

Bernalillo County Extension
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Hearty New Mexican Soups and Stews



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Introduction

Yum! A pot of homemade soup or stew can be a great source of nutrition and a thrifty way to stretch your food dollar. Preparing homemade soups can also help you stay in control of what's in your food. Preparing your own stocks, soups and stews allows you to limit the amount of salt in them. Most soup recipes are easily altered by adding your own favorite vegetables including chopped green chile!

Make a large batch of soup and enjoy some for another meal. Many soups taste even better the next day!



Soup Safety

For best safety and quality, plan to eat (or freeze) refrigerated soup and stocks within a few days (no more than 4), and avoid letting soup sit at room temperature for more than 2 hours.

Don't put a large pot of hot soup directly into your refrigerator. According to the USDA, it would take an 8-inch stock pot of steaming chicken soup 24 HOURS to cool to a safe temperature in your refrigerator. To be safe:

- Transfer soup to shallow containers to speed cooling, making sure soup is no more than 2 to 3 inches deep. Cool in an ice water bath and refrigerate promptly. You can place loosely covered foods in the refrigerator while still warm; cover when food is completely cooled.
- When serving soup a second time, reheat it until it's steaming hot throughout, at least 165° F.

Freezing Soup

Freeze the soup you are not going to eat right away for later use using zipper style freezer bags. You can use the large bags to freeze a family size portion of soup or you can use small bags to make handy individual servings of soup. Just be sure you do not lay the bags directly on any type of rack in the freezer because it can freeze around the rack, which will make it difficult to remove. Simply put a paper plate down first, then once they are frozen you can arrange them on top of each other neatly stacked to conserve space. To serve the soup, run the bag under water and the frozen soup will just slip right out of the bag. Warm it on the stove or in the microwave and serve. You can also freeze your soup in plastic food grade containers. Simply pour the soup into any size container, leaving about a half-inch of space at the top to give the soup room to expand when it freezes. You can take out the container and let it thaw in the refrigerator, or you can run the bottom of the container under water and the soup cube will just pop out. Then heat the frozen soup on the stove or in the microwave and serve.

Thickening Soup

Roux is probably the most common thickening agent and is easy to make. A roux is made by using one part flour to equal part fat (butter or oil is preferred). Cook over low heat until the fat and flour come together. The longer the roux is cooked, the darker and more flavorful it becomes.

You can also use:

- Cornstarch or Arrowroot (both gluten free)
- Potato flakes (instant potatoes) or potato starch
- Pureed vegetables
- Bread crumbs (make your own using bread and a food processor)
- Crushed corn chips
- Grated Cheese
- Plain Yogurt or Greek Yogurt
- Cream
- Egg yolk (tempered with a little warm liquid before adding)

Tips for Tasty Soups and Stews

- Adding pasta at the end of the cook time prevents it from getting overcooked and mushy.
- Add the vegetables to your soup in the order of the time it takes to cook them. Carrots, onions and potatoes first, zucchini, fresh corn frozen peas, etc. during the last 10 minutes
- Try making soups with several ingredients in them; potatoes, barley, beans, lentils, rice, pasta, and lots of veggies too. (Barley needs about 1 1/2 hr. to cook)
- Add some vegetable or tomato juice.
- To reduce the fat content, make the soup the day before, chill and scrape off the fat that rises to the top
- Add a cup or wine or beer for additional flavor
- Use fresh or dried herbs (remember, a little can go a long way)
- A little lemon juice or a splash of vinegar can be all a dull soup needs to make a tasty zing!
- Try a little soy sauce or tobacco or Worchester sauce to add extra flavor.
- Fresh chopped parsley or cilantro added in the last few minutes of cooking adds a wonderful fresh flavor



Recipe for Soup or Sauce Mix (SOS)*

This a great mix to have made up for soups, gravies, creamed vegetables, skillet meals and casseroles and can be a substitute for a can or cream of soup in any recipe!

