



# Autumn Recipes

## Favorite Soups for Cooler Weather

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### Tomato Basil Soup

4 cups (8 - 10) fresh tomatoes, peeled, cored and chopped OR 4 cups canned whole tomatoes, crushed and drained  
4 cups tomato juice, OR mixture of tomato juice and and vegetable or chicken stock  
12 - 14 fresh basil leaves  
1 cup heavy cream  
½ cup butter, melted  
¼ teaspoon black pepper  
Salt to taste

Combine tomatoes with juice (or stock) in large saucepan. Simmer over low heat for 30 minutes. Cool slightly, then process in batches in a blender or food processor with the basil leaves until pureed. Return to saucepan and gradually add cream and melted butter. Stir until well blended and heated through. Season and serve. Serves 6

*Nutritional Analysis per serving: 368 Calories; 4 g. Protein; 21g. Carbohydrates; 32 g Fat; 98 mg. Cholesterol; 2 g. Fiber; 544 mg. Sodium.*

Try this modified recipe using 1 cup half and half and margarine instead of butter: **276 Calories; 4 g. Protein; 21g. Carbohydrates; 20 g Fat; 16 mg. Cholesterol; 2 g. Fiber; 544 mg. Sodium.**

### Hamburger Soup

1 pound cooked lean ground beef  
1 large can tomato / vegetable juice  
1 bag frozen mixed vegetables

Mix everything together in a crockpot and cook on low 4 to 5 hours. Can also be cooked on the stovetop. Serves 6.

*Nutritional Analysis per serving: 118 Calories; 8 g. Protein; 6 g. Carbohydrates; 7 g Fat; 27 mg. Cholesterol; 2 g. Fiber; 470 mg. Sodium.*

### Instant Black Bean Soup

2 - 15 ounce cans black beans, undrained  
½ cup bottled salsa  
1 tablespoon chili powder  
1 - 16 ounce can fat free chicken broth  
Shredded reduced fat sharp cheddar cheese  
Lowfat sour cream  
Chopped green onions

Place undrained beans in saucepan and mash slightly. Stir in salsa, chili powder and broth. Bring to boil and heat through. Ladle into bowls and top with condiments. Serves 5

*Nutritional Analysis per serving: 206 Calories; 15 g. Protein; 33 g. Carbohydrates; 2 g Fat; 5 mg. Cholesterol; 5 g. Fiber; 96 mg. Sodium.*

### Corn Chowder

1 tablespoon vegetable oil  
2 tablespoons each finely chopped celery, onion, green pepper  
1 package (10 ounce) frozen corn  
1 cup peeled, diced raw potatoes  
1 cup water  
¼ teaspoon each salt and paprika  
Black pepper to taste  
2 tablespoons flour  
2 cups low fat (1%) milk

Heat oil in medium saucepan. Add celery, onion and green pepper and saute for 2 minutes. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender. Place ½ cup of milk in a tight fitting jar with lid. Add flour and shake vigorously. Add gradually to cooked vegetables and add remaining milk. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve with chopped fresh parsley. Serves 4.

*Nutritional Analysis per serving: 210 Calories; 8 g Protein; 33 g Carbohydrates; 7 g Fat; 10 mg Cholesterol; 3 g Fiber; 219 mg Sodium.*

## Todd's Tasty Taco Soup

*A favorite recipe from Todd Williams,  
County Extension Agent - Agriculture  
Rockwall County*

- 1 can kidney beans
- 1 can pinto beans
- 1 can beans of your choice
- 1 can mixed vegetables
- 1 can tomatoes and chilies
- 2 cans stewed tomatoes
- 1 package dry ranch style dressing mix
- 1 package taco seasoning
- 1 pound lean certified Hereford ground beef

Brown the lean certified Hereford ground beef. Take crock pot and put on counter top. Plug into electric outlet. Throw (key word - throw) everything into the crock pot. Turn on High and cook for 4 hours or turn on Low and cook all day. Remember presentation is everything, so when serving follow these specific instructions: Take corn chips and crumble them up to make a layer in bottom of individual bowls. Then add soup. Follow this with a delicious sprinkling of your favorite grated cheese. Garnish with avocado slices. Serve hot. Serves 4 large helpings.

*Nutritional Analysis per serving: 289 Calories; 17 g. Protein;  
35 g. Carbohydrates; 10 g Fat; 28 mg. Cholesterol; 13 g. Fiber;  
697 mg. Sodium.*

## Mexican Dump Soup

- 1 large can chicken and rice soup
- 1 can corn, undrained
- 1 can barbeque style beans, undrained
- 1 can tomatoes and chilies, undrained

Mix all together into a soup pan and heat to boiling. Simmer for a few minutes. Serve with sliced avocado, grated cheese and tortilla chips.

*Nutritional Analysis per serving: 170 Calories; 5 g. Protein;  
22 g. Carbohydrates; 8 g Fat; 1 mg. Cholesterol; 4 g. Fiber;  
430 mg. Sodium.*

## Winter Sausage Soup

*A hearty and flavorful recipe from the Hill County –  
the Peach Tree Tea Room, Fredericksburg*

- 2 pounds smoked link sausage, sliced
- 1 medium onion, chopped
- 2 cups sliced carrots
- 1 28-ounce can whole tomatoes, chopped and undrained
- 1 cup chopped celery
- 4 cups peeled and cubed potatoes
- 16 cups beef broth
- 1 garlic clove, minced
- 1 tablespoon brown sugar
- 1 teaspoon pepper
- 4 cups shredded cabbage
- Salt to taste

In a large stockpot, brown the sausage. Drain off the fat. Add remaining ingredients except cabbage and salt. Bring to a boil, reduce heat and simmer, covered for 1 hour. Add cabbage and cook for 15 minutes more. Taste for salt. Garnish with chopped parsley.

*Nutritional Analysis per serving: 220 Calories; 10 g. Protein;  
15 g. Carbohydrates; 13 g Fat; 32 mg. Cholesterol; 2 g. Fiber;  
1116 mg. Sodium.*

## Susan's Soup

*A quick and easy recipe from Susan Richey,  
Dallas County Extension Agent - FCS*

- ½ pound cooked lean ground beef
- 1 can minestrone soup
- 1 can pinto beans
- 1 can tomatoes and chilies
- ½ pound processed cheese, cubed

Mix everything together in a crock pot. Cook on low for 5 hours. You can also cook on the stove top – mix everything except the cheese. Bring to a boil and heat through. Remove from heat and add the cheese to prevent curdling. Serves 6.

*Nutritional Analysis per serving: 245 Calories; 6g. Protein;  
24 g. Carbohydrates; 6 g Fat; 43 mg. Cholesterol; 5 g. Fiber;  
1583 mg. Sodium*

Special thanks to my sisters for most of these recipes – Peg, Marty and Laurie.  
From my family to yours. Enjoy!