
BEEF SOUP WITH DUMPLINGS

1 (13 ¾-ounce) can any broth (1 ¾ cups)
2 pounds beef shoulder roast
½ teaspoon freshly ground black pepper
1 pound cabbage, shredded
4 carrots, peeled and chopped
4 potatoes, peeled and chopped
1 cup chopped onion
½ cup chopped fresh tomato
2 teaspoons paprika
salt and pepper to taste
1 (4-ounce) can sliced mushrooms, plus liquid
4 cups water

Place broth, salt, pepper, and cooking rack in a 6-quart pressure cooker, add pork. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 25 minutes. Use the quick release or cold water to drop the pressure then open the lid. Remove meat and cut away from the bones, return to cooker. Add cabbage, onion, tomato, paprika, mushrooms, and water to meat mixture. Lock the lid, bringing to pressure again over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 5 minutes. Let pressure drop of its own accord. Add dumplings and cook as directed in dumpling recipe. Makes 8 servings.

Dumplings

1 ½ cups all-purpose flour
2 ½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon caraway seeds
1 tablespoon shortening
2 tablespoons chopped fresh parsley
1 egg, beaten
1 (8-ounce) carton plain yogurt

Mix flour, baking powder, baking soda, salt, and caraway seeds in mixing bowl; cut in shortening. Add chopped parsley. Mix together egg and yogurt; add to flour mixture and mix until just moistened. When soup is finished, drop mixture by rounded tablespoonful onto top of simmering soup. Steam, uncovered, for 25 minutes over medium heat. Serve 1 dumpling in each bowl of soup. Makes 8 dumplings

SWEET POTATO SOUP

1 medium onion—finely chopped
3 stalks celery—thinly sliced
5 sweet potatoes -- peeled and grated
2 large McIntosh apples—peel, core, grated
5 cups any kind of stock or bouillon
1 ½ teaspoons grated orange peel
salt to taste

Heat the butter in the pressure cooker. Saute the onions until soft, about 3 minutes. Add the celery and grated potatoes and toss to coat with the butter. Add the grated apples, stock, 1 teaspoon orange zest, and salt. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure, and cook for 4 minutes. Let the pressure drop naturally or use a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. If the soup seems too thin, puree about 1 third of it and stir the puree back into the soup. Stir in the remaining ½ teaspoon orange zest and salt to taste. Heat thoroughly before serving. Serves 6 to 8

FRENCH ONION SOUP

4 large onions
2 tbsp. melted butter or margarine
2 cups Swiss or Gruyere cheese
5 cups cold water
salt and pepper
4 slices French bread
1 tbsp. hot cooking oil for pan frying
2 tbsp. cornstarch
2 tbsp. cold water
Pan-fry onions in butter in a pressure cooker over moderate heat until golden brown. Remove from heat and allow to cool slightly. Add water, salt and pepper. Cover, seal and bring to full pressure. Cook 5 minutes. Reduce pressure slowly. Blend cornstarch with cold water. Stir into onion mixture and simmer, uncovered, until soup is slightly thickened. Pan-fry bread in oil until golden brown in a frypan. Cut each slice into quarters and lay in the base of 6 individual heat-proof tureens, dividing evenly. Pour soup over bread in each tureen. Sprinkle each with grated cheese. Warm filled tureens in a preheated, moderate oven (375°F) for 5 to 8 minutes. Serve immediately.



GARLIC AND SHALLOT SOUP

3 shallots
1 pt. water
3 tbsp. Butter
1 tsp. salt
2 cloves garlic
1/8 tsp. pepper
bead crusts
Chop the garlic and shallots. Brown them in the Cooker in 1 ½ table-spoons butter. Add 1 pint of boiling water, salt and pepper. Bring to a boil. Dilute the powdered rice in a glass of cold water. Pour into the soup and stir. Close lid and bring to pressure. Lower heat and cook for 5 minutes. Remove from heat, release pressure, and open lid. Brown the crusts in the frying pan in 1 ½ tablespoons butter. Put them into the soup immediately before serving. Servers 4

POTATO LEEK CHEDDAR SOUP

1 large bunch of leeks, white part only
3 tablespoons butter
8 scrubbed white or red potatoes, cut up
8 cups of chicken stock
salt and pepper to taste
chives
caraway seeds or dill seeds (optional)
1-2 cups grated cheddar cheese
Rinse the leeks thoroughly, and cut fine, using only the white parts. If using onion, dice. Rinse potatoes, cut up. (don't peel) Add the stock, it should more than cover, add salt and pepper, chives and seeds if using them. Put the lid on, bring up to full pressure, and cook for ten minutes. When cooled enough to remove the top, add the grated cheese.

