



WARM UP YOUR SOGGY SOUL WITH COMFORTING SOUP

by Barb Kemp

I don't mind the rain. Having been raised in Vancouver you could say I have webbed feet. I do, however, have a problem with rain that bounces off the pavement hour after hour, day after day. This is not rain – it's called liquid abuse.

The remedy for torrential rain is a homemade soup that's full of intricate and satisfying flavours. This winter warm up your soggy souls with these two comforting soups.

VEGETABLE NOODLE SOUP Serves 6

- 2 teaspoons vegetable oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 red bell pepper, seeded and diced
- 4 cups chicken stock
- 1 cup cubed and peeled potato
- 2 carrots, peeled and diced
- 2 bay leaves
- 1 teaspoon dried basil
- 1 cup fresh or frozen corn
- 1 14 fl oz can garbanzo beans, drained and rinsed
- 1 28 fl oz can tomatoes and juices

- salt and pepper to taste
- 1 cup dry macaroni

In a large pot heat oil over medium heat and sauté onion, garlic and red bell pepper until soft about 5 – 7 minutes. Add stock, potatoes, carrots, bay leaves, basil, corn, garbanzo beans, tomatoes and juices. Simmer until vegetables are tender about 20 minutes. Season with salt and pepper. In a separate saucepan, cook macaroni in a pot of boiling salted water until al dente. Divide macaroni evenly among bowls, spoon soup on top and serve.

CHEESE AND POTATO SOUP Serves 4

- 2 tablespoon vegetable oil
- ½ cup celery, diced
- ½ cup chopped onion
- ¼ teaspoon dried dill
- 3 tablespoons all purpose flour
- 2 cups chicken broth
- 2 cups milk
- ½ teaspoon dry mustard powder
- 4 cups peeled and diced potatoes
- 1 cup sharp cheddar cheese
- ½ cup chopped cooked ham

Heat oil in a large saucepan over medium heat. Add celery and onions. Sauté until vegetables are soft, about 3 to 5 minutes. Sprinkle flour and dill over vegetables and stir 1 minute. Gradually whisk in broth and milk. Add potatoes. Bring to a boil. Reduce heat and simmer until potatoes are tender, 15 to 20 minutes, stirring occasionally. Slowly add cheese, stirring constantly. Mix in ham. Season with salt and pepper to taste.

Barb Kemp writes Recipes To The Rescue, a free newsletter for the everyday cook. To request your free Recipes To The Rescue Newsletter, simply send an email to recipestotherscue@shaw.ca

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