Ingredients:

2 cups powdered non-fat dry milk
¾ cup cornstarch
¼ cup instant chicken bouillon
2 Tablespoons dried onion flakes
2 teaspoons Italian Seasoning (or ground thyme, oregano and basil)
½ teaspoon ground pepper
1 teaspoon garlic powder (optional)

Directions:

Combine all ingredients in a re-sealable container or bag and mix well. Container can be stored in pantry and does not need refrigeration.

Yield is equal to 9 cans of cream soup.

To substitute for 1 can of cream soup:

- Combine ½ cup of dry mix and 1 ¼ cup of cold water.
- Cook and stir on stove top or in microwave until thickened.
- Add thickening mixture to casseroles as you would a can of soup.

*From Utah State Cooperative Extension Service

Mushroom Soup*

(using SOS Mix)

Ingredients:

1/3 cup SOS Mix

1 1/4 cups cold water

4 oz. can mushrooms, drained

Directions:

Whisk SOS Mix with water until well blended. Cook and stir on stove

top or in microwave until thickened. Add mushrooms.

Heat thoroughly. Yield: 2 servings

Broccoli Cheese Soup*

Ingredients:

1/3 cup SOS Mix

1 1/4 cups cold water

1/3 cup fresh or frozen broccoli

1 cup cheese, grated

Directions:

Combine SOS Mix with water until well blended. Cook and stir on

stove top or in microwave until thickened. Add broccoli and grated cheese. Stir and heat thoroughly.

*Recipes from Utah State Cooperative Extension Service

Veggie Stew*

Ingredients:

- 1 tablespoon vegetable oil
- 1/2 cup peeled and diced onion
- 2 stalks chopped celery
- 2 carrots, sliced in 2" sticks
- 1 medium potato, diced
- 1 can (about 15 ounces) diced tomatoes, with juice
- 1 zucchini, sliced, 1/4 inch thick
- 2 sprigs parsley, minced
- 1 cup water
- 1 teaspoon chicken broth granules (or 1 bouillon cube)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. In a deep pot add 1 tablespoon of vegetable oil.
2. Add onions and celery and sauté until they are soft.
3. Add the rest of the vegetables, 1 cup water and chicken broth granules
4. Season with salt and pepper
5. Cover and simmer slowly for 30 minutes or until carrots and potatoes are tender.

*Recipe adapted from Oregon State Extension Publications

New Mexico Green Chili Stew

Ingredients:

- 2 cups chopped green chiles, roasted, peeled, seeded (fresh, frozen, or canned)
- 2 pounds cooked cubed pork (or beef)
- 4 cups meat stock (home made from cooked meat, or store bought stock)
- 1/4 cup all-purpose flour
- 2 tablespoons oil
- 2 large onions, finely chopped
- 2 (14-1/2-oz.) canned diced tomatoes
- 2 cups chopped potato (optional)
- 1/2 teaspoon garlic powder
- 2 teaspoons salt

Directions:

Coarsely chop chiles. Cook meet and put into a 3-quart pot. Saute onions in oil then add four and brown lightly. Add stock, chiles, onions, and remaining ingredients to meat and mix thoroughly. Cover and simmer 1 hours or until meat is tender and mixture is slightly thickened.

Turkey Stew

Yield: 4 servings

Ingredients:

- 2 teaspoons vegetable-oil
- 1 can (15 ounce) tomatoes, diced
- 1/2 cup chopped onion
- 2 cups water
- 1 finely chopped garlic clove or 1/2 teaspoon garlic powder
- 2 cups chopped, cooked turkey
- salt and pepper to taste
- 4 chopped carrots
- Italian seasoning or oregano, basil or thyme to taste
- 2 chopped celery stalks
- 1 can (15 ounce) tomatoes, diced
- 2 chopped potatoes

Directions:

1. Heat oil in medium saucepan. Add onion, garlic, carrots and celery and stir two minutes.
2. Add potatoes, tomatoes, and water to pan. Bring to a boil, then lower heat and simmer 30 minutes or until vegetables are tender. Add turkey and cook another five minutes or until heated.
3. Season to taste before serving. Refrigerate leftovers.

