

# SOUPS & STEWS COOKBOOK

\*RECIPE LIST ONLY\*

## SOUPS & STEWES



## FOOD FARE

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**Please Note:**

*This free document includes only a listing of all recipes contained in the Soups & Stews Cookbook.*

## COMPLETE RECIPE INDEX



### SOUPS

- Aash Rechte (*Iranian Winter Noodle Soup*)
- Adas Bsbaanegh (*Lebanese Lentil & Spinach Soup*)
- Albondigas (*Mexican Meatball Soup*)
- Almond Soup
- Artichoke & Mussel Bisque
- Artichoke Soup
- Artsoppa (*Swedish Yellow Pea Soup*)
- Avgolemono (*Greek Egg-Lemon Soup*)
- Bapalo (*Omani Fish Soup*)
- Bean & Bacon Soup
- Bizar a'Shuwa (*Omani Spice Mix for Shurba*)
- Blabarssoppa (*Swedish Blueberry Soup*)
- Broccoli & Mushroom Chowder
- Butternut-Squash Soup
- Cawl (*Welsh Soup*)
- Cawl Bara Lawr (*Welsh Laver Soup*)
- Cawl Mamgu (*Welsh Leek Soup*)
- Chicken & Vegetable Pasta Soup
- Chicken Broth
- Chicken Soup
- Chicken Soup with Kreplach (*Jewish Chicken Soup with Dumplings*)
- Chorba bil Matisha (*Algerian Tomato Soup*)
- Chrzan (*Polish Beef & Horseradish Soup*)
- Clam Chowder with Toasted Oyster Crackers
- Coffee Soup (*Basque Sopa Kafea*)
- Corn Chowder
- Cream of Celery Soup
- Cream of Fiddlehead Soup (*Canada*)
- Cream of Tomato Soup
- Creamy Asparagus Soup
- Creamy Cauliflower Soup
- Czerwony Barszcz (*Polish Beet Soup; Borsch*)
- Dashi (*Japanese Kelp Stock*)
- Dumpling Mushroom Soup
- Fah-Fah (*Soupe Djiboutienne*)
- Fasolada (*Greek Bean Soup*)
- Fisk och Paprikasoppa (*Swedish Fish & Bell Pepper Soup*)
- Frijoles en Charra (*Mexican Bean Soup*)
- Garlic-Potato Soup (*Vegetarian*)
- Garlic Soup
- Gazpacho (*Spanish Cold Tomato & Vegetable Soup*)

Golden Potato Soup  
Green Bean Soup  
Hararat (*Libyan 5-Spice blend for Xarba Arbija*)  
Irish Vegetable Soup  
Jireesh (*Kuwaiti Cracked Wheat Soup*)  
Kapusniak (*Polish Sauerkraut Soup*)  
Khao Tom (*Thai Rice Soup*)  
Kharcho (*Russian Lamb Soup*)  
Kloesschensuppe (*Swiss Little Dumpling Soup*)  
Lablabi (*Tunisian Chick-Pea & Garlic Soup*)  
Lasopy (*Malagasy Vegetable Soup*)  
Lentil Soup with Bacon (*Scotland*)  
Lobster Bisque  
Manhattan Clam Chowder  
Marak Kneidlach (*Matzo Ball Soup*)  
Marak Tarator (*Cold Cucumber Soup*)  
Minestra Maritata (*Italian Wedding Soup*)  
Minestrone alla Milanese (*Italian Bacon, Rice & Vegetable Soup*)  
Misoshiru (*Japanese Miso Soup*)  
Mushroom Soup  
New England Clam Chowder  
Okroshka (*Russian Cold Beef & Vegetable Soup*)  
Omelet Soup (*Thai Gaeng Jeut Kai Jiaw*)  
Onion, Ale & Cheese Soup (*England*)  
Oshe Anor (*Iranian Meatball Soup*)  
Oxtail Soup (*Australia*)  
Pea & Garlic Soup  
Pease Pudding (*Colonial American Pea Soup*)  
Pie Floaters (*Australia*)  
Potato & Leek Soup  
Potato Soup á la Shenachie  
Rassolnik (*Russian Beef & Cucumber Soup*)  
Ribollita (*Tuscan Twice-Cooked Soup*)  
Rishta (*Syrian Lentil & Pasta Soup*)  
Schurbat Adas Ma Qar (*Iraqi Lentil & Pumpkin Soup*)  
Shchi (*Russian Cabbage Soup*)  
Sherba (*Libyan Lamb & Tomato Soup*)  
Shorba Looz (*Algerian Almond Soup*)  
Shorbat Rumman (*Iraqi Meatball & Pomegranate Soup*)  
Shorbat Rumman Vegetarian (*variation of Iraqi Pomegranate Soup*)  
Shouroba Tamata (*Emirian Tomato Soup*)  
Shurba (*Omani Vegetable Soup*)  
Soljanka (*Russian Spicy Sour Soup*)  
Sopa al Cuarto de Hora (*Spanish Quarter of an Hour Soup*)  
Sopa de Invierno (*Basque Pyrenees Winter Soup*)  
Soupe a Aioli de Pain (*French Garlic & Bread Soup*)

