

# Cold Soups Mini Recipe Book



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## Chilled Bean Soup

### Ingredients:

4 cups chopped tomatoes  
2 cups spicy hot V8 juice  
1 can (15 ounces) black beans, rinsed and drained  
1 cup chopped cucumber  
1 cup chopped sweet red or yellow pepper  
1/2 cup chopped red onion  
2 tablespoons balsamic vinegar  
1 teaspoon sugar  
1/4 to 1/2 teaspoon hot pepper sauce  
1/4 teaspoon ground cumin  
1/4 teaspoon salt  
1/4 teaspoon pepper  
7 tablespoons reduced-fat sour cream  
Sliced cucumber, optional

### Directions:

In a blender, combine tomatoes and V8 juice; cover and process just until blended. Transfer to a large bowl. Stir in the beans, chopped cucumber, sweet pepper, onion, vinegar, sugar and seasonings. Cover and refrigerate for at least 4 hours or overnight. Serve with sour cream. Garnish with sliced cucumber if desired.

## Chilled Blueberry Soup

### Ingredients:

4 cups fresh or frozen blueberries  
3 cups water  
2/3 cup sugar  
1/4 teaspoon ground allspice  
2 cups (16 ounces) plain yogurt  
Sour cream or additional yogurt, optional

### Directions:

In a large saucepan, combine the blueberries, water, sugar and allspice. Bring to a boil, stirring occasionally. Remove from the heat. In batches, process blueberry mixture and yogurt until smooth. Cover and refrigerate until chilled. Serve with sour cream or yogurt if desired.

## Chilled Cantaloupe Soup



### Ingredients:

1 cantaloupe -  
peeled, seeded and  
cubed  
2 cups orange juice  
1 tablespoon fresh  
lime juice  
1/4 teaspoon  
ground cinnamon

### Directions:

Peel, seed, and cube the cantaloupe. Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Garnish with mint if desired.

## Chilled Tomato Soup

### Ingredients:

5 ripe tomatoes, chopped  
1 (11-ounce) can vegetable cocktail juice  
1 cup tomato juice  
1 (14-ounce) can chicken broth  
1/4 cup butter  
1 onion, finely chopped  
3 cloves garlic, minced  
1 cup heavy cream (nonfat is fine)  
1/8 teaspoon white pepper  
15 basil leaves, julienned  
1 tomato, chopped  
6 whole basil leaves

### Directions:

In food processor, place tomatoes and cocktail juice; process until smooth. Place in glass bowl and add tomato juice and chicken broth; stir well and refrigerate. In small saucepan, melt butter over medium heat. Add onion and garlic; cook and stir until tender, about 6-7 minutes. Remove from heat and stir into tomato mixture. Stir in cream, pepper, and julienned basil and chill soup for 2-3 hours before serving. Garnish with more basil and chopped tomato.

## Cold Apple Soup

### Ingredients

serves 4 - 6  
3 medium (1 lb) cooking apples, peeled and cored  
1/4 cup water  
3 Tbsp sugar  
juice of 1/2 lemon 2 Tbsp)  
1 tbsp cinnamon  
2 whole cloves  
pinch salt  
1/4 cup sprite or apple juice  
3/4 cup yogurt  
1/4 cup sour cream (optional)

### Directions:

Cube the apples and cook them with the water, sugar, lemon juice, cinnamon, cloves and salt until they are soft. Remove the cloves. Mash the apples and leave them to cool. Add the juice or sprite and yogurt to the apples and mix together well. Serve well chilled, with the sour cream if

desired. A thinly sliced red-skinned apple can be used as a garnish.

### Cold Cucumber Soup

**Ingredients:**

1 garlic clove, minced  
2 green onions, chopped  
1/2 tsp. salt  
Dash white pepper  
2 Tbsp. olive oil  
1-1/2 cups plain yogurt  
1/2 cup buttermilk  
1 Tbsp. lemon juice  
1/2 cup chopped walnuts  
1/2 cup cracked ice  
2 cucumbers, peeled, seeded, and sliced

**Directions:**

In blender or food processor, combine all ingredients and blend or process, using on and off function, until soup is of desired consistency. You may need to add more cracked ice. This soup can be chilled for a few hours before serving, or served immediately.

