

Navy Bean Soup

2 cups navy beans	2 stalks celery with tops, chopped
3 quarts water	2 tablespoons chopped parsley
1 ham bone	2 tablespoons Worcestershire
2 cups tomato puree	1 tablespoon salt
1 large onion, chopped	1/8 teaspoon pepper

Cover beans with water and soak overnight. Add remaining ingredients to soaked beans. Cover; bring to boil; reduce heat and simmer for 4-5 hours. 10 to 12 servings.

Mrs. Cassel's Tomato Soup

Sauté onion and celery in butter. Add 1 quart tomatoes. Simmer 15-20 minutes. Mix thickening (corn starch and milk). Add sugar. Add pinch of baking soda just before milk and immediately add milk while still foaming.

Cauliflower-Cheese Soup

1 small cauliflower (1¼ to 1½ pounds)	¾ teaspoon salt
1 small onion, thinly sliced	Pinch each ground nutmeg and white pepper
½ teaspoon dried chervil or parsley	2 cups half and half
1¾ cups rich chicken broth or 1 can (14½ ounces) chicken broth	1 cup (¼ pound) shredded sharp cheddar cheese
2 tablespoons butter or margarine	
1 tablespoon flour	

Cut out and discard cauliflower core. Remove and discard coarse outer leaves and separate cauliflower into flowerets (you should have about 4 cups).

In a 3-quart pan, combine cauliflower, onion, chervil and broth. Bring to boiling, cover, reduce heat, and simmer until cauliflower is tender (10-12 minutes). Remove and reserve about 1/3 of the cauliflower.

Transfer remaining cauliflower mixture to blender or food processor. Process until smooth.

In 3-quart saucepan, melt butter over medium heat; stir in flour, salt, nutmeg and pepper. Cook, stirring until bubbly. Remove from heat and gradually blend in cream. Return to heat and cook, stirring constantly until mixture boils. Blend in cauliflower puree and ¾ cup of the cheese. Heat, stirring often, until soup is steaming and cheese is melted.

Add reserved cauliflower and cook just until heated through (2-3 minutes). Serve sprinkled with remaining ¼ cup cheese. 5-6 servings (6 cups).