refrigerate soup, ladle cool soup into a shallow storage container. Cover and refrigerate for 2 to 3 days.

3 To freeze soup, ladle individual servings of soup into freezer-safe containers, leaving $\frac{1}{2}$ to 1 inch of space at the top of the container. Cover and freeze for up to 2 months.

4 Thaw frozen soup overnight in the refrigerator or thaw soup using the defrost setting on the microwave.

5 Avoid freezing soups with cubed potatoes (they may become mealy after thawing) and soups or stews thickened with cornstarch or flour (they may lose their thickening capacities during freezing).

a fine kettle for soup

The selection of pans and cookware suitable for soup-making has never been greater. Consider the following when choosing the pot that's right for you.



Large Saucepan

Capacity: 3- to 4-quart capacity

Features: Consider a pan with a short helping handle opposite the usual long handle.

Uses: Smaller batches of soup, stew, or chili.



Dutch Oven

Capacity: 4- to 6-quart capacity (for family-size servings)

Features: Heavy pot with handles and a tight-fitting lid; traditionally made of cast iron. Retains heat very well and cooks evenly on the stove top or in the oven.

Uses: For simmering soups or stews on the stove top or in the oven.



Slow Cooker

Capacity: 3½ to 5-quart capacity (for family-size servings)

Features: Stove top–safe inserts; can use for browning meats. Cooks on high and low settings.