### Cold Fruit Holiday Soup

**Ingredients:**

4 cups cranberry-apple juice  
1/4 cup quick-cooking tapioca  
1 medium lemon, thinly sliced  
6 whole cloves  
1/4 teaspoon ground nutmeg  
1 (20 ounce) can pineapple chunks, drained  
1 (11 ounce) can mandarin oranges, drained  
1 (10 ounce) package frozen sweetened strawberries, thawed, undrained  
1/3 cup maraschino cherry juice or grenadine syrup (optional)  
1/8 teaspoon salt

**Directions:**

In a 3-qt. saucepan, combine the first five ingredients; let stand for 10 minutes. Bring to a boil over medium heat. Reduce heat; cook and stir for 15 minutes or until thickened and clear. Remove from the heat; discard lemon slices and cloves. Stir in remaining ingredients. Cover and refrigerate for at least 4 hours.

### Cold Mango Soup

**Ingredients:**

2 mango - peeled, seeded and cubed  
1/4 cup white sugar  
1 lemon, zested and juiced  
1 1/2 cups half-and-half

**Directions:**

Place the mango, sugar, lemon juice, lemon zest and half-and-half into a blender or food processor. Cover and process until smooth and creamy. Serve chilled.

### Cream of Sweet Potato Soup

**Ingredients:**

3 large sweet potatoes  
3 (14 ounce) cans chicken broth  
1/4 cup brown sugar, or more to taste  
1/2 teaspoon salt (to taste)  
1/4 teaspoon ground nutmeg  
Black pepper to taste  
Cayenne pepper to taste  
1/3 cup heavy cream

**Directions:**

Preheat oven to 350 degrees F (175 degrees C). Bake sweet potatoes in preheated oven until soft, about 1 1/2 hours (you can also use a microwave). Remove and let cool slightly. Peel sweet potatoes, and puree with chicken broth in batches, using enough chicken broth so that it purees smoothly. Bring puree to a simmer in a large saucepan over medium-high heat, then reduce heat to medium-low. Stir in the sugar, salt, nutmeg, black pepper, and cayenne pepper; cover, and let simmer for 10 minutes. Remove from heat, and stir in cream.

### Creamy Apricot Fruit Soup

**Ingredients:**

1 can (15 1/4 oz.) apricot halves, drained with juices or syrup reserved  
1 cup plain low-fat yogurt  
Mint sprigs (optional)  
1/4 teaspoon ground ginger  
2 tablespoon orange juice

**Directions:**

Thinly slice 1 apricot half. Reserve to use as garnish. In food processor, puree remaining apricots with yogurt. Add enough reserved juice or syrup to make a thick soup, up to about 1/2 cup. Add spice and/or juice, and process just to blend. Pour into bowl, and place in freezer for 20 minutes, or refrigerate about 1 hour until chilled. Ladle into shallow soup bowls, and garnish with reserved sliced apricot and mint, if desired.

### Creamy Cold Avocado Soup

**Ingredients:**

2 medium ripe avocados, seeded and peeled  
2 1/2 cups cold water  
1 cup fresh cilantro leaves (optional)  
1 (7.6-ounce) can NESTLÉ Media Crema  
3 tablespoons fresh lime juice  
2 cloves garlic, quartered  
4 teaspoons granulated chicken bouillon  
Chopped avocado for garnish  
Fresh cilantro leaves for garnish

**Directions:**

Place avocados, water, 1 cup cilantro, media crema, lime juice, garlic and bouillon in blender; cover. Blend until smooth. Refrigerate for 1 hour. Garnish with chopped avocado and cilantro; serve immediately.

