

Stone Soup

Shane Safford - Barre Town School 8th Grader

1 large onion	1 lg zucchini
½ cup vegetable oil	1 lg summer squash
½ stick of butter	6 lg carrots
10 cup water	4 tomatoes
8 chicken bouillon cubes	1 tbsp salt
6 lg potatoes	1 tbsp pepper
2 stalks celery	1 cup macaroni noodles

Heat butter and vegetable oil in pot on medium-low. Once butter has melted, add the water, chicken bouillon, and noodles, and turn heat to medium-high. Dice all vegetables. When the noodles are tender and bouillon cubes has dissolved, add vegetables to pot and simmer until tender. Add salt and pepper and stir well.

Beef Soup Italiano

Cameo Lamb - Barre Town School 8th Grader www.justsouprecipes.com

3 to 4 lbs beef shank cross cuts	1 tbsp chili powder
2 tbsp cooking fat	1 tbsp salt
1 28 oz can tomatoes	1 tsp oregano leaves
6 cup water	1 tsp basil leaves
1 lg onion, chopped	½ tsp dry mustard
1 garlic clove, minced	1/8 tsp pepper
2 tbsp brown sugar	4 oz shell macaroni
2 tbsp cider vinegar	1 green pepper, cut into strips

Brown meat in cooking fat in pot on stove. Pour off drippings. Break up tomatoes and drain, reserving tomato pieces. Add water, tomato liquid, onion, garlic, brown sugar, vinegar, chili powder, salt, oregano, basil, dry mustard, and pepper to meat. Cover tightly and simmer 2 ½ hours or until meat is tender. Add macaroni, green pepper, and reserved tomatoes and continue cooking, covered, 15 to 20 minutes.

Cheeseburger Soup

Shannon Dwyer & Hayley Arnold - Barre Town School 8th Graders

1 lb hamburger	1 cup milk
1 onion	4 cup chicken broth
½ cup carrots	¼ cup flour
½ cup celery	1/3 cup summer squash or zucchini, sliced
1 garlic clove	4 cup potato, diced
1 tsp basil	1 cup shredded cheddar cheese
1 tsp dill	4 tbsp butter, divided

Brown the hamburger in a soup pot. In a separate pan, sauté the vegetables (excluding potatoes) and spices in 2 tbsp butter. Add sautéed vegetables to hamburger in soup pot. In a separate pot, combine potatoes and chicken broth, and begin boiling. In a separate pan, make a paste with the flour and remaining butter. Drain the chicken broth from the potatoes into the paste, and add the potatoes to the soup pot. Thicken the flour, butter, and chicken broth combination, then add milk and cheese, stirring constantly. When thoroughly mixed, add this sauce to the soup pot, and mix well.

Thai Chicken Vegetable Soup

Ian Hulbert & Michael Gallo - Barre Town School 8th Graders

3 sweet potatoes	1-2 Serrano chili peppers
48 oz chicken broth	½ green pepper
3 boneless chicken breasts	1 15 oz can diced tomatoes or 3-4 diced fresh tomatoes, slightly mashed and salted
3 shallots or an onion	1 15 oz can coconut milk
1 lg clove garlic	1/3-½ C cilantro, chopped

Peel, dice, and microwave sweet potatoes until they are tender but firm, about 10 minutes.

Put the chicken broth in a soup pot. Dice the chicken and add to the pot. Simmer the chicken for 10-15 minutes until cooked through.

Chop the onion, garlic, and peppers. Sauté in a little oil for about 5-7 minutes.

Add the sweet potatoes, sautéed veggies, tomatoes, and coconut milk to broth and chicken.

Simmer and add salt and pepper to taste. Add chopped cilantro to taste.

Variation for a thicker soup: puree all the vegetables before you add the coconut milk, and then add that to the chicken broth.

French Onion Soup

Olivia Baker & Faith Ahearn - Barre Town School 8th Graders

4 medium onions, sliced	1/8 tsp pepper
2 tbsp margarine or butter	1/8 tsp dried thyme leaves
2 10 1/2oz cans condensed beef broth	4 slices French bread, 3/4 to 1 inch thick
1 1/2 cups water	1 cup shredded Swiss cheese
1 bay leaf	1/4 cup grated Parmesan cheese

Cover and cook onion in margarine in 3-quart saucepan over low heat, stirring occasionally, until tender, 20 to 30 minutes. Add beef broth, water, bay leaf, pepper and thyme. Heat to boiling; reduce heat. Cover and simmer 15 minutes.

Set oven control to broil and/or 550°. Place bread slices on cookie sheet. Broil with tops about 5 inches from heat until golden brown, about 1 minute. Turn; broil until golden brown. Place bread in 4 ovenproof bowls or individual casseroles. Add broth; top with Swiss cheese. Sprinkle with Parmesan cheese.

Place bowls on cookie sheet. Broil with cheese about 5 inches from heat just until cheese is melted and golden brown, 1 to 2 minutes. Serve with additional French bread or rolls if desired.

Vegetable Tortellini Soup

Marissa Benson & Brittany Grandbois - Barre Town School 8th Graders

1/2 cup chopped onion	1 28-oz can diced tomatoes, drained
8 chicken bouillon cubes	Grated parmesan cheese to taste
2 cups chopped broccoli	1 1.2 tbsp garlic powder
2 cups chopped carrots	1 16-oz pkg frozen cheese tortellini
2 cups chopped cauliflower	

Dissolve bouillon cubes in water on stovetop. Add vegetables and bring to a boil. Cook until vegetables are slightly tender. Add tortellini and return to a boil. Cook for approximately 12 minutes, then add diced tomatoes and cheese to taste.