**Soup Formula**

How to make a soup from scratch without a recipe…

1. Choose a type of fat: Your soup will (probably) need to start with some type of fat, like butter or olive oil. This is to sauté any root vegetables or other initial flavors. Choose whatever you have on hand that will go well with the flavors in your soup (I’d use olive oil for an Italian-type soup and butter for a cream soup).

2. Choose your base: What do you have on hand? Chicken, beef, or fish stock? Tomato puree? Cream or milk? Choose one (or two). Stock mixed with tomato goes nicely and so does stock mixed with milk or cream. You choose the flavors that you want.

3. Choose your meat (if you want meat): Is this a chicken soup? Ground beef (for chili or made into meatballs)? Steak? Seafood? You’ll probably want this to match your base (i.e. beef with fish stock probably will not be a great combination), but use what you have.

4. Choose your aromatics and veggies: Onion is a pretty standard veggie because it imparts so much flavor. Garlic, carrots, and celery are also fairly common. There are also beans, potatoes, spinach, kale, corn, and so on. If using dried beans, they usually need a day or so to soak, so plan ahead. Use what you have (and what you like)!

5. Choose your spices: Sea salt and black pepper are you two most basic spices, so you will want to include them. Here are a few more popular flavor combinations that work well together:

Chicken - celery seed, marjoram, thyme, parsley, and sage

Beef - marjoram, rosemary, and thyme

Tomato based soups - basil, oregano, or fennel

Chili – chili powder and cumin

Cream based soups – dash of parsley or thyme

Many other flavors go well together – use what you’d like, but taste as you go!

**Method:**

1. Heat a large soup pot over medium heat.

2. Saute your aromatic vegetables (onion, garlic, celery, carrot) in your fat.

3. Cook your meat (if necessary)

4. Add your base (stock, tomato puree) – not cream or milk (if you’re using it)

5. Taste and adjust.

6. Allow to simmer for an hour or two.

7. Taste and adjust again.

8. Add any cream or milk just before serving and heat through.