Source: Adapted from: Montana Extension Nutrition Education Program Website Recipes, Montana State

Making Stock

Stock is a clear, unthickened liquid made by extracting flavor from meat, poultry, fish, and their bones, and from vegetables and seasonings. Homemade stock is simple to prepare and yields much better taste than canned stock or broth.

The standard ingredients in stock include:

Bones -- chicken bones for chicken stock, beef or veal bones for beef or veal stock, and fish bones for fish stock

Meat — Because of its cost, meat is rarely used in stock-making anymore. However, you may choose to use pieces of meat. Any meat left after cooking the stock should be removed and used in another dish.

Mirepoix — a combination of onions, carrots, and celery. It is important that the proportion of vegetables be twice as many onions as carrots and celery. For example, if you are using 1 cup of chopped onions, use 1/2 cup carrots, and 1/2 cup celery.

Seasonings and spices — Salt is usually not added when making stock. Bay leaves, peppercorns, parsley, and thyme are the most common herbs and spices used.

Basic Chicken Stock

Yield: 1 gallon

- 8 lbs. chicken bones or pieces
- 5 quarts cold water
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 dried bay leaf
- 1/8 tsp. dried thyme
- 1/8 tsp. peppercorns
- 3 to 4 parsley stems
- 1 whole clove

Rinse bones in cold water and place in large stock-pot. Add 5 quarts cold water and bring to a boil. Reduce heat to simmer and skim the scum carefully.

Add onion, carrots, celery and seasonings. Simmer for 3 to 4 hours, skimming as necessary. Add water, if needed, to keep bones covered. Strain through a cheesecloth lined strainer to remove all particles.

Place in ice water bath to cool down before storing in freezer or refrigerator.

Basic Beef Stock

Yield: 1 gallon

- 8 lbs. beef or veal bones
- 5 to 6 quarts cold water
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/4 cup tomato paste
- 1 bay leaf
- 1/8 tsp. dried thyme
- 1/8 tsp. peppercorns
- 3 to 4 parsley stems
- 1 whole clove

Do not rinse bones. Place in a roasting pan in a 400° F. oven and brown them well. Transfer bones to a large stockpot, cover with cold water, and bring to a simmer, skimming as needed. Brown the onions, carrots, and celery in the roasting pan. Add the tomato paste and continue to brown; then deglaze roasting pan with water and add to stockpot. Add seasonings. Simmer for 6 to 8 hours, adding water as needed to keep bones covered. Strain through a cheesecloth lined strainer. Cool in an ice water bath before freezing or refrigerating.

Chicken Tomatillo Soup

- 1 to 1 1/2 pounds cooked chicken or turkey, shredded
- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 to 3 garlic cloves, chopped
- 1 jalapeño, seeded and chopped
- 2 rounded tablespoon chili powder
- 1 16-ounce jar tomatillo salsa
- 1 beer, any brand you like (if you don't want to use beer just add an extra cup of chicken stock)
- 1 quart chicken stock
- 3 cups crushed tortilla chips, divided
- 1 bunch cilantro leaves
- Juice of lime

Heat a heavy-bottomed pot over medium-high heat with the olive oil. Cook onions, garlic, and jalapeño until soft, about 4 minutes. Add chili powder and cook for another minute. Add the tomatillo salsa, beer and stock. Bring up to a bubble and add in the shredded chicken. Simmer for 10-15 minutes.

Meanwhile, grind 1/2 the tortilla chips and the cilantro leaves in a food processor. Add this mixture to the chili and continue cooking until it thickens, about 8-10 minutes.

Right before spooning into bowls, add in the lime juice and serve with some whole corn tortilla chips alongside.

