

Subject: Donald's soup recipe

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Here is the "rough" recipe I use for my soup, which very closely tracks how I made the soup at the yuletide fair (the rest lies in the craft and art of cooking. :)) My notes from the fair are attached, soup stains and all. :)

Please pass it on to anyone else who would like it.

I originally got the base recipe from the Martha Stewart website and I have no interest in keeping my recipe a secret. (Search for "Martha Stewart big batch vegetable soup" on the internet.)

<https://www.marthastewart.com/318100/big-batch-vegetable-soup>

This recipe is very flexible and will taste a little different depending on the nature of the mixed frozen vegetables used, or if you use other fresh vegetables, for a rough total of 8 cups of vegetables for 8 quarts of soup (although this measurement is now from the realm of the mythical since I don't use it.)

Yield: a bit less than 8 quarts

- 2 small to medium onions, chopped and fried in olive oil
- 1-2 stalks of celery, chopped and fried in olive oil
- 1 medium to large potato, chopped / diced and optionally fried in olive oil
- 1-2 medium to large carrots, chopped and fried in olive oil
- 2 x 28oz (798mL) cans of diced tomatoes with spicing and/or crushed tomatoes, liquid and all -- rinse the cans with water and add to the pot
- 1 can of kidney beans, liquid and all -- rinse the cans with water and add to the pot
- 1 box (about 1 litre) of vegetable stock
- 500g to 1kg bag of mixed frozen vegetables (defrost in the fridge the night before in order to speed up heating up of the soup) -- for the fall fair, the bags contained peas, diced carrots, corn kernels, and green beans
- 1/2 cup of rice
- dried "fine herbs" to taste (in the spice aisle, there will be a sachet called "fine herbs" or the like.)
- half of a 1.89 litre bottle of 10 vegetable juice
- salt to taste
- water to bring volume to fill a 8 quart stock pot (water pre-boiled in a kettle to speed things up)

Put the tomatoes, kidney beans, mixed frozen vegetables, vegetable stock and mixed vegetables in the soup pot, and begin heating the soup. My notes say that I was to use 1kg of mixed frozen vegetables in a 16qt pot. I am convinced that I put close to a full 2kg bag in the 16qt pot.

Mix the chopped onions, celery and carrots with olive oil and salt, and fry until the vegetables begin to caramelize. Add to the pot of soup. Either fry the diced potato first or just add directly to the pot.

Add the boiling water to bring the volume up near the top of the pot.

Bring to a boil without burning the bottom (stirring often), then add the rice and fine herbs, and salt to taste.

Simmer uncovered for 15-25 minutes or more, such as until the soup has a thick, sauce like consistency and the vegetables are tender. (In fact, the soup at the Yuletide fair benefited from well over an hour of simmering before serving began, and continued to simmer throughout the lunch service).

No, I don't bother skimming the soup once it boils; given enough simmering, the foam subsides and is reabsorbed into the soup.

The soup freezes very well; I now typically keep a number of single serving containers such as yoghurt containers and small containers from the dollar store, and fill and freeze them.

I make a point of completely excluding any animal products -- ie. using only vegetable stock, not using butter to fry with, not adding any meat, etc. so that it can be accessible to a wide audience. Alas, in the past I have been asked if the soup contained onions, which of course it did, while at the fair I was asked if the soup contained peppers, which it did not.

Donald's Pot: ^{16qt}

- 3 onions
- 3 stalks celery
- 2 large potatoes
- ~~2~~ 1 can tomatoes
- 5 med carrots
- 2 cans kidney
- 2 boxes stock
- 1 kg veggies
- 1 cup rice
- 1/2 bottle veg juice
- Salt
- water to top

Ellen's pot: ^{20qt}

- 4 onions
- 4 stalks celery
- 3 large potatoes
- ~~2~~ 1 can tomatoes
- 4 med carrots
- ~~2~~ 2.5 cans kidney
- 2.5 ~~box~~ stock
- 1.25 kg veggies
- 1.25 cup rice
- 1.25 bottle veg juice
- Salt
- water to top

Donald's 9 qt pot

- 2 can tomatoes
- 2 onions
- 1-2 stalks celery
- 1 potato
- 1.5 carrot
- 1 can kidney
- 1 box stock
- 0.5 kg veggies
- 0.5 cup rice
- 1/2 bottle veg juice
- Salt
- water

total

- 9 onions
- 8-9 stalks celery
- 8-9 carrots
- ~~2~~ 6 cans kidney
- 3-6 boxes stock
- 2.75 kg veggies
- 2 3/4 cup rice
- 3 bottles veg juice
- Salt
- water
- 11 ~~1~~ cans tomatoes
- 6 potatoes

Yuletide Jan MRC 18 Nov 2017
Donald Buchan

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