NEW ORLEANS STYLE SOUP

1 lb. meat of your choice—diced
1 sm Soup bone
3 c Water
1 lg Onion—chopped
3 lg Tomatoes—peeled chopped
½ Green pepper—chopped
2 cl Garlic—minced
2 c stewed tomatoes
1 c Corn—cooked
1 c Okra—cooked
¼ c Rice
1/8 ts Cayenne
Salt & pepper

Place soup meat, soup bone, water, onion, tomatoes, green pepper, garlic, and stewed tomatoes in pressure cooker. Close cover securely. Place pressure cooker. Close cover securely. Place pressure regulator on vent pipe. **COOK 20 MINUTES.** Let pressure drop of it's own accord. Remove soup bone. Add remaining ingredients. Close cover securely. Place pressure regulator on vent pipe. **COOK 0 MINUTES.** (This means to cook food only until cook pressure, 15 pounds, is reached, **THEN** remove cooker from heat and cool according to recipe) Let pressure drop of its own accord. 4 - 6 servings. **NOTE:** Fresh tomatoes provide chunks, canned tomatoes provide juice



SPLIT PEA SOUP WITH HAM

1 lb dried split green peas
¼ cup olive oil
1 large onion; diced
3-4 teaspoon garlic; minced or crushed
1 ham bone
4 slice smoked bacon; cut into 1/2 pieces
5 cup chicken broth
1 tablespoon lemon juice
2 tablespoon bouquet garni in cheesecloth
1 bay leaf
1/2 cup carrot; diced
1 medium potato; diced
1 teaspoon sea salt
1/2 teaspoon white pepper
1/2 cup smoked ham; diced

----**BOUQUET GARNI**----

3 bay leaves; crumbled
1/4 cup dried parsley
2 tablespoon dried thyme
2 tablespoon dried marjoram
Tie in a small cheese cloth bag.
Place peas in bowl with enough water to cover by 2 inches and soak 6 hrs. Drain well. Cook bacon in pressure cooker and set aside, and add onion and garlic sautéing until soft. Add ham bone, bacon, broth, lemon juice, bouquet garni, and bay leaf. Secure lid. Over high heat, develop high pressure. Reduce heat to maintain pressure and cook 15 mins. Quick release pressure and remove lid. Add carrot, potato, peas, salt, and pepper. Secure lid. Over high heat, develop high pressure. Reduce heat to maintain pressure and cook 8 mins. Quick release pressure, and remove lid. Remove bouquet garni bag and remove ham bone. Stir soup and add ham pieces mixing well.

CHICKEN GUMBO

½ pound smoked sausage, cut into ¼-inch slices
1 tablespoon olive oil (optional)
4 scallions, thinly sliced (keep white and green parts separate)
1 cup chicken broth
1 tablespoon Worcestershire sauce
1 teaspoon dried thyme leaves
2 large bay leaves
2 large ribs celery cut into ½-inch slices
1 large green bell pepper, seeded and diced
¾ pound fresh okra, trimmed and cut into 1-inch chunks, or one 10-ounce package frozen sliced okra (rinse away any ice crystals; (see Tip)
3 pounds chicken thighs, skinned and well trimmed, or 2 ½ pounds boneless, skinless chicken, cut into 1-inch pieces
One 15-ounce can diced tomatoes, or stewed whole tomatoes, coarsely chopped, with liquid
1 to 2 cloves garlic, pushed through a press
1 to 2 tablespoons file powder, cornmeal, or quick-cooking polenta (optional)
Salt and freshly ground black pepper to taste
¼ cup chopped fresh parsley
Tabasco sauce