Potato Soup

Ingredients:

- 4 medium to large baking potatoes
- 1 to 2 quarts cold water
- 1 cup chicken broth
- 2 Tbsp. butter
- 2 cups milk or light cream
- 1/4 cup instant potato flakes
- Salt and pepper to taste

Peel and rinse potatoes. Dice into 1/2-inch pieces and rinse again. Place potatoes into medium stock pot and fill with enough cold water to cover the potatoes by one inch. Bring to a boil and cook for about 15 to 20 minutes, or until potatoes are fork-tender. Add chicken stock, butter, and milk. Return to boil. Stir in instant potato flakes and let simmer about 5 minutes. Add more flakes if you prefer the soup to be thicker. Salt and pepper to taste.

Yields: 4 to 5 servings

Garnish with grated cheese, bacon bits, chopped chives, and sour cream, if desired.

Cream of Tomato Soup

- 3 tablespoons olive oil
- 1 cup chopped red onions (approx. 1 large onion)
- 1 tablespoon minced garlic (3 cloves)
- 2 (28 oz.) cans diced tomatoes in juice
- 1 1/2 teaspoons sugar
- 1 tablespoon tomato paste
- 1/4 cup packed chopped fresh basil leaves
- 3 cups chicken stock
- 1 tablespoon kosher salt
- 2 teaspoons freshly ground black pepper
- 3/4 cup heavy cream

Heat the olive oil in a large, heavy-bottomed pot over medium-low heat. Add the onions and saute for about 10 minutes, until very tender. Add the garlic and cook for 1 minute. Add the tomatoes, sugar, tomato paste, basil, chicken stock, salt, and pepper and stir well. Bring the soup to a boil, lower the heat, and simmer, uncovered, for 30 to 40 minutes, until the tomatoes are very tender.

Process mixture through a food mill into a bowl, discarding only the dry pulp that's left, or puree with hand blender and strain. Add heavy cream and reheat the soup over low heat just until hot. Serve with julienned basil leaves and/or croutons.

Split Pea Soup

Ingredients:

- 1 small onion, chopped
- 1 tablespoon vegetable oil
- 4 cups water
- 1 can (14-1/2 ounces) chicken broth
- 1-1/2 cups dried green split peas
- 1 cup cubed fully cooked ham
- 3 bay leaves
- 1-1/2 teaspoons salt
- 1/2 teaspoon dried rosemary, crushed
- 1/4 teaspoon dried thyme

1/4 teaspoon pepper

Directions: In a large saucepan, saute onion in oil until tender. Add remaining ingredients. Bring to a boil; reduce heat. Cover and simmer for 1 hour or until peas are tender. Discard bay leaves. **Yield:** 6 servings.

Ham and Bean Soup

Ingredients:

- 1 (16 oz.) lean ham steak or two cups leftover holiday ham
- 2 Tbsp. olive oil
- 1 large onion, diced
- 1 bunch green onions, chopped
- 2 large carrots, diced
- 2 celery ribs, diced
- 1 Tbsp. jarred ham-flavored soup base
- 1/2 tsp. pepper
- 2 (15 oz.) cans navy beans, drained
- 2 (15 oz.) cans cannellini beans, drained
- 1 (15 oz.) can black-eyed peas, drained
- 2 (15 oz.) cans pinto beans, drained
- 4 large potatoes, peeled and diced

Trim fat from ham steak; coarsely chop ham. Reserve bone.

Cook ham in hot oil in a Dutch oven over medium-high heat, stirring often, 6 to 8 minutes, or until browned. Add diced onion and next 5 ingredients, and saute 5 minutes or until onion is tender.

Stir in reserved ham bone, beans, and potatoes; add water to cover. Bring to a boil; cover, reduce heat to low, and cook, stirring occasionally, 45 minutes. Remove and discard bone before serving.

