

A DIFFERENT SOUP EVERY DAY  
January - December, 2009

The following is a listing of 365 different soups that were prepared and or consumed during 2009. The goal was to show that one can have variety even on a low food budget. Over half of these soups are made from ingredients grown in my garden. About one dozen are from restaurants or are gifts from friends.

ASPARAGUS

**Asparagus** (fresh) with Beef Bouillon (BB)  
" with Chicken Bouillon (CB)

BEEF

**Beef Broth** (also see Asparagus, Cabbage, Corn, Mustard, Onions, Poke, Spinach)

BEE T

**Beet & Cabbage Soup**  
" & Peas

BEAN

**Bean (Reconstituted) & Cabbage**  
" & Pork  
" & Radish Tops & Spinach

**Black Bean Soup**  
" & Cabbage  
" & Sausage  
" & Rice  
" & Brussels Sprouts

**Cranberry Bean Soup**  
" & Cabbage  
" & Corn  
" & Peas  
" & Tomato

**Great Northern Bean Soup**  
" & Brussels Sprouts  
" & Tomato Base  
" & Chili & Tomato Base & Sausage  
" & Cabbage  
" & Corn  
" & Corn & Chicken  
" & Corn & Sausage  
" & Corn & Peas & Sausage  
" & Sausage & Tomato  
" & Rice

**Green Beans with BB** (Cf. Potato Soup)  
" with CB  
" & Ham  
" & Cabbage  
" & Corn  
" & Onions  
" & Onions  
" & Tomato Base

" " " & Onions  
 " & Pinto Beans  
 " " & Corn  
 " " & Rice  
 " " & Tomato Base  
 " " & Sausage  
 " " " & Green Tomatoes  
 " & Sausage & Tomato Base  
 " " & Tomato Base & Onions  
 " " & Rice  
**Large Lima Bean Soup**  
 " & Cabbage  
 " & Corn  
 " & Sausage  
 " & Chili  
 " & Mint  
 " & Mint & Corn & Tomato Base  
 " & Mushrooms  
 " & Spring Onions  
 " & Corn & Mint with BB  
**Mixed Bean Soup/BB**  
 " & Brussels Sprouts & Sausage  
 " & Corn & Sausage  
 " & Ham  
 " & Mushrooms  
 " & Parsley  
 " " & Tomato Base  
 " & Turnips  
 " & Turnips & Corn  
 " & Turnips & Corn & Tomato Base  
**Navy Bean Soup with CB**  
 " & 11 Veggies  
 " & Brussels Sprouts  
 " " & Tomato Base  
 " & Cabbage  
 " & " & Peppers  
**Small Red Bean Soup**  
 " & Cabbage  
 " & Corn  
 " & Peas  
 " & Sausage  
**Pinto Bean Soup** (cf. Dandelion, Brussels Sprouts, Mushrooms,  
 and Zucchini)  
 " & Broccoli  
 " & Green Tomatoes  
 " & Green Beans & Brussels Sprouts & Cabbage  
 " & Brussels Sprouts & Green Beans & Cabbage  
 " & Cabbage  
 " & Corn  
 " & Corn, Peas & Onions  
 " & Corn & Green Tomatoes  
 " & Mint  
 " & Olives

" & Tomato Base  
 " " & Corn  
 " " " & Onions  
 " & Olives & Tomato Base & Corn & Sausage  
 " & Peas  
 " & Rice  
 " & Rice & Tomato  
 " " & Green Tomatoes  
 " & Rice & Tomato & Onions  
 " & Rice & Tomato & Onion & Sausage  
 " & Sausage  
 " & Tomato Base  
 " & Green Tomato  
 " & Green Tomato & Green Bean  
**SW Tortilla Bean Soup**  
 " & Cabbage  
 " & Ham  
 " & Olives

BROCCOLI

**Broccoli Cream Soup**  
**Broccoli with BB**  
 " with CB  
 " & Bean & Onion  
 " & Brussels Sprouts  
 " " & Black-Eyed Peas  
 " & " " & Cabbage  
 " & " " & Mushrooms  
 " & Cabbage  
 " & Tomatoes  
 " " & Onions

Brussels Sprouts (Cf. Potato)

**Brussels Sprouts with BB**  
 " with CB  
 " & Pinto Beans & Tomatoes  
 " " & Rice  
 " " & Potatoes  
 " & Potatoes & Olives  
 " & Pinto Beans, Tomato & Chili  
 " & Cabbage  
 " & Onions, Rice, Tomato Base  
 " & Turnips  
 " & Black-Eyed Peas  
 " " & Cabbage  
 " " & Green Beans  
 " & Tomato Base  
 " & Rice

