

IN THE KITCHEN with TAKE A BITE OF BC!

SOUP BASICS



Watch our [soup basics video](#) to learn from BCAITC's Chef Randle all about cooking three types of soups!

Once you learn these three basic soup techniques, you can make hundreds of soups showcasing fresh, local BC ingredients.

What will you create next?

PUREED SOUP BC TOMATO SOUP RECIPE

YIELD: 1L (4 cups)

- 60 mL olive oil
- 1 medium BC onion, small dice
- 1 small BC carrot, small dice
- 1 stalk BC celery, small dice
- 3 cloves BC garlic, minced
- 100 mL tomato paste
- 600 mL BC grape tomatoes
- 500 mL vegetable stock
- 120 mL BC milk
- Salt and pepper

Method

1. In a large heavy bottomed pot, heat olive oil over medium high heat.
2. Add onion, carrot, celery and garlic. Sauté gently until soft (sweat). Do not brown. This should take about 8-10 minutes.
3. Stir in tomato paste and add tomatoes.
4. Cook the tomatoes for 5 – 7 minutes. As they heat, they will blister. Use the spoon and the side of the pot to smash the soft tomatoes so they release their juices.
5. Add stock and bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Puree the soup and add milk.
8. Adjust seasonings with salt and pepper.

Looking for more recipes to use in your home economics classroom?

Visit [BCAITC.ca/recipes](https://www.bcaitc.ca/recipes)



ALSO...

Visit [BCAITC.ca](https://www.bcaitc.ca) for more resources all about BC greenhouse veggies!

IN THE KITCHEN with

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SOUP BASICS

BC INSPIRED MINISTRONE SOUP RECIPE

YIELD: 1.5L (6 cups)

- 60 mL olive oil
- 120 mL BC onion, small dice
- 60 mL BC celery, small dice
- 60 mL BC carrot, small dice
- 60 mL BC butternut squash, small dice
- 3 cloves BC garlic
- 10 BC green/yellow beans, cut into 1 cm pieces
- 5 mL dried thyme leaves
- 5 mL dried oregano leaves
- 150 mL tomato paste
- 800 mL diced tomato, canned
- 900 mL beef stock
- 1 bay leaf
- 1 small yellow skin BC potato, small dice
- 60 mL dried orzo pasta
(or any small pasta)
- 240 mL kale leaves, sliced
- 60 mL beans
(pinto, cannellini etc.)
- Salt and pepper

Method

1. Heat oil in a large pot.
2. Add the onion, celery, carrot, squash, garlic and beans. Sauté without browning (sweat) for 10 minutes or until vegetables are soft.
3. Add dried thyme and oregano and stir for 30 seconds.
4. Add tomato paste and stir to combine.
5. Add the diced tomato, beef stock, bay leaf, and potato and stir.
6. Bring to a boil and simmer for 10 minutes, stirring occasionally.
7. Add orzo pasta and simmer 6 minutes more.
8. Stir in kale and beans. Season with salt and pepper.
9. Serve with parmesan cheese and focaccia bread.

Learn more about how BC potatoes are grown by [watching a video tour of a BC potato farm](#).



ALSO...

Learn about where BC beef stock comes from through our **secondary BC beef kit**.

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SOUP BASICS

Soup Basics Video Student Handout

NAME: _____ CLASS: _____

1. Choose 16 words from the word bank below and add them to the blank bingo card in any order.
2. When Chef Randle mentions the word in the video, cross off the word on your bingo card.
3. See if you can get four in a row! Could be 4 across, down, or diagonal.

WORD BANK

homemade chicken stock - dried herbs - kale - butternut squash
beef stock - grape tomatoes - garlic - seasonings - milk - potatoes
local cheese - salted butter - chicken - cooked basmati rice - basil
orzo pasta - mirepoux - croutons - roux/cream based soup - vegetable stock

BINGO CARD

IN THE KITCHEN with TAKE A BITE OF BC!

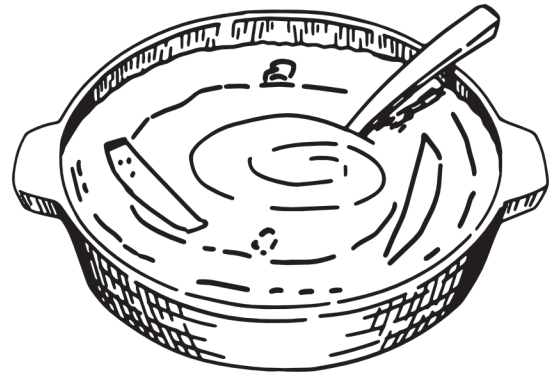
SOUP BASICS

BCAITC's Chef Randle

BC INSPIRED MINESTRONE SOUP

YIELD: 1.5 litres (6 cups)

