

# QUICK SOUPS, FULLY



**THE COOKFUL**

*Edited by Christine Pittman and Lyndsay Burginger*

# Quick Soups, Fully

**W**e asked ten random people if they liked soup. They all said yes. Well, one guy said, “Meh. Sometimes,” but he also claimed to not like cheese so we eliminated him from our study. Given our stridently scientific research, we’re pretty sure that you like soup too, which is why we decided to give it **The Cookful treatment.**

We’re bringing you more than 30 pages of soup. And not just any soup but quick soup. Recipes for any weeknight. Easy and delicious. As well as tips for making your own quick soups and more.

On my personal food blog, COOKtheSTORY, I spent a year sharing a quick soup recipe every week. The soups were all ready in under 15 minutes. I became a bit of a quick soup expert but, oddly, I never got sick of soup.

So not sick of it, in fact, that I was happy when The Cookful team suggested we take on Quick Soups as a topic. And here it is. Everything you ever needed to know to make quick homemade soups at home.

*Christine*



**THE COOKFUL**

# Quick Soups, Fully

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# The Quickie Soups Wish List

By Lyndsay Burginger

*Here's what you need to make soup in a flash.*

*Soup's a pretty simple food, or it can be. And it uses pretty simple tools usually. But a lot of us, even over here at The Cookful, don't have it all. Sometimes those basics get overlooked.*

Here's our list of the top 10 items that you need to make quick and tasty soups. For those of you who already have it all (lucky you!) we've thrown in some unique things that we're pretty sure you don't already have.

1. When making a puréed soup, I use an [immersion hand blender](#) rather than a standing blender. It's way less hassle, less clean-up and it allows you to choose the level of purée—more chunky for a Gazpacho or smoooooth for a Carrot Soup.

# The Quickie Soups Wish List

*Continued from previous page*

2. Although I usually grab an immersion blender, this [Ninja Professional Blender](#) pulverizes hearty vegetables faster and easier than its handheld counterpart. So it's great for chopping veggies before sautéing them. Also, I transfer soup to this bad boy when I have a large amount to blend or if I'm puréeing something dense like potatoes.
3. When I make soup I double the recipe — mainly to have leftovers for work the next day. [This container](#) keeps my soup from spilling in my bag and is microwave safe.
4. Any true soup-lover already has a great ladle. But we bet you could use one more. A really good one. [This stainless steel ladle from OXO](#) pours out uniform bowls of soup and is spill resistant. Or, if you've got enough basic ladles, [check this out](#). It's the [Lock Ness Monster of ladles](#). Literally. It's nickname is The Nessie. The coolest thing is that it stands up in the bottom of your pot so the handle never ends up covered in soup.
5. Mise en Place people, raise your hands! If you're like me, you like to get all your chopping and prep done before you start cooking. Then you need [these bowls](#). You'll be so organized and ready to go. Plus it's what the Chef's on TV use, so you can pretend to be a TV show host in your kitchen. Come on, give me a "Bam!"
6. Making sure you have the right sized sauce pot is essential to great soup making. Too big will take longer to heat. Too small will create a big mess. [This 4-Quart sauce pot](#) is the perfect size to mix up a recipe of clam chowder for six.
7. When making a soup for a dinner party, you need to show off big time. And you know what that means. It's time to pull out the Le Creuset! [This set is a blue stoneware tureen with matching soup bowls](#). It's way out of my price range but I hope one of you manages to buy it. If you do (or if you already own it \*swoon\*) take a picture and tag #thecookful on Instagram so that I can hate on you a little bit.
8. If you've already got that tureen, I'm assuming you have everything a soup-maker could ever want. But what about this? It's like a plate and a bowl all in one. Perfect for people who love to dip their sandwich in their soup (me!). These would also work with our Tomato Soup with Grilled Cheese and Bacon Croutons, page 23. Put the Croutons in the side container so people can dip or toss them all in. Their choice.
9. How can you not love these [squat handled bowls with SOUP stenciled on them](#)? They are so begging to be filled with some chicken and noodle.
10. You've got to stir the pot. If you don't already have a good set of wooden spoons, [these babies](#) are for you. Or go with something fun like [these bamboo spoons with bright handles](#).

# 101 Quickie Soups

By Lyndsay Burginger

*Craving soup you can make in a jiffy? Our list of 101 Quickie Soups is here to show you a good time.*

Here at The Cookful we have an obsession with soup. In fact, Christine, our editor-in-chief, spent a whole year sharing a new 15-minute soup recipe each week. Yeah, she seriously loves her some soup.

In Christine's honor, we decided to do a whole book on quick soups and to go with it, a list of some great quickies including oodles of hers, of course. These soups range from creamy to brothy, light to hearty – the only criteria is that they have to be prepped, cooked and on the table in 30 minutes or less.

## 15 MINUTES

1. [Avgolemono Soup \(Greek Lemon Soup\)](#)
2. [Bacon Cheeseburger Soup](#)
3. [Bean and Bacon Soup](#)
4. [Beef and Broccoli Soup](#)
5. [Beer Cheese Soup](#)
6. [Beetroot Salmorejo](#)
7. [Black Bean Soup](#)
8. [Borscht](#)
9. [Bouillabaisse](#)
10. [Broccoli and Cheese Soup](#)
11. [Cabbage Soup with Caraway Seeds](#)
12. [Carrot Soup with Dill](#)
13. [Cauliflower Mac 'n' Cheese Soup](#)
14. [Chicken and Dumpling Soup](#)
15. [Chicken Enchilada Soup](#)
16. [Chicken Tortilla Soup](#)
17. [Chilled Roasted Red Pepper Soup with Basil](#)
18. [Coconut Curry Soup with Shrimp and Rice](#)
19. [Cold Potato Leek Soup \(Vichyssoise\)](#)
20. [Corn Soup](#)
21. [Corned Beef and Cabbage Soup](#)
22. [Crab Soup](#)
23. [Cream of Asparagus Soup](#)
24. [Cream of Mushroom Soup](#)
25. [Creamy Sweet Corn Soup](#)
26. [Dill Pickle Soup](#)
27. [Egg Drop Soup](#)
28. [Fettuccine Alfredo Soup with Chicken](#)
29. [French Onion Soup](#)
30. [Garlic Soup](#)
31. [Gazpacho](#)
32. [Gourmet Instant Ramen](#)
33. [Greek Fish Soup](#)
34. [Green Pea Soup with Ham](#)
35. [Green Summer Soup with Dill](#)
36. [Hearty Tomato Potato Soup](#)

