



Soup is not a Meal... or is it?

Anyone who watched Jerry Seinfeld will never forget the “Soup is not a Meal” episode. Yes, soup is a meal, whether it is a cup, a bowl or you crumbled a cracker in it! By the way not all soups require or desire a crumbled cracker. In my humble opinion no soup requires a cracker. With that being said, soup is a favorite meal at our house. Summer, Winter, Spring or Fall there is a soup that fits the menu.

Different soups are perfect for various seasons, as they reflect seasonal ingredients and the kind of comfort you might crave depending on the weather. Here’s a list of soups according to season. As you can see, each season offers unique ingredients that make soups the perfect way to celebrate fresh produce or stay cozy all year!



Spring Soups

Asparagus Soup: Light and refreshing, asparagus is a classic spring vegetable that shines in a simple soup with cream or broth.

Pea and Mint Soup: Bright,

fresh peas paired with mint give a light, sweet, and refreshing soup that’s perfect for the start of warmer days.

Lemon Chicken Orzo Soup: A citrusy, light chicken soup with orzo pasta that embodies the freshness of spring.

Carrot Ginger Soup: Sweet carrots paired with a hint of ginger offer a perfect balance of warming and light flavors.



Summer Soups

Gazpacho: A chilled Spanish soup made with fresh tomatoes, cucumbers, peppers, and onions—perfect for hot summer days.

Cucumber Dill Soup: A

refreshing, creamy cold soup with cucumber and dill, great for cooling down during the summer heat.

Corn Chowder: Fresh summer corn makes this soup sweet and creamy, a great way to use up those summer harvests.

Chilled Avocado Soup: Rich and creamy, this cool soup is ideal for warm weather and pairs well with a squeeze of lime.



Fall Soups

Butternut Squash Soup:

Creamy and rich, with hints of nutmeg and cinnamon, this soup captures the essence of autumn.

Pumpkin Soup: With its

warm spices like nutmeg, cinnamon, and cloves, pumpkin soup is an autumn classic.

Lentil Soup: Hearty and packed with protein, lentil soup is warming and perfect for fall as the weather cools down.

French Onion Soup: With caramelized onions and melty cheese on top, this comforting soup is ideal for crisp fall evenings.

▲ Spring soup: Split pea soup with balsamic pearls, Summer soup: Cream of Avocado Soup, Fall soup: Lentil with Curry soup and Scallop with crema



Winter Soups

Beef Stew: Rich and hearty, filled with chunks of beef, potatoes, and carrots—this is the ultimate comfort during cold winter months.

Chicken Tortilla Soup: A spicy, warming soup with chicken, tomatoes, beans, and crunchy tortilla strips—ideal for warming up in winter.

Clam Chowder: Creamy and hearty, clam chowder is perfect for winter, especially when served with crusty bread.

Tomato Basil Soup: Pair it with a grilled cheese, and this creamy, warm soup is a cozy winter classic.

With each seasonal soup, I am always in the search for something unique in my presentation. I love a dramatic approach in serving soup. You might choose a unique vessel, elaborate topping or something to accompany or pair with your soup. Be creative, you can not go wrong with any of your choices.

Here are some ideas to complement your soup creations

Crusty Bread, perfect for dipping and soaking up the broth. Sourdough, baguettes, or ciabatta work especially well with hearty soups like tomato or vegetable.

Grilled cheese sandwich is a classic combination with soups like tomato basil or creamy bisques. The crispy, cheesy sandwich adds a savory contrast to the soup.

A fresh salad pairs well with rich soups, balancing out heavier flavors. Light salads with vinaigrettes complement creamy soups, while heartier salads go with broths like chicken noodle or minestrone. A salad definitely makes soup a meal!

Cornbread is a slightly sweet option that pairs perfectly with chili, black bean soup, or even hearty stews.

Pita or Naan Bread are softer breads. They are perfect for scooping up thicker soups or stews, such as lentil or Indian-inspired soups like dal.

Each pairing can enhance the soup experience by offering contrasting textures or complementary flavors.

One tip I have that is a game changer is the rotisserie chicken. Many of my recipes use a rotisserie chicken. I prefer the ones at Sam's. They are truly a loss leader for the store but a big winner for all of us. I use the bones and skin of the chicken to make my own bone broth. It has so much flavor as well as infused protein.

Why not start at the top? I love Lobster bisque! Could anything be better than lobster and cream mixed together? I love this bisque with a puff pastry top.

