

Spanish Soup

Marion Brittain

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

2 tablespoons butter
1 tablespoon olive oil
4 cups onions, thinly sliced
3 tablespoons flour
1 can (16 ounce) tomato puree'
4 cans (14 ounce ea) beef broth
1 clove garlic, minced
1 tablespoon red wine vinegar
1 tablespoon Worcestershire sauce
1 tablespoon sugar
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/4 teaspoon oregano
1/4 teaspoon tarragon
1/4 teaspoon Tabasco sauce
1/2 teaspoon ground cumin

CONDIMENT GROUP 1 (Meat)

2 large chorizo or kielbasa sausages, sliced 1/4-inch thick & browned
1/4 to 1/2 pound tiny shrimp, cooked and shelled
3/4 pound ham, cooked, cubed and lightly browned

CONDIMENT GROUP 2 (Vegetables)

1 cup red or green pepper, diced
1 cup cucumber, peeled and diced
1 cup fresh tomato, diced
1 cup onion, diced
1/2 pound fresh mushrooms, sliced and saute'd in butter
1/2 pound fresh carrots, sliced, cooked until tender, drained

CONDIMENT GROUP 3 (Garnishes)

3 hard-cooked eggs, chopped
1 cup sour cream

Melt the butter in a four to five quart pot over medium-low heat. Add the olive oil and onions. Slowly cook the onions, stirring occasionally, until they are limp and slightly golden, about 45 minutes. Sprinkle flour over the onions and blend.

Gradually stir in the tomato puree' and beef broth. Add the garlic, vinegar, Worcestershire sauce, sugar, salt, pepper, oregano, tarragon, Tabasco sauce and cumin. Stir until well blended.

Bring to a boil over high heat. Reduce the heat to low and simmer, uncovered, for 30 to 40 minutes, stirring occasionally.

(This soup is fun because it is served with several condiments. Ask your guests to choose two or three from each of the groups.)

Per Serving (excluding unknown items): 511 Calories; 30g Fat (51.3% calories from fat); 30g Protein; 33g Carbohydrate; 5g Dietary Fiber; 186mg Cholesterol; 2390mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 0 Other Carbohydrates.

*1/4 pound grated cheddar
cheese*

2 limes, cut in wedges

*1 can (8 ounce) garbanzos,
drained*

*1 can (2-1/4 ounce) sliced
ripe olives, drained*

1/2 cup chopped parsley