# 101 Quickie Soups

*Continued from previous page*

- 37. [Homemade Chicken Noodle Soup](#)
- 38. [Hot and Sour Soup](#)
- 39. [Indian-Spiced Cauliflower Soup](#)
- 40. [Italian Wedding Soup](#)
- 41. [Kale Soup with Kielbasa](#)
- 42. [Lasagna Soup](#)
- 43. [Loaded Potato Soup](#)
- 44. [Manhattan Clam Chowder](#)
- 45. [Mexican Lime Soup](#)
- 46. [Miso Soup with Tofu](#)
- 47. [Moroccan Soup with Harissa, Chickpeas and Chicken](#)
- 48. [Mozzarella Fondue Soup](#)
- 49. [Mulligatawny Soup](#)
- 50. [New England Clam Chowder](#)
- 51. [Pasta Fagioli Soup](#)
- 52. [Pizza Soup](#)
- 53. [Pumpkin Soup with Bacon Parmesan Crumbles](#)
- 54. [Pyaz Ka Besan](#)
- 55. [Quick & Easy Chinese Noodle Soup](#)
- 56. [Quick Cioppino](#)
- 57. [Red Curry Noodle Soup](#)
- 58. [Spanish Corn Chowder](#)
- 59. [Spicy Coconut Curry Noodle Soup](#)
- 60. [Spicy Mussel Soup](#)
- 61. [Spinach and Artichoke Dip Soup](#)
- 62. [Summer Minestrone](#)
- 63. [Tomato Soup with Basil Pine Nut Crumb](#)
- 64. [Tomato Soup with Grilled Cheese and Bacon Croutons](#)
- 65. [Turkey Pho](#)
- 66. [Turkey Pot Pie Soup](#)
- 67. [Udon Noodles with Poached Egg](#)
- 68. [Vegetable Soup](#)
- 69. [White Chicken Chili](#)
- 70. [Wonton Soup](#)

## 20 MINUTES

- 71. [Chicken Gnocchi Soup](#)
- 72. [Chilled Cucumber Avocado Soup](#)
- 73. [Creamy Tomato Tortellini Soup](#)
- 74. [Egyptian Tomato Soup](#)
- 75. [Fiesta Chicken Chili](#)
- 76. [Italian Noodle Soup](#)
- 77. [Lemon Chicken with Chicken and Israeli Couscous](#)

## 25 MINUTES

- 78. [Asian Tom Yum Soup with Shrimp](#)
- 79. [Asparagus Soup](#)
- 80. [Bacon Beer Cheese Soup with Chicken](#)
- 81. [BBQ Chicken and Black Bean Soup](#)
- 82. [Easy Chili](#)
- 83. [Lemon Lentil Soup with Swiss Chard](#)
- 84. [Spicy Chicken Sausage White Bean Beer Chili](#)

# 101 Quickie Soups

*Continued from previous page*

## 30 MINUTES

85. [30-Minute Pressure Cooker Pho Ga](#)
86. [African Peanut Soup](#)
87. [Beef Seaweed Soup](#)
88. [Cantaloupe Gazpacho with Frizzled Prosciutto](#)
89. [Coconut Curry](#)
90. [Creamy Kale, Sweet Potato and Sausage Soup](#)
91. [Easy Zuppa Toscana Soup](#)
92. [Fish Vegetable Soup](#)
93. [Jamaican Run Down](#)
94. [Lemon Chicken Tortellini Soup](#)
95. [Peruvian Chicken & Coriander Soup](#)
96. [Quick Creamy Chicken Paprika Soup](#)
97. [Rice Noodle Soup with Mushrooms and Kale](#)
98. [Rosemary and Potato Soup](#)
99. [Spring Soup with Fresh Peas](#)
100. [Thai Spiced Pumpkin Soup](#)
101. [Vegan Tortilla Soup](#)



# Manhattan Clam Chowder

By Christine Pittman

*We're snubbing our noses at pale stodgy clam chowder and going with tomatoes and hot sauce instead, Manhattan style.*

While New England is white and creamy, Manhattan Clam Chowder uses a tomato base and a good dose of hot sauce (yes!!). This one uses canned clams, which are a great staple to have in your pantry to whip up a quick dinner on a crazy night. But if you want to use fresh, go for it. Nothing in the recipe changes except that you'll simmer the clams for longer at the end, just until they all open up. You're looking at an extra 4-5 minutes.

# Manhattan Clam Chowder

*Continued from previous page*

**Yield:** 6 servings (12 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

## **Ingredients:**

1 Tbsp. neutral oil (like vegetable or grapeseed)  
1 Tbsp. unsalted butter  
2 medium baking potatoes  
4 (8 oz.) bottles of clam juice  
2 ribs of celery  
1/2 tsp. salt  
1 small onion  
2 cloves garlic  
1 Tbsp. tomato paste  
1/2 tsp. dried thyme leaves  
1 (28 oz.) can diced tomatoes  
1/4 tsp. hot sauce (such as Tabasco)  
4 (6.5 oz.) cans chopped clams with juice

1. Put the oil and butter in a large pot or Dutch oven over medium heat. Finely dice the potatoes (1/4-inch cubes is great). Add the potatoes to the pot. Stir and cover.
2. Pour the clam juice into a microwave-safe bowl and heat it in the microwave on high for 5 minutes.
3. While the clam juice heats, finely chop the celery. Add it to the potatoes along with the salt. Stir and cover. Peel and chop the onion. Add it to the pot with the potatoes. Stir and cover. Mince the garlic. Add the garlic along with the tomato paste and thyme. Cook and stir for 30 seconds.
4. Add the hot clam juice to the pot along with the diced tomatoes and the hot sauce. Increase heat to high, cover and bring to a boil. Reduce heat to a simmer. Open the cans of clams and put the clams along with the juice from the cans into the soup. Stir. Cook until the clams are very well heated through, 3-4 minutes. Taste and add more salt and/or hot sauce if desired.