CABBAGE

**Cabbage with BB**  
 " with CB  
 " & Bean & Onion

" & Green Tomatoes  
" & " & Beans

CELERY

**Cream of Celery**

" & Olives  
" & Peppers (hot)  
" & Potato  
" & Potato & Brussels Sprouts

CHICKEN (Cf. Gumbo)

**Chicken Broth**

**Chicken & Noodle Soup**

" & Bean  
" & Cabbage  
" & Peas  
" & Rice  
" "with Shells"

**Cream of Chicken**

" & Corn  
" & Onions  
" " & Cheese  
" & 12 Veggies

**Chicken Soup & Wild Rice**

" & Tomato Base  
" & Sausage

Chicken, Ham & Wild Rice (Louisiana)  
(see Turnips)

**"Coq du Vin"**

CHICKPEA

**Chickpea (Garbanzo) Soup with BB**

" with CB  
" Sausage  
" Sausage & Corn  
" Sausage & Turnips  
" & Tomato Base  
" & Tomato Base & Rice

CHILI (Cf. Tomato)

**Chili & Beef** "Chili con Carne" with Beans & Onions

" & Spaghetti  
" (no Beans or Onions)  
" without Meat  
" & Spring Onions

**Tex-Mex Chili**

CHINESE

**Egg Drop Soup**  
**Hot Sauce Soup**  
**Wonton Soup**

CHOWDER

**North East Chowder**

Clam & Mushroom

CORN

**Corn with BB**  
" with CB

CUCUMBER

**Cold Cucumber** (cream)  
" & Squash  
" & Squash & Scallions  
" & " & Corn  
" " & Tomato

DANDELION

**Dandelion**  
" & Black-Eyed Peas  
" & Black-Eyed Peas & Corn  
" & Black-Eyed Peas & Corn & Sausage  
" & Black-Eyed Peas & Corn & Sausage & Onions  
" & Broccoli Cheese  
" & Cream of Mushroom  
" & Noodles  
" & Large Lima Beans  
" & LL & Corn  
" & LL & Corn & Sausage  
" & Mixed Beans  
" & Mixed Beans & Corn  
" & Navy Beans  
" & Navy Beans & Cabbage  
" & Navy Beans & Corn  
" & Pinto Beans  
" & Pinto Bean & Cabbage  
" & Pinto Beans & Peas  
" & Pinto Beans & Corn  
" & Pinto Beans & Corn & Sausage  
" & Potatoes  
" & Potatoes & Onions  
" & Mixed Beans  
" & Mixed Beans & Corn  
" & Tomato

GARLIC

**Garlic with BB** (cold)  
with CB  
" & Corn

GUMBO

**Gumbo** (Louisiana Style Seafood)  
" Chicken

JERUSALEM ARTICHOKE (Cf. Mushroom)

**Jerusalem Artichoke with BB**

**with CB**

- " & Mixed Greens
- " " & Tomato Base
- " & Potato
- " & Potato & Mixed Greens

KOHLRABI

**Kohlrabi with BB**

- with CB
- " & Cabbage & Onions
- " & Bean & Onion
- " & Tomato Base

LENTIL

**Lentil Soup with BB**

- " with CB
- " & Ham
- " & Ham & Corn
- " & Rice
- " & Rice & Tomato Base
- " & Sausage
- " & Sausage & Tomato Base
- " & Cabbage
- " & Cabbage & Tomato Base

MUSHROOM

- Cream of Mushroom** (cf. Dandelions)
- " & Brussels Sprouts
- " & Potatoes
- " & Olives
- & Jerusalem Artichokes
- Mushroom** & Pinto Beans
- " & " & Corn
- " & " & Peas
- " & " & Tomato Base

MUSTARD GREENS

- Mustard Greens with BB**
- with CB
- " & Radish Tops

ONION

- Onion with BB**
- with CB
- " & Corn
- " & Wild Rice

PEA

**Black-Eyed Pea Soup with BB**

- with CB
- " & Cabbage
- " & Sausage

" & corn  
**Split Pea & Carrots**  
 " & Cabbage  
 " & Sausage  
 " & Ham  
 " & Ham & Tomato Base  
 " & Ham & Bacon  
 " & Ham & Onions