### Creamy Fruit Soup

**Ingredients:**

2 (16 ounce) cans pears, drained with juices or syrup reserved  
1 cup plain low-fat yogurt  
2 teaspoons lemon juice, to taste  
1/2 teaspoon ground ginger  
mint sprigs to garnish

(Add Sprite to thin, if too thick)

**Directions:**

Take out and thinly slice 1 pear half. Reserve to use as garnish. In food processor, puree pears with yogurt and lemon juice. Add enough reserved juice or syrup to make a thick soup, up to about 1/2 cup. Add spice and process just to blend. Pour into bowl, and place in freezer for 20 minutes, or refrigerate about 1 hour until chilled. Ladle into shallow soup bowls, and garnish with reserved sliced pear and mint, if desired.



### Creamy Strawberry Soup

**Ingredients:**

4 cups strawberries  
1 cup orange juice  
2 teaspoons tapioca  
1 teaspoon ground cinnamon

1 cup buttermilk  
3/4 cup granulated sugar  
1 1/2 tablespoons lemon juice  
1 teaspoon finely grated lemon peel

**Directions:**

Set aside 6 whole strawberries for garnish. Rinse and hull remaining berries. Purée stemmed and hulled strawberries in a blender or food processor. Add orange juice, tapioca and cinnamon; process for 10 seconds. Pour mixture into a microwave-safe baking dish. Microwave on HIGH for 5 to 6 minutes or until tapioca is transparent. Stir in buttermilk, sugar, lemon juice and lemon peel. Cover and refrigerate for 3 hours to chill thoroughly. Serve garnished with reserved berries

### Fruit Summer Soup

**Ingredients**

1 1/2 cups fresh blueberries  
1 cup diced fresh pineapple  
3 oranges - peeled, segmented, and chopped  
1 honeydew melon - peeled, seeded and cubed  
3 tablespoons fresh lemon juice  
1 tablespoon lemon zest  
1/4 cup white sugar  
1 (16 ounce) can pineapple juice  
1/4 cup vanilla low-fat yogurt (optional)  
4 sprigs fresh mint leaves for garnish

**Directions**

Combine the blueberries, pineapple, oranges, melon, lemon juice, lemon zest, sugar, and pineapple juice in a large skillet. If desired, stir in the yogurt to make the mixture creamier. Cook and stir over medium-high heat until the sugar dissolves and the fruit softens, 3 to 5 minutes. Place fruit mixture into a blender or the bowl of a food processor; blend or pulse until smooth. Spoon into a freezer dish. Chill until mixture becomes slushy, about 20 to 25 minutes, or until desired consistency. Serve garnished with fresh mint leaves.

### Gazpacho

**Ingredients:**

6 ripe tomatoes, peeled and chopped  
1 purple onion, finely chopped  
1 cucumber, peeled, seeded, chopped  
1 sweet red bell pepper (or green) seeded and chopped  
2 stalks celery, chopped

1-2 Tbsp chopped fresh parsley  
2 Tbsp chopped fresh chives  
1 clove garlic, minced  
1/4 cup red wine vinegar  
1/4 cup olive oil  
2 Tbsp freshly squeezed lemon juice  
2 teaspoons sugar  
Salt and fresh ground pepper to taste  
6 or more drops of Tabasco sauce to taste  
1 teaspoon Worcestershire sauce (omit for vegetarian option)  
4 cups tomato juice

**Directions:**

Combine all ingredients. Blend slightly, to desired consistency. Place in non-metal, non-reactive storage container, cover tightly and refrigerate overnight, allowing flavors to blend.