1.Heat the cooker over medium-high heat, and brown the sausage well on both sides, 4 to 5 minutes. Add olive oil, if needed, to prevent sticking. Set the sausage aside. If there is more than a thin film of fat in the cooker, tip out the excess.2.Over medium-high heat, cook the sliced scallion whites, stirring frequently, for about 1 minute. Add the broth and take care to scrape up any browned bits sticking to the bottom of the cooker. Add the Worcestershire, thyme, bay leaves, celery, green pepper, okra, chicken,

and half of the browned sausage. Pour the tomatoes on top. Do not stir.3.Lock the lid in place. Over high heat, bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 4 minutes for chopped boneless chicken or 12 minutes for whole thighs. Quick-release the pressure. Remove the lid, tilting it away from you to allow excess steam to escape.4.Remove the bay leaves. Stir well as you add the reserved sausage and garlic. If the stew is too thin, sprinkle on he file or other thickener while stirring. Bring to a boil, then lower the heat to medium and simmer until the stew has thickened a bit and the garlic has lost its raw edge, about 3minutes. Add salt and pepper. Stir in the scallion greens and parsley just before serving. Pass the Tabasco sauce at the table.

Tip

If you can find only whole frozen okra, allow it to thaw slightly and then cut into 1-inch chunks. If you're an okra lover and have bought a 16-ounce package, feel free to use all of it

VARIATIONS:

Chicken Gumbo: with Poultry Sausage.
Instead of andouille, use a sliced smoked turkey or chicken sausage. You'll probably need to use 1 to 2 tablespoons of oil for the browning stage.

Chicken Creole:

Omit the okra. Instead of sausage, use ½ pound smoked country ham, cut into ½-inch cubes. Omit browning the ham and cook the scallion whites in olive oil.



FRENCH MARKET VEGETABLE BEEF SOUP

3 cups water
2 tablespoons olive oil
1 soup bone—meaty or 6 bouillon cubes
½ lb stewing beef, cut in ½-inch cubes
1 large onions, chopped
2 tablespoons minced garlic
½ teaspoon thyme
½ teaspoon black pepper
salt & pepper to taste
1 teaspoon paprika
1 bay leaf
½ cup barley
2 cups canned tomatoes, chopped with juice
1 cup carrots, sliced
2 potatoes, pared and diced
½ cup celery, chopped
Dredge meat in flour and brown, remove and saute onions, scrape up any browned bits and place all the above ingredients in a large pressure cooker and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 8 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid. Remove soup bone and skim soup until clear Add the remaining ingredients:
½ cup frozen peas
½ cup frozen green beans
¼ cup parsley, chopped
Add all remaining vegetables while simmering without pressure, stirring occasionally cook about 10 longer until these are done. Adjust seasoning as needed. Let soup stand for about 15 minutes before serving.
Makes 18 1 cup servings

BEEF AND BARLEY SOUP

2 cups cubed beef
½ cup chopped onion
2 T oil
1 cup Pearled Barley
5 cups of water
2 cubes beef flavored bullion
1 ½ cups chopped up carrots
2 cups chopped up potatoes
1 T minced garlic
Salt & pepper to taste
½ teaspoon each of the following herbs:
Oregano, Marjoram, Thyme, Rosemary, Basil, & Sage
Dredge meat in flour and brown, remove and saute onions, scrape up any browned bits and place all the above ingredients in a large pressure cooker and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 18 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid. Remove soup bone and skim soup until clear. Add the remaining ingredients:
1 cup frozen mixed veg (corn, peas, green beans)
Add the frozen vegetables while simmering without pressure, stirring occasionally cook about 10 longer until these are done. Adjust seasoning as needed. Let soup stand for about 15 minutes before serving.



CORN AND POTATO CHOWDER

2 teaspoons oil
2 cups coarsely chopped onions,
4 cups boiling vegetable stock
1 pound potatoes, dice
1 large red bell pepper, seeded and diced
4 cups corn kernels
4 large celery ribs, diced
½ teaspoon dried thyme leaves
1/3 cup minced fresh dill
Salt & pepper to taste

Heat the oil in the cooker. Cook the onions over medium- high heat, stirring frequently, for 1 minute. Add the stock, potatoes, red bell pepper, 1 cup of corn, celery, and thyme. Lock the lid in place. Over high heat, bring to high pressure. Lower the heat just enough to maintain high pressure' and cook for 4 minutes. Reduce the pressure with a quick release method. Remove the lid, tilting it away from you to, allow any excess steam to escape. Remove the corncobs (if used). With a slotted spoon, transfer about 2 cups of cooked vegetables to a food processor or blender, and purée them together with 2 cups of the uncooked corn kernels. (Do not overprocess or the potatoes will become gummy.) Stir the purée back into the soup together with the remaining 1 cup of uncooked corn. Add the dill and salt and pepper. Simmer until the just-added corn is tender, 2 to 3 minutes.