Soupe a L'Oignon Gratinee (*French Onion Soup*)  
 Soupe au Pistou (*Monegasque Provencal Vegetable Soup*)  
 Spargelcremesuppe (*German Cream of Asparagus Soup*)  
 Spring Greens Soup (*Vegetarian*)  
 Squash & Mushroom Soup  
 Squash Broth (*Medieval*)  
 Svenska Fisksoppa (*Swedish Fish Soup*)  
 Tamale Tomato Soup  
 Tom Chude Gai Ma Noun (*Thai Lemon Chicken Soup*)  
 Turkey Noodle Soup  
 Ukha (*Russian Fish Soup*)  
 Martha Washington's Crab Soup (*Colonial American*)  
 Watercress Soup (*England*)  
 Wee-Hours Soup (*Basque Garlic & Egg Soup*)  
 Xarba Arbija (*Libyan Beef & Vegetable Soup*)  
 Zucchini Soup  
 Zupa Koperkowa (*Polish Dill Soup*)



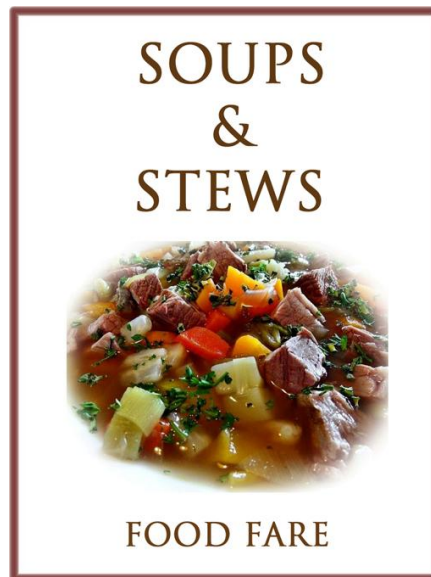
## STEW

Bamies Yiahni (*Cypriot Okra Stew with Tomatoes*)  
 Banaf (*Mauritanian Meat & Vegetable Stew*)  
 Bangaou (*Chadian Lamb Stew*)  
 Beef & Guinness Stew  
 Beef Stew (*Classic*)  
 Beef Stew Slow-Cooker  
 Berbere (*Middle Eastern spice blend for D'Nish Zigni, Kulu'wa & Yetakelt W'et*)  
 Bigos Mysliwski (*Polish Hunter's Stew*)  
 Bizar a'Shuwa (*Omani Spice Mix for Djaj Fouq El-Eish*)  
 Bonava (*Mauritanian Lamb Stew*)  
 Bouillabaisse (*French Fish Stew*)  
 Braunes Gefluegelragout (*Swiss Roast Chicken Stew*)  
 Bzar (*Emirian Spice Mix for Thareed Laham*)  
 Carne Pizzaiola (*Italian Meat Pizza Stew*)  
 Cassoulet (*French Slow-Cooked Meat Stew*)  
 Cholent (*Slow-Cooked Shabbat Stew*)  
 Cioppino (*Italian Seafood Stew*)  
 Cocido Montanes (*Spanish Mountain Stew*)  
 Curry Stew (*Japanese Kareh Raisu*)  
 Dama be Potaatas (*Sudanese Beef & Potato Stew*)  
 Djaj Fouq El-Eish (*Omani Chicken & Rice Stew*)  
 D'Nish Zigni (*Eritrean Fiery Potato Stew*)  
 Fabada (*Spanish White Bean Stew*)  
 Firehouse Chili  
 Giabusada (*Swiss Cabbage Stew*)

