

T H E
Soup
C O L L E C T I O N





HELLO!

As a little girl I became a big fan of soup.

If I came home from school and smelled bacon cooking, I knew my Dad's family famous German Potato Soup was in my near future.

Although watching homemade soup transform from raw potatoes to my favorite soup of all time, I never became a soup snob. Growing up, my other favorites were canned split pea soup and bean soup. Oh, and of course the ubiquitous chicken noodle soup.

Soup is a warm hug in a bowl that we all desperately need right now. It is my hope this collection of my favorite homemade soups will provide comfort, hope and nourishment in these trying times.

*hugs,
tina*

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FRESH



TASTY



SIMPLE



1

Indonesian Chicken Noodle Soup



WHAT YOU NEED

- 2 large shallots, or 4 small, peeled
- 4 large garlic cloves
- 3 Tbs cooking oil
- 1 Tbs ground coriander
- 2 tsp cumin
- 2 Tbs minced lemongrass
- 4 cups of broth of your choice
- 4 cups water
- 1 Tbs chili powder (gochugaru, guajillo, ancho, paprika etc)
- 3 lbs of boneless, skinless chicken thighs
- 24 oz of cooked Asian noodles (may substitute vermicelli, angel hair pasta etc)

Garnishes

- hot sauce (sambal olek, sriracha, chili sauce etc)
- 8 scallions, sliced
- 3 cups bean sprouts
- 1 bunch cilantro
- fresh lime wedges or rice vinegar



HOW TO MAKE

Place first two ingredients in food processor and process until pureed.

In a large soup pot, add oil and heat over medium heat. Add shallot garlic puree. Stir and cook for 3 minutes. Add cumin and coriander. Stir constantly and cook one more minute. Add lemongrass, broth and water. Stir and bring to slow simmer.

Place a rack on a foil-lined baking sheet. Place chicken on rack, sprinkle with chili powder, bake 4 inches under broiler for about 4 minutes. Turn over and continue cooking until chicken is cooked through, about another 4 minutes. Cut the thickest part of the chicken to see if the middle is no longer pink and juices run clear. Remove from oven, roughly chop and set aside.

To serve, place desired amount of chili sauce in bowls. Add hot broth, stir to mix. Add cooked noodles, chicken, remaining garnishes. Serve immediately.

2

Chinese Vegetable Tofu Soup



WHAT YOU NEED

1 Tbs vegetable oil

1/2 cup finely diced onion

6 cups water

16 oz soft tofu, cut into 1/2 inch cubes

4 cups chopped Asian cabbage such as Bok Choy, Yum Choy
or Chinese Cabbage, roughly chopped

1 package of enoki mushrooms, about 2 cups with the ends
cut off

3 scallions finely diced

Handful of chopped cilantro

HOW TO MAKE

In a large soup pot add oil and onions and cook on low-medium. Stir frequently and continue to cook until soft and translucent. Be careful not to brown onions.

Add water and bring to a boil over medium heat.

When water boils, reduce heat to medium, add tofu, cabbage, salt and pepper. Cover and cook for two minutes.

Add mushrooms, cover and cook one more minute.

Add scallions and sesame oil. Stir gently to mix the ingredients. Serve. Garnish with cilantro.

3

Irish Colcannon Soup



WHAT YOU NEED

3 Tbs salted butter
1 large onion, peeled & diced (2 cups)
1/2 lb chopped cabbage
4 medium starchy potatoes (1 1/2 lb) peeled & chopped
5 cups vegetable stock
1 1/2 cups whole milk or half & half
1/4 tsp black pepper
salt to taste

HOW TO MAKE

In large pot add butter and onions.
Cook over medium heat until soft.

Add cabbage and cook until
cabbage wilts.

Add potatoes, broth & black pepper.
Bring to a simmer and cook for 20
minutes.

With an immersion blender, process
soup until thick but slightly chunky.

You may use a food processor
instead. If you have a small food
processor, you may need to do this
in batches. You can use a blender
(see note below) but it will change
the texture of the soup.

Add milk to pot, bring to simmer
and serve with Irish Soda Bread.

4

Norwegian Farikal Soup



WHAT YOU NEED

1/2 head of cabbage
1/4 cup of all purpose flour
3 cups vegetable broth
3 cups of water
1 1/2-2 lb leg of lamb, cubed into one inch chunks
1 Tbs whole black peppercorns
Optional Garnish
fresh herbs

HOW TO MAKE

Tear off leaves of cabbage and place in bottom of large soup pot or dutch oven.

In a mixing bowl mix flour with some of the vegetable broth until dissolved and no clumps have formed. Pour on top of the cabbage along with the remaining broth and water.

Place lamb on top of cabbage and add peppercorns.

Place soup pot on the stove and bring to a simmer, reduce heat to low and cover. Cook for 2-3 hours on low. Check for seasoning, you may need a little salt.

Serve with crusty bread.