**Peppers** & Tomato Juice PEPPER (Hot Hungarian)  
 & Rice

\* POKE (cf. Tomato)  
**Poke with BB**  
 " with CB  
 " & Corn  
 " " & Onions or Spring Onions  
 " & Kohlrabi  
 " & Buttermilk  
 " & Buttermilk & Spring Onions  
 " & Mushrooms & Tomato Base  
 " & Spring Onions & Tomato Base  
 " " & Potatoes  
 " & Mushrooms

**Potato Soup** POTATO  
 (cf Dandelion, Turnip)  
 " & Green Beans  
 " & Green Lima Beans  
 " & Brussels Sprouts  
 " " & Green Beans  
 " & Green Beans & Corn  
 " " & Onions  
 " & Cabbage  
 " & Cabbage & Spring Onions  
 " & Cabbage & Spring Onions & Mushrooms  
 " & Celery  
 " & Corn  
 " & Mint  
 " & Mint & Spring Onions  
 " & Mixed Greens  
 " " & Tomato Base  
 " & Mushrooms  
 " & Olives  
 " & Onions or Spring Onions  
 " & Peanuts & Tomato Base  
 " & Peas  
 " & Sauerkraut  
 " & Sausage  
 " & Green Tomatoes  
 " & Wild Garlic

PUMPKIN

**Pumpkin with BB** (cold)  
" with CB (cold)  
" & corn

SPINACH

**Spinach with BB**  
" with CB

SQUASH

**Squash,** Butternut & Cream (Boone Tavern)  
" & Garlic (cold)  
" & Garlic & Tomato (cold)  
" & Cucumber & Garlic

TOMATO

**Tomato Soup**  
" & Rice  
" & Rice & Cabbage  
" & Macaroni  
" & Mushrooms  
" & Olives  
" & Onions  
" & Peanuts  
" & Poke  
**Green Tomato** & Mixed Vegetable  
" " " & Sausage  
" " " & Rice  
**Fresh Tomatoes** & Onions & Basil & Oil  
**Tomato Juice & Pasta Sauce** (Hot) & Chopped Basil  
" " & Rice

TURNIP

**Turnip Soup with BB**  
" with CB  
" & Beans  
" " & Onions  
" & Chicken  
" & Ham  
" " & Wild Rice  
" & Corn  
" & Corn & Onions  
" & Onion & Tomato Base  
" " & Potato  
" & Potato  
" " & Onions  
" & Green Tomato  
" & Tomato Base  
" & Six Veggies

TURTLE

**Turtle Soup** (Illinois)



VEGETABLE (V)

- 12-V **Spring** -- mustard greens, garlic, dandelion, poke greens, spinach, dill, cabbage, tomato juice, radish tops, sorrel, mint & violet leaves
- " & Sausage
- 12-V **Summer** -- cabbage, kohlrabi, peppers, onion, mustard greens, peas, chervil, dill, basil, parsley, broccoli & tomato juice
- 12-V **Autumn** -- Brussels Sprouts, Broccoli, mustard, kale, carrots, Dill, collards, turnips, garlic, spinach, radish tops, parsley
- 12-V **Early Winter** -- Brussels Sprouts, Broccoli, mustard, kale, collards, turnips, garlic, carrots, spinach, radish tops, parsley, and purchased tomato juice
- 12-V Brown Rice
- " Brown Rice & Sausage
- " " " & Tomato Base
- 12-V & Green Tomato
- 12-V (Green Tomatoes) & Sausage
- 11-V (no beans)
- 11-V & Dandelion
- 9-V & Chicken
- 8-V -- cabbage, kohlrabi, onions, beans, peas, corn, spinach & radish tops
- 6-V -- beans, peas, corn, onion, oregano & peppers
- 6-V -- potato, celery, corn, beans, tomato base, peas and Beef
- 6-V & Macaroni
- " & Shell Pasta
- " & Rice

VENISON

Hunter's Stew

Total: 181

Zucchini

Zucchini with BB  
with CB  
& Pinto Beans & Green Tomatoes  
& Rice

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Notes

**Herbs and spices** are not listed. Most often I add soy sauce, black pepper, and either hot sauce, hot fresh Hungarian peppers or crushed red pepper. To this is added other herbs as fancy dictates.

**Beef or chicken bouillon** were added to each home-grown vegetable and then on occasions with mixtures of that specific vegetable with others; however the particular selection is omitted here.

**Poke** is always chopped, placed in water, brought to boil and decanted, a second patch of water added, and the boiling process repeated; the drained partly-cooked poke stems and leaves are ready to be made into soup.

Al Fritsch