DELICIOUS LOBSTER BISQUE

Bisque

4 lobster tails

2 T. butter

1 T. olive oil

1 onion, finely chopped

2 carrots, peeled and finely chopped

2 stalks celery, finely chopped

1 tsp. fresh thyme, chopped

1 tsp. fresh tarragon, chopped,

plus more to serve

1 tsp. chicken bouillon base

½ tsp. salt

¼ tsp. cracked pepper

½ tsp. cayenne pepper

4 cloves garlic, minced

2 T. tomato paste

3 T. all-purpose flour or plain flour

1 C. dry white wine or sherry

¼ C. sherry

4 C. lobster stock or seafood or fish stock

1 C. heavy cream

Garlic Butter Lobster Meat

2 T. butter

2 cloves garlic, minced

1 tsp. salt or to taste

1 pinch pepper to taste

1 pinch cayenne to taste

Lobster Stock

Fill a large pot with 5 C. of water. Stir in 1 tsp. sea salt and bring to a boil.

Add the lobster tails, cover with lid and let boil for 5 minutes, or until bright red.

Remove lobster tails, reserving the liquid stock. When the lobsters have cooled slightly, remove the meat from the shells, reserving the meat and any liquid that comes out of the shells.

Return lobster shells back to the water in the pot. Bring to a boil, reduce heat to medium-low and let simmer for a further 15 minutes to draw as much flavor out of the shells as possible.

While stock is simmering, chop the meat into bite-sized pieces and refrigerate.

Bisque

Heat butter and oil in a large, heavy-based pot over medium heat. Sweat the onions, carrots, celery and fresh herbs. Cook until soft, about 5 minutes. Season with the bouillon powder, salt and pepper/s. Stir in 4 cloves of minced garlic and cook until fragrant, about 1 minute.

Mix in tomato paste, cook for a further minute to coat vegetables. Sprinkle over flour and cook, while stirring occasionally for a further 2 minutes.

Pour in wine and sherry, simmer and let reduce to half. Stir in lobster stock, reduce heat and gently simmer while stirring occasionally, until liquid has thickened slightly and flavors have blended, about 30 minutes.

Take off the heat, transfer mixture to a blender and blend until smooth. Alternatively, purée* with an immersion blender until very smooth. Return to medium-low heat and stir in heavy cream.

*Purée right in the pot with an immersion blender or pour into a blender. If using a blender, you may need to blend in batches of two or three to prevent pressure from building up inside the blender. Make sure you take the center piece out of the lid to let the steam escape.

Garlic Butter Lobster Meat

Melt butter in a skillet pan over medium heat. Sauté garlic for 30 seconds, until fragrant. Add in chopped lobster meat, season with salt, pepper and cayenne to taste. Lightly sauté for 1 minute while stirring occasionally, until lobster meat is just warmed through.

To Serve Lobster Bisque

Mix ¼ of the lobster meat into the bisque. Pour into individual serving bowls. Top each bowl with remaining lobster meat and extra tarragon.

NOTES:

To Remove Lobster Meat:

- 1 Place lobster tail on your counter with the back of the tail facing up. Use sharp kitchen shears to cut down through the center to the end of the tail. With your thumbs and fingers, open the shell to loosen it from the meat, opening the meat away from the shell side walls. Pull the meat up from the bottom of the shell to separate the shell from the meat underneath it.
- 2 Alternatively, use both hands to press down on tail to crack shell. Hold tail, shell facing down, and pull back on both sides of shell to crack open and remove meat.

CREAM OF ASPARAGUS SOUP

2 T. butter
1 clove garlic, minced
½ C. chopped onion
2 lb. asparagus, ends trimmed and heads cut into 1" pieces
Kosher salt

Freshly ground black pepper
6 C. low-sodium chicken broth
½ C. heavy cream, plus more for garnish | use Mexican Cream or fat free ½ and ½

In a heavy pot over medium heat, melt butter. Add garlic and cook until fragrant, 1 minute. Add asparagus, season with salt and pepper, and cook until golden, 5 minutes. Add broth and simmer,

covered, until asparagus is very tender but still green, 10 to 15 minutes.

Using an immersion or regular blender, puree soup. If using a regular blender, be sure to stop and remove lid a few times to avoid overheating the soup. Return to pot, stir in cream, then warm over low heat. Season with salt and pepper to taste.