Gombo et Kissar (*Chadian Okra Stew with Kissar*)  
Gronden Benes (*Medieval Ground Beans Stew*)  
Ham & Beans  
Henakisoa sy Petit Pois (*Malagasy Pork with Green Peas*)  
Italian Sausage Stew  
Jingisukan (*Japanese Genghis Khan Stew*)  
Kolokasi Tsakristo (*Cypriot Pork & Taro Stew*)  
Kulu'wa (*Eritrean Beef Stew in Tomato Sauce*)  
Lamb Stew (*Basque*)  
Lamb Stew (*Irish*)  
Leksour (*Mauritanian Lamb Stew with Pancakes*)  
Mahfe (*Mauritanian Meat & Pumpkin Stew in Peanut Sauce*)  
Makhlouta (*Lebanese Whole Grains Stew*)  
Marake Kaloune (*Djiboutian Fish Stew*)  
Marmitako (*Basque Tuna Stew*)  
Meatball Stew  
Mexican Beef Stew  
Mrouzia (*Moroccan Salty-Sweet Tajine*)  
Mulligan Stew (*American Hobo Stew*)  
Nikujyaga (*Japanese Beef & Vegetable Stew*)  
O'Hanlon Stew  
Oyster Stew  
Paella (*Spanish Stew*)  
Paellero Blend (*spice blend for Paella*)  
Plymouth Succotash (*Colonial American*)  
Pot-au-Feu (*French Beef Stew*)  
Pot Roast Stew  
Poultry & Bacon Stew with Hazelnuts (*Medieval*)  
Quick Chicken Stew  
Red Flannel Hash (*Colonial American*)  
Rippli (*Swiss Pork Loin Stew*)  
Romazava (*Malagasy Beef & Greens Stew*)  
Saltah (*Yemeni Meat Stew*)  
Shipwreck Stew  
Shishbarak (*Jordanian Meat Dumplings in Yogurt Stew*)  
Stewed Mutton (*Medieval*)  
Stovies (*Scottish Potatoes, Onions & Beef*)  
Thareed Laham (*Emirian Lamb Stew with Flatbread*)  
Tharid (*Qatari Lamb & Chickpea Stew*)  
Tzimmes (*Jewish Sweet Meat Stew*)  
Voatavo sy Voanjo (*Malagasy Pumpkin Stew with Peanuts*)  
Yakhnit Loobyeh (*Lebanese Green Bean Stew*)  
Yetakelt W'et (*Djiboutian Spicy Vegetable Stew*)  
Zhoug (*Yemeni herb & spice blend for Saltah*)  
Zurcher Eintopf (*Zurich Hotpot*)

## WHERE TO BUY

The *Soups & Stews Cookbook* is available in Kindle, Kobo and Nook editions.



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**Please Note:** The *Soups & Stews Cookbook* was written for entertainment purposes and expresses the sole opinions of the author. This e-book is not meant to be a professional chef's essay, but rather an observation about the generalities of soup and stew recipes from a home kitchen. No part of the *Soups & Stews Cookbook* may be copied or re-sold, nor used or reproduced in any manner whatsoever without written permission from Food Fare, except in the case of brief quotations embedded in articles or reviews.



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