TURKEY VEGETABLE SOUP

1 meaty turkey carcass
1 lg. or 2 sm. bay leaves
1 tbsp. salt
1 tsp. Pepper
1 tbsp minced garlic

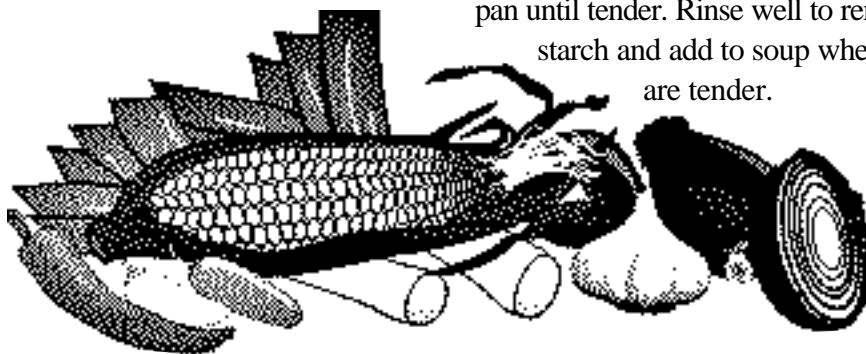
Place meat carcass (break up if needed to fit in pan), bay leaf and 2 cups water in pressure cooker. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 15 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid.

Debone carcass and remove excess fat from broth. Add the remaining ingredients in the order given:

2 c. pasta (macaroni not noodles)
2 c. carrots, thinly sliced
2 c. onions, coarsely chopped
2 c. cabbage, chopped
2 c. cauliflower (flowerettes)
1 c. celery, thinly sliced

Add water to fill pan half full., make sure pasta is under the broth or it won't get cooked. Bring to full pressure once more and cook 8 minutes. De-pressurize pan by running cool water over lid in sink. Open, check vegetables for tenderness. Season to taste.

If your pressure cooker isn't large enough to fit everything cook 2 cups pasta in separate pan until tender. Rinse well to remove excess starch and add to soup when vegetables are tender.



VEGETARIAN CARROT SOUP

4 Chopped carrots
2 tbsp olive oil
½ large chopped onion
1 tbsp minced garlic
2 stalks celery, chopped
2 tsps. Paprika
Salt & pepper to taste
1-1 ½ pts vegetable stock Or
use vegetable juice
Saute all the vegetables in olive oil in a pressure cooker or a few minutes. Add paprika and fry gently for a few moments (don't burn). Add stock, lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 9 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid. When all tender remove 1/3 of the contents and blend/puree then return to cooker and reheat without pressure and serve.

MIXED VEGETABLE SOUP

5 cups broth (water is fine, but not as tasty)
1 cup tomato or vegetable juice
1 can peeled tomatoes, cut in small pieces
1 can whole kernel corn
1 cup carrots, chopped
1 cup green beans or yellow wax beans
1 cup onions, finely chopped
1 cup zucchini, thickly sliced
1 cup leeks, chopped
2 cups coarsely shredded cabbage
2 cups unpeeled red potatoes, diced
1 cheesecloth bag of fresh herbs of choice
2 teaspoons salt
Place all the above ingredients in a large

pressure cooker and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 8 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid. Adjust the seasonings. Serves 8.

LIMA BEAN, MUSHROOM & BARLEY SOUP

½ C pearl barley
1 cup dried lima beans
½ lb. thick mushroom slices
4 stalks celery, sliced
1 cup onions, minced
½ C carrot slices
8 cups stock (or combine stock with vegetable juice, water, etc. to make enough)
2 T dried parsley flakes
2 T dried dill
2 bay leaves
2 beef bouillon cubes, OR
2 tsp. bouillon granules
Salt & pepper to taste
Wash, sort and soak the beans 4 hours, then drain and rise well. Add all ingredients except the mushrooms and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches low (first red ring) pressure turn down the heat to maintain that pressure and cook for 20 minutes. Use the quick release or cold water to the drop the pressure quickly and then open the lid. Add the mushrooms and adjust the seasonings. Cover, but do not pressurize, and let stand for 10 minutes. Remove bay leaves before serving. Serves 4

BLACK BEAN SOUP

2 C dried black beans
½ C onion, finely diced
3 T butter or oil
½ C 1 small carrot, peeled and finely diced
½ C 1 celery stalk, finely diced
6 C chicken broth
1 ham hock
1 t thyme
¼ C lemon juice
¼ C dry sherry