# 10 Quick-Cooking Ingredients for Making Speedy Soups

By Lyndsay Burginger

*That soup recipe calls for hash browns? Say what? That's right. Find out why there are hash browns in that soup and see our other 9 ingredients that will make your soup-cooking quicker than ever.*

Nope, that's not a typo. We really do know of a quick soup recipe that uses hash browns. And we think it's brilliant. Read on to find out why and get the goods on 9 other quick-cooking ingredients that need to be at a soup near you very soon.

## #1 FROZEN HASH BROWN POTATOES

Hash browns are more than a side-kick to scrambled eggs and toast. These little guys are pre-shredded or pre-cut (depending on which type you buy) and partially cooked meaning that as soon as they hit your hot broth they'll start to soften up. Keep a bag of hash browns in your freezer to toss into a last-minute hearty dinner soup. [This Dill Pickle Soup](#) (yes, you read that correctly) uses frozen cubed hash brown potatoes. You've seriously got to try it.



## #2 PRE-SHREDDED CARROTS

Carrots without peeling or chopping? Yes! You can buy shredded carrots (sometimes labeled matchstick carrots) in the produce department in plastic bags. They're usually right beside the bags of packaged baby carrots. They're wonderful for quick dinners because you don't have to peel or chop. Just toss 'em in the pot. And for quick soups, they're a miracle because their small size guarantees a short cooking time. Our [Homemade Chicken Noodle Soup](#) (page 30) uses matchstick carrots to speed things up.

# 10 Quick-Cooking Soup Ingredients

*Continued from previous page*

## #3 BAGGED GREENS

A great time-saver is to buy greens that are already chopped up. You can get chopped collards, mustard greens and kale packaged in bags and ready to go. Just open the bag (most are already pre-washed) and add it to soups. Simmer until it reaches the desired tenderness. This Kale and Kielbasa Soup (page 14) uses pre-chopped kale and it's beyond delicious, in under 15 minutes!

## #4 FROZEN VEGETABLES

Frozen vegetables are fantastic for making quick soups. They're flash frozen right as they're harvested, which means they have all the nutrients of fresh vegetables. We've also found that the freezing process makes them softer than fresh veggies, resulting in a shorter cooking time.

## #5 PRE-COOKED RICE

Rice typically takes 15-20 minutes to cook, and even longer when it's a whole grain like brown rice. To make sure that your rice is ready when your 15-minute soup is, you can purchase prepared rice from the refrigerated section of your grocery store or in the dry goods section where the uncooked rice is. Or you can use up leftover rice from the night before.

## #6 TEENY TINY NOODLES

Most pasta takes 8-10 minutes to cook. If you need to heat your broth or water first, and other ingredients too, you'll be cutting it close to get any kind of noodle soup done in under 15. But if you buy pasta that is teeny tiny (acini di pepe or baby shell pasta) it can be done. Look for pastas with a cooking time that is 5 minutes or under. Get your broth and other ingredients into the pot and heat them to a simmer. Then add your tiny pasta and simmer until cooked.

## #7 DELI MEAT

When looking for quick and easy ingredients to make soup, pay a visit to the deli counter. The meats there are already fully-cooked so once you add them to your soup, you just need to heat them through. Hams, chicken breast, turkey breast, even salami and bologna. All of these add salt and meaty flavor to your soup lickety-split. But just remember to ask for a piece or chunk of lunch meat, not sliced or shaved. When you're ready to make your soup, get out the piece of deli meat and dice it before adding it to the soup.

# 10 Quick-Cooking Soup Ingredients

*Continued from previous page*

## #8 SPEEDY SEAFOOD

Who doesn't like seafood? O.K., we know. Lots of people. But if you're a fish-lover, seafood is the best thing for quick soups. Fish and shellfish cook so quickly. They're a great protein option to use in soups. Check out our Manhattan Clam Chowder on page 9 to see some fish in action. That recipe uses canned clams, which are a great item to have in your pantry. But you can absolutely use fresh clams and the cooking time wouldn't change much. Just simmer the soup until the clam shells all open up.

## #9 CANNED PURÉE

You can add canned puréed pumpkin to any vegetable soup. Because pumpkin is a thick purée, it adds body as well as a touch of rich vegetable flavor. I love to add it to chili. Caution: Don't buy pumpkin pie filling by mistake (Pumpkin Pie-Flavored Vegetable Soup? Yuck). Look for pure pumpkin and read the can carefully.

## #10 QUICK CABBAGE

Try adding a bagged coleslaw mix containing shredded cabbage and carrots to vegetable soups. Don't use any dressing though, you can save that for another time. You're just taking advantage of the thinly sliced cabbage and carrot mixture. Using the coleslaw mixture is great for two reasons. First, you don't have to do anything to prep the cabbage and carrots other than open the bag. Second, it's all very thinly sliced so it cooks really quickly.



## Quick Kale and Kielbasa Soup

By Christine Pittman

*Who's addicted to kale? We are! Feed your addiction with this chunky Kale and Kielbasa soup, perfect with a cozy blanket and a night of reruns.*

The world has gone kale crazy. Have you seen all the different recipes for Kale Chips and Kale Juices? Never mind, I've even seen Kale Chocolate Chip Cookies. Yes, really. And thanks, but no thanks.

