

# Summer Soups

**A** cool soup is just the dish to serve on a warm evening, especially if it keeps the cook from using a hot stove or oven. Neither of this month's recipes requires cooking, just a food processor or blender. Use the soups as meal starters or serve them with bread and butter and call it dinner. The first recipe, Fresh Tomato Soup, is a simple way to use those homegrown tomatoes. If you don't grow them, find a roadside stand or farmers' market. The recipe is too reliant on the flavor and texture of the tomatoes to use inferior ones from the grocery store. Use your favorite fresh herb in this, although some will work better than others. I recommend cilantro, basil or parsley, but not rosemary or thyme.

The second recipe is from Sandra Forston, one of our communications assistants. She says she loves to make this summer soup when the garden is bountiful. She recommends throwing in whatever vegetables are fresh—you don't have to use those we list. The buttermilk and cucumber make a cool, creamy base. If you're not a fan of buttermilk, you can also use plain yogurt. Either way, it's a summertime treat.

## Fresh Tomato Soup

- 3 pounds fresh tomatoes
- 1 ear fresh corn
- 1 lime or lemon, juiced
- 1 small bunch fresh cilantro, basil or other herb
- Salt to taste
- Sour cream

Fill a large pot halfway with water and set to boil. Wash tomatoes and dip them in boiling water for 30-60 seconds or until skin splits. Put corn in boiling water to parboil (about 3 minutes); cut kernels off cob. Peel tomatoes, slice them, and remove seeds. Put slices in food processor or blender, add citrus juice and washed fresh herbs and blend (save some leaves for garnish). When smooth, salt to taste. Garnish with corn, sour cream and a few leaves of fresh herbs. Serves 4-6.

Serving size: 1 1/4 cups. Per serving: 49



PAULA HIBLE/FOODPIX/PICTUREARTS

calories, 2 grams protein, 1 gram fat, 11 grams carbohydrates, 108 milligrams sodium, 0 milligrams cholesterol

## Sandra's Buttermilk Gazpacho

- 2 cucumbers, peeled and seeded
- 1 cup low-fat buttermilk
- 2-3 tomatoes, diced
- 1/2 green bell pepper, seeded and diced
- 1 jalapeño, seeded and chopped finely
- 3 ribs celery, diced
- Tabasco to taste
- Salt and pepper to taste

1 avocado, sliced  
 1/2 tablespoon finely chopped cilantro  
 Purée cucumbers in food processor or blender. Put purée in bowl and add buttermilk. Stir together. Add vegetables, and Tabasco, salt and pepper to taste. Stir to mix. Serve with a few slices of avocado on top and a sprinkle of cilantro. Serves 4-6.

Serving size: 1 1/4 cups. Per serving: 107 calories, 3 grams protein, 6 grams fat, 12 grams carbohydrates, 260 milligrams sodium, 3 milligrams cholesterol

The subject for September's recipe contest is **Cheesecakes**. Do you have a good recipe for this richest of desserts? Send it to us by June 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a gift pack from Adams. Others whose recipes are published will also receive a gift pack from Adams. Be sure to include your name, address and phone number, as well as your co-op affiliation. Send recipes to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You can also fax recipes to (512) 486-6254 or e-mail them to [recipes@texas-ec.org](mailto:recipes@texas-ec.org).

It's a tie! Both winning soups are dessert soups with berries, sour cream, orange juice and wine. But they're different enough that we decided to publish both. Sour Cream Strawberry Soup was submitted by **JOYCE FRASER**, a Pedernales EC member; Scandinavian Raspberry Soup was submitted by **BARBARA BEVEL**, a Trinity Valley EC member. Both Joyce and Barbara will receive a copy of the *Texas Co-op Power Cookbook*. They will each receive a gift pack compliments of Adams, as will the runner-up, whose recipe is published below.

### Sour Cream Strawberry Soup

3 cups fresh sliced strawberries  
(may use frozen IF without sugar)  
1 cup sugar  
1/2 cup water  
2 teaspoons arrowroot (or cornstarch)  
mixed with  
1 tablespoon water  
1 cup red wine (or cranberry juice)  
1 cup orange juice  
1 1/2 cups sour cream

In large saucepan, combine strawberries, sugar and water. Bring to a boil and simmer for 5 minutes. Stir in cornstarch and water mixture; add red wine and orange juice. Slowly bring to a boil and cook, stirring constantly until slightly thickened. Let mixture cool. Pour into blender container and purée; gradually stir in sour cream. Chill

soup and serve garnished with fresh sliced strawberries. Serves 6.

Serving size: 1 1/4 cups. Per serving: 324 calories, 3 grams protein, 12 grams fat, 47 grams carbohydrates, 58 milligrams sodium, 26 milligrams cholesterol

### Scandinavian Raspberry Soup

2 packages (10 ounces each) frozen red raspberries in syrup, thawed  
1/2 cup orange juice  
1/4 cup lemon juice  
1 tablespoon cornstarch  
3/4 cup dry white wine (or white grape juice)  
Fresh orange sections  
Orange rind twists or mint leaves for garnish  
Sour cream

In blender container, purée one package raspberries; strain to remove seeds. In medium saucepan, combine puréed raspberries, orange juice, lemon juice and cornstarch; mix well. Cook over medium heat, stirring until glossy and slightly thickened; cool. Stir in second package of raspberries and white wine. Chill. To serve, place several orange sections in each bowl and pour soup over them. Garnish as desired; serve with a dollop of sour cream. Makes 8 servings.

Serving size: 3/4 cup over orange sections. Per serving: 103 calories, 1 grams protein, 1 grams fat, 21 grams carbohydrates, 15 milligrams sodium, 2 milligrams cholesterol

### Quick Vichyssoise

2 cans (10 ounces each) condensed cream of potato soup  
2 soup cans milk  
1/4 cup snipped chives  
1 cup sour cream

Combine soup, milk and chives in medium saucepan. Heat slowly, stirring until soup boils. With electric blender, beat at high speed 1 minute or until smooth. Blend in sour cream. Refrigerate until well-chilled, about 4 hours. Makes 6 servings.

Serving size: 1 cup. Per serving: 197 calories, 6 grams protein, 13 grams fat, 15 grams carbohydrates, 820 milligrams sodium, 35 milligrams cholesterol

**IONE STEIN**, Pedernales EC

TEXAS CO-OP POWER

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Up to three entries are allowed per person. Each should be submitted on a separate piece of paper and include your name, address and phone number, plus the name of your electric cooperative. All entries must be postmarked by September 10, 2005. Send entries to Holiday Baking Contest, 2550 S. IH-35, Austin, TX 78704, or fax to (512) 486-6254. To enter by e-mail ([recipes@texas-ec.org](mailto:recipes@texas-ec.org)), you must include "Holiday Baking Contest" in the subject line and submit one recipe per e-mail, not an attachment.

For official rules, visit [texascoopower.com/bakingcontest.html](http://texascoopower.com/bakingcontest.html) or send a self-addressed, stamped envelope to the address above.



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