- 60 mL (1/4 cup) olive oil
- 120 mL (1/2 cup) BC onion, small dice
- 60 mL (1/4 cup) BC celery, small dice
- 60 mL (1/4 cup) BC carrot, small dice
- 60 mL (1/4 cup) BC butternut squash, small dice
- 3 cloves of BC garlic
- 10 BC green/yellow beans, cut into 1 cm pieces
- 5 mL (1 tsp) dried thyme leaves
- 5 mL (1 tsp) dried oregano leaves
- 150 mL (2/3 cup) tomato paste
- 800 mL (3.5 cups) diced tomato, canned
- 900 mL (3.75 cups) beef stock
- 1 bay leaf
- 1 small yellow skin BC potato, small dice
- 60 mL (1/4 cup) dried orzo pasta (or any small pasta)
- 240 mL (1 cup) kale leaves, sliced
- 60 mL (1/4 cup) beans (pinto, cannellini etc.)
- Salt and pepper to taste



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BCAITC's Chef Randle

SOUP
BASICS

BC INSPIRED MINESTRONE SOUP

YIELD: 1.5 litres (6 cups)

Method

1. Heat oil in a large pot.
2. Add the onion, celery, carrot, squash, garlic and beans. Sautee without browning (sweat) for 10 minutes or until vegetables are soft.
3. Add dried thyme and oregano and stir for 30 seconds.
4. Add tomato paste and stir to combine.
5. Add the diced tomato, beef stock, bay leaf, and potato. Stir the ingredients together.
6. Bring to a boil and simmer for 10 minutes, stirring occasionally.
7. Add orzo and simmer 6 minutes more.
8. Stir in kale and beans and season with salt and pepper.
9. Serve with parmesan cheese and focaccia bread.



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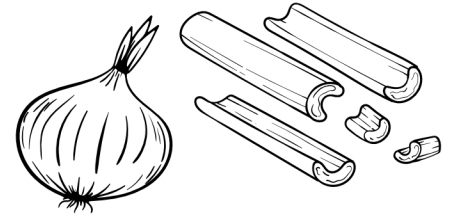
SOUP BASICS

BCAITC's Chef Randle

CHICKEN MULLIGATAWNY SOUP

YIELD: 1 litre (4 cups)

- 60 mL (1/4 cup) butter
- 1 medium BC onion, small dice
- 2 stalks BC celery, small dice
- 15 mL (1 Tbsp) tomato paste
- 15 mL (1 Tbsp) curry powder
- 60 mL (1/4 cup) all-purpose flour
- 900 mL (3.75 cups) chicken stock
- 120 mL (1/2 cup) BC milk
- 180 mL (3/4 cup) BC chicken, cooked, shredded
- 240 mL (1 cup) basmati rice, cooked
- Salt and pepper



Method

1. In a large pot, heat butter over medium high heat and gently sauté onion and celery until soft (sweat). Do not brown.
2. Stir in tomato paste and curry powder and continue to cook for 30 seconds.
3. Add flour to form a roux. Stir until no more white flour can be seen.
4. Continue to stir and cook the roux for 2 minutes.
5. Add chicken stock and whisk until roux is completely dissolved.
6. Bring to a boil, reduce heat and simmer for 12 – 15 minutes.
7. Stir in milk. Bring back to a boil.
8. Remove the pot from the heat. Add cooked chicken and cooked rice, and stir together
9. Adjust seasoning with salt and pepper.

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BCAITC's Chef Randle

SOUP
BASICS

BC TOMATO SOUP

YIELD: 1 litre

- 60 mL (1/4 cup) olive oil
- 1 medium BC onion, small dice
- 1 small BC carrot, small dice
- 1 stalk BC celery, small dice
- 3 cloves BC garlic, minced
- 100 mL (1/2 cup) tomato paste
- 600 mL (2.5 cups) BC grape tomatoes
- 500 mL (2 cups) vegetable stock
- 120 mL (1/2 cup) BC milk
- Salt and pepper

Method

1. In a large heavy bottomed pot, heat olive oil over medium high heat.
2. Add onion, carrot, celery and garlic. Sauté gently until soft (sweat). Do not brown. This should take about 8-10 minutes.
3. Stir in tomato paste and add tomatoes.
4. Cook the tomatoes for 5 – 7 minutes. As they heat they will blister. Use the spoon and the side of the pot to smash the soft tomatoes so they release their juices.
5. Add stock and bring to a boil.
6. Reduce heat and simmer for 15 minutes.
7. Puree the soup and add milk.
8. Adjust seasonings with salt and pepper.

