



NEWS RELEASE

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Try these recipes for a ‘Soup-er’ supper

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – There’s no question that commissary shoppers are some of the best cooks in the kitchen. That fact was proven, once again, at a recent “Soup-er Bowl” competition at the Fort Drum, N.Y., Commissary. Customers were encouraged to bring in their very best homemade soup for sampling and judging during a Family Night Out celebration. This week’s recipe collection contains the top two winners – Rustic Potato Soup and Hearty Ham, Cheese and Bean Soup.

Make the commissary your source for your soup ingredients at great prices. Just for good measure, the collection is rounded out with soup recipes from other commissary shoppers. To check out the recipes mentioned here and more, come to Kay’s Kitchen at <http://www.commissaries.com>.

Try any or all of them with confidence, because according to my taste, they’re all winners, too.

Rustic Potato Soup – Zuppa Toscana (Serves 4-6)

Submitted By: *Vickie B., winner of Fort Drum Commissary’s 2011 Soup-er Bowl contest*

Ingredients:

1/2 pound spicy Italian sausage
2 3/4 cups chicken stock or broth

1/4 cup heavy cream
1 to 3 medium russet potatoes, unpeeled, quartered and sliced 1/4-inch thick
2 to 3 medium onions, finely chopped
2 cups chopped kale
1/4 teaspoon salt
1/4 teaspoon crushed red pepper flakes

Directions:

1. Cook the sausage over medium heat, breaking into crumbles with the back of a wooden spoon or spatula. Cook until sausage is browned; set aside until needed.
2. Combine the chicken stock and cream in a large saucepan over medium heat.
3. Add the browned sausage, the unpeeled, quartered and sliced potatoes, chopped onion, kale, salt and pepper flakes.
4. Cover and simmer for about 1 hour or until potatoes and kale are tender, stirring occasionally.

Hearty Ham, Cheese, and Bean Soup (Makes 3 1/2 quarts, 12-14 servings)

Submitted by: *Carol S., winner of Fort Drum Commissary's 2011 Soup-er Bowl contest*

Ingredients:

1 pound dry navy beans
2 cups chopped onions
1 cup chopped celery
2 garlic cloves, minced
3 tablespoons butter
1 meaty hambone
2 cups water
1 (14.5-ounce) can chicken broth
1 (14.5-ounce) can stewed tomatoes or 1 can fire-roasted tomatoes
2 bay leaves
2 whole cloves
1/2 teaspoon ground black pepper
2 cups milk
2 cups shredded cheddar cheese
1/2 cup roasted red peppers

Directions:

1. Place beans in Dutch oven or soup kettle. Add water to cover by 2 inches.
2. Bring to a boil. Boil 2 minutes. Remove from heat, cover and let stand for 1 hour.
3. Drain beans and discard liquid. Transfer beans to a large bowl.
4. In the now-empty kettle, sauté onions, celery, garlic and roasted red peppers in butter until tender.
5. Add beans, hambone, water, broth, tomatoes, bay leaves, cloves and pepper. Bring to a boil. Reduce heat, cover and simmer for 2 hours.
6. Remove hambone, bay leaves and cloves. When cool enough to handle, remove ham from bone; cut into small pieces and return to soup.

7. Chill for 8 hours or overnight. Skim fat from soup. Stir in milk. Cook on low until heated through. Stir in cheese just before serving.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*