Taco Soup

Ingredients:

- 1 lb. ground beef
- 1/2 cup diced onions
- 1 (15 oz.) can hominy
- 1 (15 oz.) can chopped tomatoes
- 1 (15 oz.) can Rotel tomatoes
- 1 (15 oz.) can Pinto beans
- 2 cups water
- 1 pkg. taco seasoning
- 1 pkg. ranch dressing mix (dry; 3 Tbsp.)

Cook ground beef in medium stockpot until well browned. Add onions and continue cooking until softened. Add hominy, tomatoes, Rotel, and pinto beans, water, taco seasoning, and ranch dressing mix. Bring to a boil, reduce to simmer and cook 30 to 45 minutes to allow flavors to blend.

To make in a slow cooker: Brown beef and onions; add to cooker. Add remaining ingredients. Cover and cook on low 4 to 6 hours.

Ranch Style Stew

From the U Lazy S Ranch, Post Texas

1 ½ lbs. stew meat, cut into cubes and dried with a paper towel
2 Tbsp. oil

Brown stew meat in oil over medium high heat until nicely browned. (Hint: the darker it browns, the darker your final stew “gravy” will be). Add:

1 clove garlic, minced
1 medium onion, sliced

And cook until onions are slightly softened.

Bring 4 cups of water to a boil and add:

1 tsp. lemon juice
1 tsp. Worcestershire sauce
½ tsp. paprika
½ tsp. pepper
1 Tbsp. salt
1 Tbsp. sugar
Dash of allspice

Pour over browned meat, cover, and simmer for 2 hours.

Add 6 small carrots, sliced, and 4 medium potatoes, diced, and continue cooking until vegetables are done, approximately 30 to 45 minutes. Stir in ¼ to ½ cup instant potato flakes to thicken the juice to desired consistency. Simmer an additional 5 minutes. Serves 6 to 8.

Italian Vegetable Soup

- 1 pound ground meat
- 1 cup onion (or 1 medium onion), chopped
- 1 cup celery chopped
- 1 cup carrots chopped
- 2 cloves of garlic, grated
- 30 oz. tomatoes, diced
- 2 cans kidney beans
- 2 cups broth or water
- Chopped parley (about 1/3 cup)
- 1 teaspoon dried oregano or 1 Tablespoon fresh
- Salt and pepper to taste
- 2 cups chopped cabbage
- 15 oz. corn, frozen or canned
- 15. oz. green beans
- 1 cup pasta noodles, cooked

Brown your meet, adding garlic and onion.

In a soup pot add broth, carrots, celery and boil for 5 minutes then add the rest of the vegetables and spices.

Boil for 15 minutes then add pasta and boil for another 5 to 10 minutes.

You will need to add more water or broth as you go for as soupy as you prefer.

Lentil Soup with Kale and Sausage

Ingredients:

- 1 Tablespoon olive oil
- 1 pound green chili turkey sausage (can be substituted for any kind of sausage)
- 1 ½ cups dry lentil
- 1 onion chopped
- 3 cloves of garlic, grated
- Salt and pepper, thyme and rosemary (1 teaspoon each)
- 5 cups chicken stock
- ½ cup tomato sauce (or 1 small can)
- 1 bunch of Kale, thick stems removed and discarded, leaves shredded

Directions

Rinse lentils in a colander and put them in a large soup pot, add 3 cups of water cook about 20 minutes on medium-high

In a skillet add olive oil and sausage on medium-high heat. Cook sausage about 5 minutes then break into small pieces with a potato masher or a spoon. Add onions and garlic and continue about 10 minutes.

Drain the lentils then add chicken stock, tomato sauce and sausage mixture to soup pot and cook at a boil. Once soup reaches boil add shredded kale and cook another 30 minutes or until lentils are tender.

Notes



Cindy Schlenker Davies, Home Economist
Bernalillo County Extension Service
1510 Menaul NW
Albuquerque, NM, 87107
505-243-1386
Email: csdavies@nmsu.edu