

## SOUPS

Soups are called many things in the Spanish culture. They can be called an olla, a guisado, a caldo, or fideo. Each family had their favorites but one thing was always certain: They were inexpensive, you used what was available, and you always made a big pot to serve many!

Below are three recipes that have been contributed. Each one can be altered to suit one's own taste.

BettyAnn Carrion Ireland contributed the first one. It is a very simple rice soup and is presented in her mother's own words (Isabel Carrion).

### Mama's Spanish Rice Soup

1/2 lb. of Pork sautéed in olive oil

Salt, pepper and three cloves of garlic

Sauté until brown

Add one can tomato sauce and one can of Italian stew tomatoes; fill two-quart pot full of water

Then add saffron, a good large pinch

Cut two potatoes into small pieces and add

You can add garbanzo beans and one can of Ortega roasted peppers

Add salt and pepper to taste and let everything come to a boil. Then simmer for a half hour

When ready to have dinner add one handful of rice for each person you are serving. I would add five to six handfuls for the recipe

Simmer until rice is cooked. This will be like soup, the next day the rice absorbs the liquid and then it will be like Spanish rice that you get in the restaurant.

The next two recipes are submitted by Maria Lopez. She and her parents, Jose and Isabel Lopez, came from Puntal, Spain in 1958. Her father had been here before, but in 1958, Maria, her mother Isabel, and brothers Juan and Jose, joined him in Winters. The following two recipes are very traditional Spanish soups "From Isabel's Kitchen."

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### Fideos

1/4c. olive oil	1 tbsp. parsley
1 medium onion	2 tsp. pepper
Ribs and/or chicken	1 tsp. paprika
6 garlic cloves	1 pkg. saffron
3 tomatoes raw & peeled or 1 can tomato sauce	
1 chicken bouillon cube	3 bay leaves
2 cans chicken broth	2 roasted peppers

Fry meat in oil on high. When meat is brown, pour in tomatoes, onions, and garlic. Put lid on leaving a little space, cook 5 minutes. In separate pan bring 2 cans chicken broth and 2 cans water to a boil. To meat, add 3 bay leaves, parsley, paprika, saffron, pepper and bullion cube to meat. Turn to medium and add broth and water. Cook for 30 minutes. Add garbanzo beans and spaghetti noodles. When noodles are almost done add roasted peppers.

### Spanish Potaje

1 bag of white beans (Great Northern)	garlic to taste
Swiss Chard (Cut stems bite size)	salt to taste
1 onion chopped	pepper to taste
2 medium tomatoes chopped	3 potatoes
Olive oil, to taste	3 roasted peppers
2 bay leaves	Sun-dried tomatoes optional

Combine stems from Swiss chard and white beans in cold water. When water starts to boil, drain and add new water. When water starts to boil again, add onions, tomatoes, olive oil, bay leaf, garlic, salt and pepper. When the beans and stems are almost done, add green tops and potatoes. Cook until done. Before you turn stove off add roasted peppers.