I prefer my kale in hearty savory dishes. This Kale and Kielbasa Soup is totally one of those.

Kale is a pretty simple ingredient to work with. You can buy it as whole leaves or pre-chopped in plastic salad bags. If you get the whole leaves, you'll need to remove and throw out the hard thick stem. Just tear or cut the soft leafy parts off of the stem and then chop them up. You're good to go.

It's easier though to get the bagged kale. It's pre-washed and pre-chopped, cutting way down on your prep time.

# Kale and Kielbasa Soup

*Continued from previous page*

**Yield:** 5 servings (10 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

## **Ingredients:**

2 Tbsp. olive oil

6 cups low or no-sodium  
chicken broth

8 cups chopped kale

1/2 tsp. salt

1/4 tsp. coarse black pepper

7 oz. turkey kielbasa

2 cloves garlic

1 tsp. chili powder

1 (28 oz.) can petite diced  
tomatoes

2 (16 oz.) cans chickpeas (also  
known as garbanzo beans)

1. Put a large pot or Dutch oven over medium- high heat and add the olive oil.
2. Measure the broth into a microwave-safe bowl and put it in the microwave for 4 minutes.
3. Put the kale into the pot with the olive oil along with the salt and pepper. Stir and cover.
4. Chop the kielbasa into 1/2 inch pieces. Add it to the kale. Stir and cover. Stir occasionally. If the kielbasa starts to darken, reduce the heat to low.
5. Mince the garlic. Add it and the chili powder to the kale. Stir. Add the hot broth from the microwave. Stir. Cover and cook on high until simmering.
6. Open the diced tomatoes and add them to the pot. Open the chickpeas. Strain them and add them to the pot. Bring it up to a simmer over high heat. Reduce heat to low and continue to cook until the kale is more tender, 4-5 more minutes.



# 15-Minute Cream of Mushroom Soup

By Christine Pittman

*Bye bye can of condensed soup! This homemade Cream of Mushroom Soup is so quick and delicious that you'll never go back to that can.*

Why does the cremini get invited to all the parties?

Because he's a fun guy. Dum dum hiss. Boooo.

So... Marc Maron, I'm not. But thankfully I can cook. And today I'm cooking this Quick Cream of Mushroom Soup.

You've gotta love mushrooms. They smell like fall dirt but don't taste like it. Thank god. They just taste good. Meaty.

To make this soup you sauté onions, mushrooms and garlic in butter and olive oil. Then you make a slurry by shaking flour and broth together in a jar. Add it to the veggies and bring it to a simmer.

# Cream of Mushroom Soup

*Continued from previous page*

At this point I stir in evaporated milk but you can totally use cream (half and half or whipping cream). I was trying to slap some of the calories off of this one and evaporated milk is creamy but with lower numbers.

Last step, give it a whiz with an immersion blender ([we like this one](#)) and you're done.

**Yield:** 5 servings (10 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

**Ingredients:**

3 Tbsp. butter  
2 Tbsp. olive oil  
1 medium onion  
3.5 oz. shiitake mushrooms  
16 oz. sliced cremini (baby bella) mushrooms (buy them already sliced)  
6 cups low or no-sodium vegetable or chicken broth, divided  
1 tsp. salt  
1/2 tsp. coarse black pepper  
2 cloves garlic  
5 Tbsp. flour  
1 (12 oz.) can evaporated milk  
1/4 tsp. Worcestershire sauce

1. Put a large skillet over medium heat and add the butter and olive oil. Chop the onion and add it to the pot. Stir. De-stem the shiitake mushrooms. Discard stems and slice the caps. Put slices and the cremini mushrooms into the skillet.
2. Increase heat to high. Stir occasionally until wilted and browned in places.
3. Meanwhile, pour 5 cups of the broth into a large pot or Dutch oven. Put it on high heat. Add the salt and pepper. Cover.
4. Mince the garlic cloves. Measure the flour and remaining 1 cup of broth into a mason jar. Put on the lid tightly and shake it really really well. Add the minced garlic to the mushrooms and stir. Remove the skillet from the heat. Add the flour mixture and stir well.
5. Once the broth has reached a simmer remove it from the heat. Stir in the evaporated milk and then the mushroom and flour mixture. Return to heat just until it reaches a simmer. Remove from heat. Stir in the Worcestershire sauce.
6. Pulse with an immersion blender\* until most of the mushrooms are in small pieces (I like to leave some big pieces though). Serve.

*\*If you don't have an immersion blender, transfer about 3/4 of the mushrooms along with about half of the broth (or however much fits) into a blender or food processor. Blend until mushrooms are in small pieces. Return it to the soup pot and stir.*

# 10 Secret Ingredients for Making Soup with Oomph

By Lyndsay Burginger

*Add oomph to your soup with our ten best secret ingredients. You probably already have them in your fridge or pantry.*

José Andrés, chef and owner of [minibar](#) said, “Simple ingredients, treated with respect... put them together and you will always have a great dish.”

We agree! The best ingredients, those that can elevate a dish from bland to bodacious, are usually the simplest. A dash of fish sauce adds meatiness. A spattering of fresh herbs brings fragrance. A squirt of lemon juice finishes off a dish with that hint of acid.

Today we’ve got a list of the secret ingredients we use to transform homemade soups. The best part, most are already in your fridge or pantry.



## 1. LEMON JUICE

Acidity in a soup can really make a difference because it adds a high back-note. When adding lemon juice, add at the end of cooking to keep its bright flavor.

## 2. WINE

Wine is the perfect liquid to unstick the brown stuff from the bottom of your pan. When making French Onion Soup, I deglaze with red wine. And then I pour myself a glass.

# 10 Secret Soup Ingredients

*Continued from previous page*

## 3. FISH SAUCE

It's not just for Asian food! If I taste-test my soup and my brain goes, "Blah. It's boring," I add a few drops of fish sauce. Just that intsy bintsy amount makes all the difference. It's got a potent meaty flavor that always seems to fix my boringness problem.