### Green Pea and Mint Soup

**Ingredients:**

4 tablespoons butter  
4 green onions, chopped  
1 pound frozen or fresh green peas  
2 1/2 cups vegetable broth or stock  
3 tablespoons chopped fresh mint leaves  
2 1/2 cups milk  
Salt and freshly ground black pepper to taste  
1 pinch white sugar (optional)  
1/2 cup light whipping cream  
2 sprigs fresh mint leaves for garnish

**Directions:**

Melt butter in a large saucepan or Dutch oven over low heat. Add the 4 chopped green onions, and cook until softened, but not brown. Stir in the peas, vegetable stock, and 3 tablespoons of chopped fresh mint. Increase heat to medium, and bring to a boil. Reduce heat back to low, cover, and let simmer for about 30 minutes. If you are using frozen peas, 15 minutes is enough. Using a large slotted spoon, remove about 3 tablespoons of the peas, and set aside for garnish. Pour the soup into a blender or food processor along with the milk, and puree until smooth. Season with salt and pepper to taste. Throw in a pinch of sugar if desired. Allow the soup to cool to room temperature, then refrigerate until chilled. Pour the soup into 4 serving bowls. Swirl 1 tablespoon of light cream into each one, then garnish with reserved peas and sprigs of mint.

### Jeweled Watermelon Soup

**Ingredients:**

1 pink grapefruit

1 pomegranate  
6 cups 1-inch cubes watermelon, seeded  
Juice of 1 lime  
2 tsp confectioners sugar

**Directions:**

Peel grapefruit. Slice horizontally into thin, attractive slices; discard (or eat) end pieces. Set aside. Seed pomegranate and discard peel and membrane. Set aside. Place watermelon, lime juice and sugar in a blender or food processor and puree until very smooth. Pour into shallow bowls and garnish with a grapefruit slice or two and a sprinkle of pomegranate seeds. Serve chilled.

### Mango Gazpacho

**Ingredients:**

2 cups 1/4-inch-diced fresh mangoes  
2 cups orange juice  
2 tablespoons extra-virgin olive oil  
1 seedless cucumber, cut into 1/4-inch dice  
1 small red bell pepper, seeded and cut into 1/4-inch dice  
1 small onion, cut into 1/4-inch dice  
2 medium garlic cloves, minced  
1 small jalapeno pepper, seeded and minced (optional)  
3 tablespoons fresh lime juice  
2 tablespoons chopped fresh parsley, basil or cilantro  
Salt and freshly ground black pepper

**Directions:**

Process mangoes, orange juice and oil in a blender or food processor until pureed. Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve.

### Peach Pistachio Cream Soup

**Ingredients:**

1 1/4 lbs of fresh or frozen peaches  
4 cups orange juice  
16 oz peach yogurt  
1/2 Tbsp vanilla  
1/2 Tbsp cinnamon  
1/2 cup sugar  
16 oz sprite soda  
Pistachios chopped for garnish  
Cream Fraiche to top as garnish and sprinkled with pistachios

**Directions:**

Blend peaches, juice, vanilla, cinnamon and sugar together. Add yogurt. Taste.

## Quick Classic Gazpacho

### Ingredients:

2 (14.5 ounce) cans diced tomatoes  
1/2 cup water  
2 tablespoons extra-virgin olive oil  
1 seedless cucumber, cut into 1/4-inch dice  
1 small yellow bell pepper, seeded and cut into 1/4-inch dice  
1 small onion, cut into 1/4-inch dice  
2 medium garlic cloves, minced  
1 small jalapeno pepper, seeded and minced (optional)  
2 tablespoons sherry vinegar  
2 tablespoons chopped fresh parsley, basil or cilantro  
Salt and freshly ground black pepper

### Directions:

Process 1/2 cup of tomatoes, along with the water and oil, in a blender or food processor until pureed. Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve.

## Spiced Carrot Soup

### Ingredients:

1 cup chopped onion  
1 1/2 teaspoons curry powder  
3 1/2 cups chicken broth  
4 cups sliced peeled carrots  
1 cup sliced celery  
1/2 teaspoon ground cumin  
1/2 teaspoon hot pepper sauce  
1 bay leaf  
1 cup milk  
1 cup cottage cheese

### Directions:

Coat a heated saucepan with vegetable cooking spray and add onion and curry. Sauté for 3 minutes to soften. Add chicken broth, carrots, celery, cumin, hot pepper sauce and bay leaf. Simmer for 25 minutes or until vegetables are tender. Remove from heat; discard bay leaf. Let cool. Process in a blender or food processor until smooth. Add milk and cottage cheese and blend until smooth. Refrigerate. Serve in chilled bowls.