Garnish:

Sour cream

Chopped fresh dill

THE NIGHT BEFORE, place beans in a bowl, cover by 3 inches with water and soak at least 8 hours. Or, for a fast-cook method, place beans in a large pressure cooker and cover by 3 inches with hot water and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 4 minutes. Let the pressure drop on it's own while preparing the remaining ingredients. Drain well. Saute onion in oil, add the carrot and celery and cook another 3 minutes. Add to drained beans, add stock, ham hock, thyme. Bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 10-12 minutes. Let the pressure drop on it's own and then open the lid. Remove 1/3 of the beans and enough broth to puree in a food processor or blender until smooth. Pour the puree back into the pot and add lemon juice and sherry. Place a dollop of sour cream in each soup bowl and sprinkle with some chopped fresh dill. Makes 8 to 9 Servings

KIDNEY BEANS, KALE AND POTATO SOUP

1 pound dried red kidney beans, washed and sorted. Presoak 4 hours, drain and rinse well.
2 T oil

In a pressure cooker add beans and oil, cover with enough water to clear the beans by 2 inches, but do not fill the cooker more and ½ full. (Cook in two batches if your P/C isn't large enough.) Place all the above ingredients in a large pressure cooker and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 8 minutes. Use the quick release or cold water to drop the pressure quickly and then open the lid and drain off water. Remove 1/4 the beans with a slotted spoon and blend/puree, return pureed beans to soup and stir well while simmering.

6 cups water

Salt & pepper to taste

1 pound Polish sausage, cut into ¼-inch slices
2 cups chopped kale OR
collard greens leaves, tightly packed
2 lg potatoes, peeled & cut into 1-inch chunks
½ teaspoon crushed red-pepper flakes
Sear sausage on both sides and set aside, drain off remaining grease. Bring the beans and water to a boil, add the greens, potatoes and sausage, lock the lid, bringing to pressure again over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 6 minutes. Use the quick release or cold water to drop the pressure quickly. The soup is best when allowed to sit for several hours. or over night if you have the time. Reheat before serving. Adjust the seasonings. Serves 8.

KENTUCKY REDBONE HAM SOUP

1 ham bone with some meat, or 1 ham hock
1 tablespoon lemon juice
2 tablespoons olive oil (Note)
1 cup chopped ham
1 medium onion, diced
2 large stalks of celery, sliced
1 small bell pepper, chopped
4 medium-large carrots, sliced
2 very ripe medium tomatoes, chopped
2 cups defatted chicken broth
2 medium potatoes, peeled & diced
1 zucchini, sliced
2 tablespoons minced garlic
salt and pepper to taste

Put ham hock or ham bone in 2 cups of water or enough water to cover; add the lemon juice and bring to a boil. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 35 minutes. Use the cold water to drop the pressure quickly and then open the lid. Remove bones, skin, fat and gristle. Skim any floating fat from the broth. Heat olive oil in a skillet and sauté ham and vegetables until onion becomes transparent. Add all remaining ingredients to pressure cooker. If you wish to add any other herbs or other seasonings, do it now. Lock the lid, bringing to pressure over high heat, when the cooker reaches high pressure turn down the heat to maintain that pressure and cook for 5 minutes. Use the cold water to drop the pressure quickly and then open the lid. Taste and correct for salt and pepper if desired. Serve with crusty bread or croutons.

CELERY & LEEK SOUP

2 tablespoons butter
1 tablespoon anise seed
1 ½ C. leeks, white only, thinly sliced
1 bunch celery, including leaves, sliced
5 cups chicken or vegetable stock
2/3 cup raw orzo
2 tablespoons minced garlic
salt and pepper to taste

Saute the anise seeds in oil for 10 seconds, stirring constantly, add the leeks and saute for 2 minutes, stirring frequently. Stir in the celery, stock, and orzo. Lock the lid in place and over high heat bring to high pressure. Adjust heat to maintain high pressure and cook for 3 minutes. Reduce pressure with a quick release method. Remove the lid, tilting it away from you to allow any excess steam to escape. If the orzo or celery is not quite done, cook over medium heat, uncovered, for another minute or two. With a slotted spoon, remove about a third of the celery and orzo. Puree in a food processor or blender, then stir back into the soup. Reheat if necessary. Adjust seasonings to taste and serve immediately. serves 6