## 4. WORCESTERSHIRE SAUCE

Similar to the fish sauce, Worcestershire Sauce adds umami to soups and stocks. It's because of the anchovies in there. It doesn't taste like anchovies, just like good rich meatiness. Give it a whirl in Vegetable Soup or a Beef Stew. (Just note that Worcestershire sauce is not vegetarian. But there are some vegetarian and vegan options out there. [See here](#)).

## 5. SESAME OIL

This is seriously one of my favorite things. Sesame oil is this intense nutty flavor that goes great with so many other ingredients. Certainly, go ahead and add a few drops when sautéing the base to any Asian soup, or drizzle it in at the end (I do that when I make Egg Drop Soup). But you can also add it to any soup with the following sesame-loving ingredients: asparagus, beef, beets, chicken, legumes (chickpeas! Yes!), chili peppers, eggplant, ginger, rice, green onions, shrimp, zucchini.

## 6. YOGURT

When looking to add creaminess to a soup, I usually grab for plain yogurt. It gives the soup a rich taste without the extreme heaviness of cream. Make sure to swirl in the yogurt after the soup has been removed from the heat, otherwise it'll curdle. Our Curried Cauliflower Soup on page 21 has a nice swirl of yogurt in it.

## 7. PESTO

Homemade or store-bought, pesto instantly adds several flavors to your soup. It's a one-stop shop for basil, olive oil, Parmesan and pine nuts. You can stir pesto into your soup at the end of cooking time or add a blob to each serving. I make a Summer Minestrone with cannellini beans and summer squash that gets kicked in the butt by some pesto.

# 10 Secret Soup Ingredients

*Continued from previous page*

## 8. BEER

Beer adds a great malty taste to soup. I mean, think about it. That's why Beer Cheese Soup is so darned good – well, that might also have something to do with all the cheese. But still. The beer helps, right? Anyhow, try adding beer to other kinds of soups and stews. Anything with beef or mushrooms is going to love being a bit drunk on beer. Also onions, sausages and shrimp.

## 9. SALSA

Adding Salsa to a soup makes it seem like it's been cooking all day. It's because salsa has a lot of ingredients that have been stewed together. Try adding it to a Chicken Tortilla Soup or to your favorite chili recipe. Be cautious though. Salsa can have a lot of sodium and could make your soup salty. Add it gradually and taste regularly. And don't add other salty things, like salt.

## 10. FRESH HERBS

Fresh herbs aren't just a garnish. The soup warms up the herbs. That releases essential oils that waft up up to your nose. Our sense of smell is hugely involved with how we experience taste so this smell can do a lot to make your soups taste the best. Add fresh herbs right before serving because they lose their aromatic properties quickly. And they wilt too.

# Indian-Spiced Cauliflower Soup with Hard Boiled Eggs

By Christine Pittman

*Hard boiled eggs in soup? We are so not kidding. Try it. You're going to love it. Pinky swear.*

When we lived in Toronto we used to get Indian take out from this place that made an insane Gobi Biryani (gobi = cauliflower; biryani = Indian rice dish with many variations).

It had a warm and fairly spicy rice and cauliflower mixture on the bottom and then cold veggies (chopped tomatoes, onions and cilantro, I think) and cold chopped hard boiled eggs on top. That texture-taste-temperature combo inspired this soup.

It's cauliflower and onion simmered in a spicy broth. Then you stir in yogurt and top each serving with cold chopped hard boiled eggs. Feel free to add tomatoes, onions and cilantro too, for the full-on experience.

*Note: If you don't have time to make hard boiled eggs, you can get them already cooked at the grocery store. Find them in the refrigerated deli section of your grocery store. They usually come in packs of two or six.*



# Indian-Spiced Cauliflower Soup

*Continued from previous page*

**Yield:** 4 servings (8 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

**Ingredients:**

4 cups low or no-sodium vegetable or chicken broth  
1 Tbsp. vegetable or grapeseed oil  
1 small onion  
1 (2 lb.) head of cauliflower  
2 tsp. curry powder  
1/2 tsp. cumin  
1/2 tsp. salt  
1/4 tsp. crushed red pepper flakes  
1 (15 oz.) can sliced white potatoes  
2 cloves garlic  
a handful of fresh cilantro leaves  
3 hard boiled eggs  
1 cup plain yogurt

1. Measure the broth into a large microwave-safe bowl. Put it in the microwave for 5 minutes on high power.
2. While the broth heats, measure the oil into a large pot or Dutch oven. Set it over medium heat. Peel and chop the onion then add it to the oil. Chop the cauliflower into small florets. To the onions add the curry powder, cumin, salt and red pepper flakes. Stir. Add the cauliflower and the hot broth. Cover and increase heat to high. Peel and mince the garlic and add it to the soup. Return the cover and heat until it boils then reduce to a simmer.
3. While the soup is heating, chop the cilantro and peel and chop the eggs. Set aside for garnishing later.
4. Measure the yogurt into a medium bowl. Remove 1 cup of hot broth from the soup. Stir two tablespoons of hot liquid into the yogurt at a time, stirring continuously until smooth.
5. When the cauliflower is softened, remove the pot of soup from the heat. Stir in the yogurt mixture. Ladle soup into bowls and top with cilantro and eggs.

# Quick Tomato Soup with Grilled Cheese and Bacon Croutons

By Christine Pittman

*Yes. We said that. And we'll say it again: Grilled Cheese and Bacon CROUTONS.*

A rainy day. A big glass of milk. A bowl of warm tomato soup. A grilled cheese sandwich. Takes you back, right? Me too.

Here I've upgraded things a bit. Made it a little more fun and maybe kinda fancy. It's all about those grilled cheese croutons.

You might notice that there's a cornstarch and water mixture in this recipe. Why use cornstarch and not flour as the thickener? I wanted to replicate that slightly gelatinous quality of condensed cream of tomato soup. A broth thickened with cornstarch has more of that quality. If this soup had flour instead, the texture would be more like the gravy in a stew. Also good, but not like the soup I remember from those rainy days.



