



Stone Soup

BRANDIED WILD RICE AND SHRIMP SOUP

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| 1 pkg (180 g) long grain and wild rice mix | 1/2 cup (125 mL) homo milk |
| 1 lb (500 g) frozen peeled raw shrimp, thawed | 1 tbsp (15 mL) butter |
| 1/3 cup (75 mL) flour | 1/2 cup (125 mL) finely chopped onion |
| 3/4 tsp (3 mL) salt | 1/3 cup (75 mL) finely chopped celery |
| 1/2 tsp (2 mL) dry mustard | 3 1/2 cups (875 mL) homo milk |
| 1/8 tsp (0.5 mL) nutmeg | 2 cups (500 mL) canned chicken broth |
| 1/8 tsp (0.5 mL) cayenne pepper | 1 cup (250 mL) whipping cream |
| | 1/2 cup (125 mL) brandy |
| | 2 tbsp (25 mL) chopped fresh parsley |

Cook rice mix according to package directions. Meanwhile, remove tails from shrimp. Rinse shrimp and set aside. Combine flour, salt, dry mustard, nutmeg and cayenne pepper in a bowl. Gradually whisk in 1/2 cup (125 mL) milk until blended; set aside. Melt butter in a Dutch oven over medium heat. Add onion and celery; saute for 2 minutes. Stir in 3 1/2 cups (875 mL) milk, broth, cream and brandy. Bring to a boil, stirring frequently. Gradually whisk flour mixture into soup mixture. Reduce heat and simmer, stirring frequently, until thickened, about 5 minutes. Stir in cooked rice mix and simmer for 2 minutes. Add shrimp. Cook, stirring frequently, until shrimp are pink and opaque, about 3 - 4 minutes. Do not overcook. Stir in parsley. Serve immediately. Serves 6 - 8.

Cook's Note: The ATCO Blue Flame Kitchen used Uncle Ben's Classiques Long Grain and Wild Rice mix in this recipe.

CHILI CON CARNE SOUP

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| 1 tbsp (15 mL) oil | 1 can (19 oz/540 mL) kidney beans, rinsed and drained |
| 1 lb (0.5 kg) lean ground beef | 1/4 cup (50 mL) unsweetened cocoa powder |
| 1 cup (250 mL) chopped onion | 1/2 tsp (2 mL) salt |
| 2 cloves garlic, finely chopped | Light sour cream |
| 1 tbsp (15 mL) chili powder | Shredded cheddar cheese |
| 1/8 tsp (0.5 mL) red pepper flakes | |
| 4 cups (1 L) canned beef broth | |
| 1 can (28 oz/796 mL) diced tomatoes | |

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned, about 7 - 10 minutes. Drain off excess fat. Add chili powder and red pepper flakes; cook, stirring, for 1 minute. Stir in broth, tomatoes, beans, cocoa and salt. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 45 minutes. Serve topped with sour cream and cheese. Serves 4 - 6.

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BLACK BEAN SOUP WITH CILANTRO CREAM

3 slices thick bacon, julienned	1 can (19 oz/540 mL) black beans, rinsed and drained
1 cup (250 mL) chopped onion	1 can (14 oz/398 mL) diced tomatoes
1/2 cup (125 mL) chopped celery	1 1/2 cups (375 mL) canned chicken broth
2 cloves garlic, finely chopped	1/4 tsp (1 mL) salt
1 tsp (5 mL) ground cumin	1/4 tsp (1 mL) freshly ground pepper
1/2 tsp (2 mL) ground chipotle chile pepper	Cilantro Cream, recipe follows

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon; drain bacon on paper towels. Drain off all but 1 tbsp (15 mL) fat from pan. Add onion, celery and garlic; saute for 2 minutes. Add cumin and chipotle chile pepper; cook, stirring, for 1 minute. Stir in bacon, beans, tomatoes, broth, salt and pepper. Bring to a boil. Reduce heat and simmer, covered, stirring occasionally, for 10 minutes. Puree soup in batches in a blender, filling blender no more than half full for each batch. May be prepared in advance and refrigerated for up to 24 hours. To serve, reheat over low heat. Ladle into bowls. Drizzle with Cilantro Cream. Serves 4 - 6.

Cilantro Cream

1/2 cup (125 mL) light sour cream	2 tbsp (25 mL) fresh cilantro, finely chopped
2 tbsp (25 mL) fresh lime juice	1 tsp (5 mL) grated lime peel

Combine sour cream, lime juice, cilantro and lime peel until blended. Cover and refrigerate for up to 24 hours. Makes 3/4 cup (175 mL).