## Cream of Asparagus Soup

### Ingredients:

2 pounds asparagus  
1-1/2 teaspoons salt  
4 tablespoons unsalted butter (1/2 stick)  
1 cup yellow onions, minced  
1 cup leeks (white parts only), minced  
1/2 teaspoon white pepper (freshly ground)  
2 teaspoons garlic, minced  
1/4 cup bleached all-purpose flour  
1 cup heavy cream  
1/2 cup sour cream (or crème fraîche)  
1 tablespoon fresh chives, snipped

### Directions:

Cut the asparagus into 2-inch pieces. Boil about 3 minutes. Sauté in butter the onions, leeks, remaining 1 teaspoon salt, and the white pepper. Cook, stirring often, until the leeks are wilted, about 3 minutes. Stir in the garlic, then the flour, and reduce the heat to medium-low. Stir to cook the flour, without browning, about 2 minutes. Add the asparagus and the reserved cooking liquid. Bring to a boil over high heat, then reduce to a simmer, uncovered, until very tender, about 30 minutes. Purée the soup. Whisk in the cream. Cover and refrigerate until well chilled. Serve with a dollop sour cream or crème fraîche.

## Tomato Veggie Soup

### Ingredients:

4 large tomatoes  
1 avocado - peeled, pitted and diced  
1/2 cup fresh corn kernels  
2 tomatoes, diced  
1/4 cup chopped fresh cilantro  
1 tablespoon fresh lemon juice  
salt and pepper to taste

### Directions:

Using a juicer, extract the juice of the 4 large tomatoes.

In a medium bowl combine the tomato juice, avocado, corn, 2 diced tomatoes, cilantro, and lemon juice. Season to taste with salt and pepper. Transfer to serving bowls.

## Cold Zucchini Soup

### Ingredients:

4 medium zucchini, peeled, sliced into 1/2-inch rounds  
4 cups chicken broth  
1 bunch fresh basil, stems removed  
1/2 cup cottage cheese, low-fat  
1/4 walnuts, chopped fine  
salt and pepper, to taste

### Directions:

Add the zucchini slices to chicken broth and bring to a boil - cook until soft (about 10 minutes). Strain the liquid into another container and set aside.

Blend the zucchini, basil, cottage cheese, walnuts, and about half of the reserved chicken broth. Add the remaining chicken broth a little at a time until desired consistency. Add salt and pepper to your personal taste. Chill

### Cream of Asparagus Soup

#### Ingredients:

2 pounds asparagus  
1-1/2 teaspoons salt  
4 tablespoons unsalted butter (1/2 stick)  
1 cup yellow onions, minced  
1 cup leeks (white parts only), minced  
1/2 teaspoon white pepper (freshly ground)  
2 teaspoons garlic, minced  
1/4 cup bleached all-purpose flour  
1 cup heavy cream  
1/2 cup sour cream (or crème fraîche)  
1 tablespoon fresh chives, snipped

#### Directions:

Cut the asparagus into 2-inch pieces. Boil about 3 minutes. Sauté in butter the onions, leeks, remaining 1 teaspoon salt, and the white pepper. Cook, stirring often, until the leeks are wilted, about 3 minutes. Stir in the garlic, then the flour, and reduce the heat to medium-low. Stir to cook the flour, without browning, about 2 minutes. Add the asparagus and the reserved cooking liquid. Bring to a boil over high heat, then reduce to a simmer, uncovered, until very tender, about 30 minutes.

Purée the soup. Whisk in the cream. Cover and refrigerate until well chilled. Serve with a dollop sour cream or crème fraîche.