# Quick Tomato Soup

*Continued from previous page*

**Yield:** 4 servings (8 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

**Ingredients:**

3 cups low or no-sodium chicken broth  
2 (28 oz.) cans diced tomatoes  
1 tsp. sugar (or more to taste)  
1 tsp. salt  
1/4 tsp. black pepper  
1/4 tsp. smoked paprika  
a pinch of cayenne pepper  
2 cloves garlic  
2 slices of bread  
2 tsp. butter  
1/2 cup grated cheddar cheese  
2 slices pre-cooked bacon  
2 Tbsp. cornstarch  
2 Tbsp. water  
1/2 cup heavy cream

1. Put a large pot or Dutch oven over high heat. Add the chicken broth, diced tomatoes, sugar, salt, pepper, paprika and cayenne. Cover. Peel and chop the garlic. Add it to the pot. Stir and cover. Stir occasionally until it reaches a simmer. Reduce heat to low.
2. Meanwhile, put a large skillet over medium heat. Butter one side of each piece of bread. Put the bread slices butter-side-down in a single layer in the skillet. Top each with 1/4 cup of cheese. Break the bacon slices in half and arrange it in a single layer on one of the pieces of bread. Cover the skillet and cook until the bread is toasted and the cheese is melted. Keep your eye on the bottom of the bread to make sure it doesn't burn. You may have to reduce the heat if it's toasting too quickly.
3. When the bread is toasted underneath and the cheese is melted remove from the skillet. Stack the two breads into a sandwich with cheese and bacon in the middle. Cut the sandwich into 5 strips and then cut each strip into 5 squares.
4. Once the soup has reached a simmer, combine the cornstarch and water. Use an immersion blender to purée the soup to the desired texture. Stir in the cornstarch and water mixture. Return soup to a simmer. Remove from heat and stir in the cream. Ladle into bowls and top each serving with 6-7 grilled cheese croutons.



# How to Become the Usain Bolt of Soup

*By Lyndsay Burginger*

*Tie that apron on tight because with these 5 tips you're gonna be the fastest soup-maker in the world.*

We don't mean that you'll be running around the kitchen as fast as Usain Bolt. Don't worry. We keep our running for the outdoors and like to be calm and cool in the kitchen.

These are just some tips to help you get soup on the table really quickly for days when you just neeeeeeeed to eat noooooowwwwww.

# Become the Usain Bolt of Soup

*Continued from previous page*

## #1 READ THE RECIPE

It seems silly to say this, but we know it happens all the time. We do it too. You kinda skim the recipe and do a mental, “Yep, I have that stuff. Yep, I know what to do.” Then you go to start cooking and realize that you’re missing ingredients, and somehow the steps in the recipe are not at all what you expected, “Huh? I was supposed to pre-cook the rice? Oh no! Dinner will never be ready!” So, we’ll say it: **READ THE RECIPE CAREFULLY.** Read the ingredient list and make sure that you do have everything. Then read the instructions. Don’t skim. Read. Does everything make sense? Is there anything in there that you need to do ahead of time? Is there any equipment you’re missing. Spend that bit of extra time reading it through and you’ll save time when cooking.

## #2 GATHER YOUR STUFF

“Where the heck is that frigging Worcestershire sauce?!?!” You know you have it. You saw it yesterday. The next step in your recipe calls for it and you cannot, for the freaking life of you, find it. Well, maybe you never will. But we’re guessing that if you had calmly searched out all of the ingredients **BEFORE** you started cooking, you would have been more likely to find it. So, after carefully reading through your recipe, gather up all of the ingredients and tools you’ll need to make it. That way, everything is at your fingertips so you can spend more time cooking and less time swearing.

## #3 BE A MULTITASKER

Soup’s not finicky. Ingredients can be added at different times and it’s not going to matter much. They’re therefore the perfect recipes for practicing your cooking multitaskability. How to do it? You’re basically constantly cooking/heating some things while chopping and prepping others.

An example: Get your soup pot heating with some oil. While it warms, chop an onion. Put it in the pot. Pour broth into a big bowl and put it in the microwave to get it heating. Open up a bag of shredded carrots and add some to the onions. While the carrots and onions soften, cube a chicken breast. Add it to the pot with some seasonings (I’m thinking salt, chili powder, cumin and a pinch of cinnamon). Open a can of diced tomatoes and get them in there. Take the bowl of broth out of the microwave and add the hot broth to the pot. Bring it to a simmer and cook until the carrots are tender and the chicken is cooked through. While it finishes cooking, get some garnishes ready (chopped fresh cilantro and slightly crushed tortilla chips would work here). Soup’s done!

# Become the Usain Bolt of Soup

*Continued from previous page*

## #4 TURN UP THE HEAT

Soup and high heat are best friends. It's nearly impossible to burn broth-based soups and with the short amount of time on the stove top, cream-based soups hold up quite well. So crank the burner up to high (or medium-high if you're feeling skittish) and let the soups cook up quickly. Just stir often to make sure nothing is burning on the bottom.

Other heat tips. 1) Keep the lid on the pot as much as possible. That traps the heat in and gets things cooking more quickly; 2) Use the microwave or a second pot to get the broth hot. While you chop and sauté veggies and meats, get the broth going so that you can add it already hot to the other ingredients. This is a HUGE time saver.

## #5 IT'S IN THE POT

You need the Goldilocks of pots. If it's too small your ingredients won't easily fit and you'll spill when stirring. A really full small pot also takes longer to heat than a larger less-full pot. But if your pot is too big there's too much space between the cooking liquid and the lid, which results in a longer cooking time as well. You also sometimes run into the problem of ingredients not being fully submerged in shallow liquid.

This 5-quart Dutch is just right. Not only is it the perfect size but it has a good heavy bottom. That makes it stand up well to high heat and it holds the temperature evenly.