BECKY'S CREAM OF SOUTHWESTERN BRIE SOUP with Spicy Grilled Cheese Sandwich

| | |
|----------------------------------|---|
| 1 onion, chopped | 8 oz. brie cheese, rind removed |
| 2 cloves garlic, minced | 4 ounces cream cheese |
| 4 T. butter | 1 C. heavy cream |
| 1 pound fresh mushrooms | 3 T. cornstarch (more depending on how thick you want the soup) |
| 6 T. cooking sherry | 3 T. of water to mix with cornstarch |
| 6 C. chicken broth | ½ tsp. salt |
| ¼ tsp. cayenne pepper (optional) | |

Sauté onions, garlic and mushrooms in butter. Add sherry and chicken broth. Simmer for 10 minutes.

Before adding the brie cheese, remove the rind. Add cheese, cream cheese and cream. Using a hand-held immersion blender to process the soup until the cheese is smooth.

Return the soup to the stove. Mix the cornstarch with water and whisk into the soup to thicken. Bring to a soft rolling boil and remove from the heat. Add the pepper and salt at this time. Sprinkle with cayenne if desired.

Tips for making Brie soup: When removing rind from the brie, I stick my knife in the boiling stock first to make it hot and then it makes the process easier.

Grilled Pimento Cheese Sandwich

1-½ C. shredded sharp jalapeño jack cheese
(It is always best to shred the cheese yourself - it is much fresher)
½ C. real mayonnaise
2 T. Durkee's Dressing (plus more for spreading bread)
1 (4-ounce) jar chopped pimentos, drained
Pinch of cayenne pepper
Kosher salt and freshly cracked black pepper
Milton's Healthy grained bread, brioche or any hearty bread

Pulse the cheese, mayonnaise, Durkee's, pimentos and cayenne in the food processor until just combined. Season with salt and pepper. Cover and chill for at least 3 hours.

Spread some additional Durkee's on the inside of each slice of bread. On a clean work space place a

good amount of pimento cheese evenly on the bread and top with the remaining slice of bread. Brush each top side of the bread with soft butter.

Toast in a large nonstick skillet over moderate heat, cook until the bread is golden brown and the cheese is starting to melt, about 3 minutes. Turn the sandwiches over and cook until golden brown, about 3 minutes more. Wipe the pan clean and repeat with the remaining sandwiches.

I use a cookie cutter to cut my bread into circles or any shape you desire before cooking.

BECKY'S CREAM OF ONION SOUP **WITH WHITE TRUFFLE OIL**

with Smoked Gouda Grilled Cheese

| | |
|---|--|
| 2 T. butter | 1 large russet potato, peeled and chopped |
| 1 T. olive oil | 4 ounces cream cheese |
| 4 large sweet white onions, peeled and chopped | 1 C. heavy cream |
| 6 whole shallots, cleaned, peeled and chopped | 2 T. sherry |
| 2 large garlic cloves, minced | ¼ tsp. cayenne |
| 6 C. chicken stock | Salt and pepper to taste |
| | 2 drops white truffle oil |

Saute onion, shallots and garlic in butter and olive oil. Saute for about 20 minutes, making sure the garlic does not burn. Add broth and potato and simmer until the potato is soft. Cool this mixture.

Working in batches, puree the soup in a blender or food processor. (I use a hand help emulsifier - I think they are great). Add this back to the stockpot. Add the remaining ingredients except the truffle oil. Simmer using a whisk to break up the cream cheese. Before serving drop 2 drops of truffle oil on the top of the soup.

This can be made up to two days ahead or can be stored in the freezer for up to 3 months. If you are freezing the soup wait to add the cream until you reheat the soup.

Smoked Gouda Grilled Cheese

*White Bread (Homemade is the best but regular bread works),
cut into desired shapes before grilling*

Thinly sliced smoked gouda cheese

Durkee's Dressing

Soft Butter

Cut bread into desired shapes and spread inside of each piece of bread with Durkee's. Place a slice of Smoked Gouda that has been cut into the same shape as the bread. Brush the outside pieces with butter and griddle until brown and cheese is melted. Serve to the side of the soup or on top of the soup. *AW*

NOW ACCEPTING NEW PATIENTS

COURTNEY CARTEL, DDS

MANDIE BOOTHE OLLINGER, DDS



AMARILLO

DENTAL WORKS



(806) 352-8381

AmarilloDentalWorks@gmail.com

**3501 Soncy, Suite 105
Amarillo, Texas 79119**