### Cold Cherry Soup

#### Ingredients:

5 cups water  
1/2 cup sugar  
1/2 cup juice (cran, cherry, grape)  
1/4 teaspoon salt  
Grated zest of 1/2 lemon  
1 1/2 pounds sweet, dark cherries  
1 cup drained yogurt

#### Directions:

Pit the cherries, and place the pitted cherries in a bowl pit the pits in a large soup pot. Add the water to the pot, and bring to a boil. Reduce the heat and simmer five minutes. With a skimmer, remove the pits from the water. Add the sugar, juice, salt and lemon zest, and bring back to a boil over medium-high heat. Boil five minutes, then add the cherries. Bring to a simmer, turn the heat to low, cover and simmer five minutes. Remove from the heat.

Place the yogurt in a large bowl and slowly whisk in a cup of the liquid from the soup once it is no longer simmering. Whisk until the mixture is smooth. Slowly add the rest of the soup, and whisk or stir until smooth. Chill, stir before serving.

### Cold Cherry Soup

#### Ingredients:

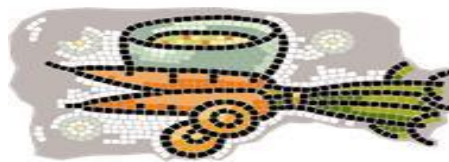
1 1-pound bag frozen, pitted cherries  
2 cups juice (cherry, grape, cran)  
1 teaspoon lemon zest, chopped  
1/4 cup sugar  
1/4 cup honey  
Cinnamon stick  
1/2 cup water  
Dash salt and black pepper  
2 tablespoons cornstarch  
1/4 cup water  
Lemon or cherry sorbet (optional)

#### Directions:

Combine cherries, juice, zest, sugar, honey, cinnamon stick, 1/2 cup water, salt and pepper. Stir to dissolve sugar and honey. Bring to a boil, reduce heat to simmer and reduce the liquid slightly, about 15 minutes.

Combine the cornstarch and 1/4 cup water. Whisk cornstarch mixture into cherry mixture and return to a boil. Reduce heat and simmer uncovered 10 minutes or until slightly thickened.

Remove soup from heat and strain. Puree soup until smooth. Chill completely. Serve soup with a scoop of lemon or cherry sorbet, if desired



### Cool Cantaloupe Soup

#### Ingredients:

4 1/2 cups cubed cantaloupe (peeled and seeded)  
Juice of 2 oranges  
Juice of 1 1/2 lemons  
3 cups sparkling water or seltzer water  
2 1/2 tsp orange zest  
2 1/2 tsp lemon zest

½ cup sugar  
1 cup diced strawberries

**Directions:**

Puree melon and orange juice in blender  
Dissolve cornstarch in lemon juice. Add water, orange and lemon zest and bring to a boil. Add cornstarch, simmer until soup thickens. Add melon puree and sweeten to taste. Chill and garnish with strawberries.

## Grape Gazpacho Soup

**Ingredients:**

6 cups seedless grapes  
3 cups diced English cucumbers  
1/3 cup green onions  
1 ½ cups heavy cream  
¼ cup cream cheese  
2 tbsp white wine vinegar  
2 tsp virgin oil  
½ cup chopped fresh dill  
Salt and pepper to taste  
Sliced almonds for garnish

**Directions:**

Puree grapes, cucumber, green onions, half and half, yogurt, cream cheese, vinegar, oil and salt and pepper. Chill. Garnish with almonds.

## Raspberry Soup

**Ingredients:**

5-6 cups raspberries  
1/3 cup cranberry juice  
1/3 cup sugar  
1- 1/3 cups sour cream

**Directions:**

Blend juice, raspberries and sugar (strain and discard if wanting a seedless soup).  
Add in sour cream and chill for 2 hours. Serve with a small dollop of cream and a raspberry.

Note: Crème fraiche is an excellent topping for cold soups.

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