# Fully Loaded Baked Potato Soup

By Christine Pittman

*It's loaded up with all the best things in the world. And the soup underneath ain't too shabby either.*

A slurry is a mixture of flour and water that you use to thicken soups, stews and sauces. For this potato soup you make a slurry in a mason jar. Then you add it to melted bacon fat.

Bacon fat? You might ask why but I doubt you will – nobody ever asks why when bacon's involved. I'm going to tell you anyways though.

The bacon fat mixes into the slurry and flavors it. Result: every mouthful of soup will have a bit of bacon fat in it, and thus, a bit of bacon flavor. That just can't be wrong.



# Fully Loaded Baked Potato Soup

*Continued from previous page*

**Yield:** 4 servings (8 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

**Ingredients:**

4 cups low or no-sodium chicken broth

2 Tbsp. neutral oil like vegetable or grapeseed

1 and 1/2 lbs. baking potatoes (about 3 medium)

6 strips bacon

1 tsp. salt

1/4 cup flour

1 cup water

3 oz. cheddar cheese

2 spring onions

black pepper

4 Tbsp. sour cream or Greek yogurt

1. Measure the chicken broth into a large microwave-safe bowl. Microwave on high for 5 minutes.
2. Meanwhile, warm the oil in a large pot or Dutch oven over medium high heat. Take a potato and chop it into tiny 1/4 inch cubes. Add the cubes from the one potato to the oil. Stir and cover. Chop remaining potatoes in 1/4 inch cubes, adding each potato to the pot once it's chopped, stirring and covering. Once all potatoes are added, stir often but keep covered between stirs.
3. Put the bacon in a large pan over medium high heat. Cook flipping occasionally until cooked through, 5-6 minutes.
4. When microwave is done, add broth to the potatoes along with salt. Increase heat to high. Stir. Keep it covered until it reaches a boil. Reduce heat to a vigorous simmer stirring occasionally.
5. While soup is simmering and bacon is cooking, measure flour into a large mason jar. Add the water and shake a lot until well-incorporated. Set aside. Shred the cheese and chop the spring onions.
6. Take a potato masher and mash into the soup, breaking up some of the potato cubes.
7. When bacon is cooked, transfer it to the cutting board. Chop it and add three-quarters of it to the simmering soup. Put the rest with the cheese and onions, which will be used for garnishing the soup.
8. Shake the mason jar again and then pour it into the bacon fat. Stir well. It should thicken from the remaining heat in the pan. If not, heat it over low until thickened. Add the bacon fat mixture to the soup and stir it up a lot. When soup is simmering and potatoes are tender, mash it up a bit more.
9. Ladle into bowls and serve topped with the cheese, spring onions, sour cream and remaining bacon.

# Lickety Split Chicken Noodle Soup

By Christine Pittman

*Slurp away the flu with this quicker-than-quick Homemade Chicken Noodle Soup.*

This soup will make you feel better instantly – or at least that’s what my mom said whenever I tried to stay home from school. Nowadays I whip up a batch of Lickety Split Chicken Noodle Soup when one of my besties is sniffing. Yes, I’m that kind of friend. But only because, when I’m feeling sad, they bring me chocolate in return.

There are a few reasons why this soup comes together so quickly and yet tastes so crazily like long-simmered homemade soup.

First, butter. You sauté the onions in butter. This doesn’t exactly match the maltz (rendered chicken fat) flavor of a traditional chicken soup but it comes close. Using dark chicken meat (boneless skinless thighs here) also helps get that flavor going.

Second, some key quick-cooking ingredients. Shredded carrots and fine egg noodles. You can buy shredded carrots (sometimes labeled as “matchstick carrots”) in the produce section near the packages of baby carrots. No need to peel or chop these. They’re ready to go straight into your soup and their small size means they’ll cook fast. The fine egg noodles (really thin ones) only need to go into the soup for the last few minutes because their small size gives them a short cooking time.



# Lickety Split Chicken Noodle Soup

*Continued from previous page*

**Yield:** 5 servings (10 cups)

**Prep Time:** 0 minutes

**Cook Time:** 15 minutes

**Total Time:** 15 minutes

**Ingredients:**

7 cups no-sodium or low-sodium chicken broth

1 Tbsp. neutral oil (vegetable or grapeseed)

1 Tbsp. butter

2 cups carrot matchsticks

1 small onion

1 clove garlic

1/2 tsp. salt

1/4 tsp. coarse black pepper

1 bay leaf

3/4 lb. boneless skinless chicken thighs (about 3)

2 cups uncooked fine egg noodles (or other noodles with very short required cooking time)

1. Pour the chicken broth into a large microwave-safe bowl and microwave it on high for 6 minutes.
2. Put a large pot or Dutch oven over medium heat. Add the oil and butter. Roughly chop the carrot matchsticks and add them to the butter.
3. Stir. Chop the onion and add it. Stir. Peel and mince the garlic and add it along with the salt, pepper and bay leaf. Stir and cook for 30 seconds.
4. The broth in the microwaves should be finished around now. Carefully add the hot broth to the pot. Stir. Cover and increase heat to high.
5. Chop the chicken into 1/2-inch pieces. When the broth comes to a boil, stir in the chicken. Bring it back to a boil and then reduce heat to a simmer. Cook until chicken is cooked through, about 1 minute.
6. Increase the heat to high and add the fine egg noodles. When it comes back to a boil, reduce to a simmer and cook until noodles are al dente, about 3 minutes. Remove bay leaf. Taste and add more salt and pepper if desired.



# 10 Techniques for Making Quickie Soups

By Lyndsay Burginger

*We've got more tips to make you even faster.*

From quick meatballs to soup thickening tips, these 10 techniques are going to kick your soup-making butt down the race track.

