

Potato Soup

3 cups cubed potatoes
¼ cup finely chopped onion
½ teaspoon salt
1½ cups water

2 tablespoons all purpose flour
½ cup milk
1½ cups milk

Combine potatoes, onion, salt and water in 2-quart glass casserole. Cover with glass lid or plastic wrap. Microwave on HIGH for 12 to 15 minutes or until potatoes are tender. Blend flour with ½ cup milk to make smooth paste. Stir in 1½ cups milk. Stir into potato mixture and continue cooking on HIGH for 4 to 5 minutes or until thickened. About 4 servings.

Cream of Cauliflower Soup

4 cups chicken broth, homemade
or canned
1 small head cauliflower, cooked,
(about 3 cups)
4 tablespoons butter (2 ounces)
½ small onion, chopped

½ bay leaf
¼ cup flour
1 cup light cream
1 cup milk
Salt and pepper to taste

Melt the butter and add to it the onion and bay leaf. Cook until the onion is tender and yellow. Remove the bay leaf. Add the flour and cook for 3 minutes, stirring constantly. Remove from the heat and add the chicken broth slowly, stirring constantly. Add salt and pepper to taste. Return to heat and bring just to the boil, stirring constantly. Rub the cooked cauliflower through a strainer to make a puree. Add the strained cauliflower to the hot soup. Add the cream and heat thoroughly. If too thick, thin out with milk.

Gazpacho

(Spanish Cold Vegetable Soup)

1 garlic clove
1 onion, peeled
2 cucumbers
2 tomatoes, peeled
½ green pepper, seeds removed
2 (8-ounce) cans tomato sauce
¼ cup chopped celery

1 can condensed consommé
¼ cup wine vinegar
1/3 cup olive oil
¼ teaspoon Tabasco sauce
1 teaspoon salt
Quick grind black pepper

Have all vegetables washed and well chilled. Cut garlic in half. Rub inside of chilled glass or pottery bowl. Combine vegetables and chop very fine. Pour into seasoned bowl with tomato sauce, consommé, vinegar, oil, Tabasco, salt, and pepper. Mix well. Serve in chilled soup dishes. Makes 8 or more servings.