5

German Potato Soup



WHAT YOU NEED

3 large Russet potatoes, peeled chopped into 1/2 inch pieces
4 cups chicken broth
1/2 tsp ground black pepper
6 slices cooked, smoked bacon, torn into pieces
1 cup cream
Optional Garnish: green onion, bacon, shredded cheddar

HOW TO MAKE

Crockpot: Place first three ingredients into crockpot and cook on high for 3-4 hours. Meanwhile, prepare your bacon and add to crockpot. Using a potato or bean masher, mash ingredients 10-15 times, add cream, stir, cook for one more hour. Optional garnishes: bacon pieces, green onion, shredded cheddar

Stovetop: Place first three ingredients in a dutch oven and bring to a simmer. Cook covered until potatoes are fork tender, about 20 minutes. Mash potatoes until there are still some chunks. Add cream and cooked bacon and bring back to a simmer. Cook for an additional 10 minutes, stirring often. Check for seasoning and add some water if necessary. The soup will thicken as it simmers. Garnish as desired.

I cook my bacon while the potatoes are simmering. You could also use pre-cooked bacon pieces found by the croutons and bacon bits in the store.

6

Senegalese Chicken Soup



WHAT YOU NEED

1 Large onion, diced
4 T Olive oil
2 tsp Garlic, chopped
2 Heaping Tbs curry powder
2 tsp Ground coriander
6 Cups chicken broth

6 oz Can tomato paste
1 Cup of peanut butter
28 oz Can of diced tomatoes
1.5 lbs boneless, skinless chicken thighs, cut into bite size pieces
Garnish: Scallions Chopped peanuts Cilantro

HOW TO MAKE

Cook onions in olive oil until soft.
Add garlic and cook 2 minutes.

Add curry powder and coriander and
fry two more minutes.

Add chicken broth and scrape
bottom very well with wooden
spoon. Simmer 30 minutes.

Add peanut butter. With stick
blender, blend until peanut butter is
incorporated and a lot of the onions
are pulverized.

Add diced tomatoes, tomato paste
and chicken. Simmer 30 more
minutes until chicken is cooked
through.

Garnish as desired.

7

Irish Coddle Soup



WHAT YOU NEED

2 lbs or 1 Kg of starchy potatoes, about 3 large, peeled,
sliced

water to cover

2 large onions, peeled, cut in half or sliced

1/2 lb of rashers (pork belly or smoked bacon)

1 lb of sausage, bratwurst works well or your favorite savory
sausage

6 sprigs of thyme

Garnish

1/2 lb cooked bacon, crumbled
parsley



HOW TO MAKE

Place first 6 ingredients in a large soup pot, barely cover with water, bring to a gentle simmer. Continue simmering for at least 1 hour but longer is better.

With a potato or bean masher, mash about half of the potato slices, simmer at least 30 more minutes to allow the starch to thicken the soup.

Serve with garnishes and a good crusty bread or a traditional Irish

Soda Bread

You can easily adjust ingredient amounts to your desired taste. Feel free to use this as a base for using up left over food, especially meat, just like the Irish did.

I like to cook bacon in the microwave, rolled up in paper towels until cooked and crispy. This makes for an easy clean-up and cooks up in as little as 4 minutes on high.

I like to leave the sausage whole and then cut in half to serve. The sausage doesn't fall apart this way.

8

Morrocan Harira Soup



WHAT YOU NEED

1 Tbs cooking oil.
1 lb of meat, cut into small, bite-sized pieces (chicken, beef or lamb)
1 onion, finely diced
1 cup celery, finely chopped
3 garlic cloves, minced
1 tsp salt
1/2 tsp black pepper
1/2 tsp ground ginger or 2 tbs fresh ginger
1 Tbs turmeric
1 cinnamon stick
1 tsp cumin
1 1/2 tsp paprika
4 cups of broth of your choice
1/2 cup cilantro, chopped plus a little more for garnish
1/2 cup flat leaf parsley, chopped plus a little more for garnish.
3/4 cup of lentils, soaked in 2 cups of water for 1 hour
15 oz can of chickpeas, undrained
28 oz can of peeled tomatoes, chopped (may substitute diced tomatoes and 3 Tbs tomato paste)
2 large eggs, beaten
lemon wedges



HOW TO MAKE

In a large dutch oven or soup pot, heat oil over medium-high heat and sear meat for 2-5 minutes until browned. Set aside in a medium bowl.

Reduce heat to medium and add onion and celery until soft and translucent, about 5-10 minutes, stirring frequently. Scrape any bits from the bottom of the pan.

Add garlic and spices (next 7 ingredients through paprika), stirring constantly for one minute. Add broth.

Add next 4 ingredients and add the meat back into the pot, cook to a low simmer, adjust heat as necessary, for 1 hour.

Add the canned, peeled tomatoes with the juice, stir.

Simmer 30 minutes more. While stirring the soup, add the beaten egg slowly to create silky, small ribbons.

Take out the cinnamon stick. Garnish and serve.



*You can't go
wrong with
food for the
soul.*