## #1 EASY MEATBALLS

To make meatballs fast, use any link-style sausage in a casing. Pork, chicken, veal, or turkey. Slice open the casing and squeeze or pluck out a tablespoon size piece of the ground meat. Roll it between the palms of your hands and you've got an instant meatball. Repeat with the rest of the meat in the link. Drop them straight into the soup to simmer. That's how the meatballs were done in the [Italian Wedding Soup](#) pictured above.

# Quickie Soup Techniques

*Continued from previous page*

## #2 PUT A LID ON IT

When making a quick soup, the thing that slows me down the most is waiting for liquid to come to a simmer. It all heats up faster with a lid on though. So, unless it says otherwise, keep a lid on it. This will help it get hot quickly, help keep it hot and it will help get the ingredients done fast as well.

## #3 RAPID ROUX

A roux is a mixture of melted fat and flour that helps soups and sauces thicken up. It can be tricky business to thicken with a roux though. If you add liquid to a roux too quickly, sometimes the flour clumps up and you end up with the opposite of a smooth soup.

To get around this, start by sautéing vegetables (onions, carrots, celery, bell peppers, etc.) in butter then sprinkle the flour over top. Stir. The flour is now lightly coating the veggies and is evenly dispersed so it won't clump up when you add liquid. Make sure any soup containing flour comes up to a good simmer. That'll get rid of the floury taste.

## #4 SUPER SLURRY

If a roux isn't your thing, a fast slurry is a great option. A slurry is an equal mixture of cold water and cornstarch or arrowroot, blended together and then stirred into a soup like [this](#) Homemade Tomato Soup with Grilled Cheese and Bacon Croutons, page 23.

## #5 IMMERSE IT

An [immersion blender](#) is a great tool for making puréed soups more quickly. Instead of having to transfer the soup to a blender in batches and blend each batch, you leave it all in the pot, insert the immersion blender and purée to your heart's content. It's magical.

## #6 CHEESE, PLEASE

Adding cheese to soup can be weird. If you add it during the cooking process sometimes it will curdle. Yuck. Instead, take your soup off the heat and serve into bowls. Sprinkle with cheese and serve. The heat from the soup melts the cheese. No curdled mess here, only good stuff.

# Quickie Soup Techniques

*Continued from previous page*

## #7 CHILL IT DOWN

When you make a cold soup you want it to be icy. To get it that cold purée ice cubes with some of the other ingredients, kind of like a savory smoothie. This gets the temperature down low in no time.

## #8 NUKE IT

And the opposite...One of the biggest challenge to making quick soup is getting the liquid heated quickly. Try heating broth in the microwave while you're chopping and sautéing other ingredients. Just make sure you put the broth in a microwave-safe container and be careful when transferring that hot broth into your pot.

## #9 BACON FLAVOR FAST

So, you can't just pour bacon fat into a soup. Well, you can but the fat wouldn't incorporate into the soup and would form a greasy layer on top. If you want bacon flavor in soup, here's what you do. Make a bacon-flavored slurry: Measure flour and water into a mason jar. Attach the lid and shake it. Shake it lots. Pour your slurry (that's the stuff you were just shaking in the jar) into some warm bacon fat. Heat and stir until it gets thick. The bacon fat has now bonded with the slurry. When you add that to the soup it will blend in, no greasy layer. Our Fully Loaded Potato Soup on page 28 uses this technique.

## #10 GETTING THICK WITH BREAD

For a quick puréed creamy-style soup, try thickening with bread. There's no flour or cornstarch mixing to do. Just add fresh or stale bread cubes. Let them get really really wet in the soup. Then purée it (hint: use that immersion blender from #5 above). The wet bread breaks down into, essentially, starchiness that thickens the soup.

# Gazpacho Rápido

By Christine Pittman

*Cold soup: Love it or hate it? If you said, “love it,” click here. This quick and easy Gazpacho is for you.*

Here’s something weird. Spanish cookbooks classify Gazpacho as a salad. I’m guessing that the Gazpacho over there is much chunkier than the Gazpacho over here. Which probably means that we’re doing it wrong. Wrong or right though, it sure is tasty.

This Gazpacho uses canned tomatoes. But if you want to use fresh, go for it. Sub in 5 cups of chopped tomatoes for the 2 cans and you’re good to go.



**Yield:** 6 servings (10 cups)

**Prep Time:** 15 minutes

**Cook Time:** 0 minutes

**Total Time:** 15 minutes

## Ingredients:

2 (28oz.) cans of petite diced tomatoes

2 cups ice cubes

3 inches of cucumber

1/2 red bell pepper

1/2 of a small red onion

1/2 jalapeño or hot red chili

1 clove garlic

1/4 cup olive oil

1/2 tsp. ground cumin

1 tsp. Worcestershire sauce

1/2 tsp. salt

1/4 tsp. coarse black pepper

1 lime

fresh basil leaves for garnish

1. Put a strainer over a medium bowl. Open the cans of tomatoes and dump them into the strainer. To the strained juices add 2 cups of ice cubes. Set aside. Put the strained tomatoes into a separate large bowl.
2. Chop the cucumber, bell pepper and red onion and add them to the diced tomatoes. Seed and mince the jalapeño. Mince the garlic clove. Add them both to the tomatoes along with the olive oil, cumin, Worcestershire, salt and black pepper. Juice the lime and add it as well.
3. Transfer 2 cups of the vegetable mixture to a blender along with the drained juices and any unmelted ice cubes. Purée. Mix the purée in with the vegetables. Add another cup of ice and stir well. Ladle into bowls (avoiding transferring any unmelted iced cubes). Garnish with basil leaves.

# Contributors

*Many thanks to our writers for this edition of The Cookful.*



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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



## **Lyndsay Burginger**

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It's always entertaining when Lyndsay's in the kitchen. She's even been known to belt out Broadway show tunes while making dinner (a handy whisk as her microphone, of course). She currently writes for Cook and a Good Book, a personal blog focusing on recipes based on literature. Lyndsay is also on the editorial team at The Cookful.

# About The Cookful

*Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.*

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Eggs Benedict and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



**THE COOKFUL**