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**COOKING@SOUPBASE.COM**



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# Soups, Sandwiches, Salads and Sides



# About the Recipes

We hope you enjoy these recipes.  
Remember, they are only a guide.

**MAKE THEM YOUR OWN!!**

If there's an ingredient you dislike, **replace it**.  
If there's one you really like, **add more**.

**Substitute** any ingredients with similar ingredients you have on hand.

Cutting down on fat? **Substitute** a "fat-free" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Soften Bases in **water instead of oil** before rubbing on meats, poultry or fish to season.

**Replace** mayonnaise or sour cream in dips, sandwiches or pastas with "Fat-Free" varieties, then **add great flavor** with Bases.

Some recipes call for Minor's Sauce/Soup Thickener or "Dry Roux®".

**Substitute** any of the following:

- a) Classic roux in equal amounts of butter and flour
- b) Cornstarch or arrowroot and water

**HAPPY COOKING !!**  
*Heidi & David*

# Recipe Notes



## Open Faced Vegetable Sandwich

1/3	C	Olive oil
1/3	C	<u>Roasted Red Bell Pepper Flavor Concentrate</u>
2	Tbsp	<u>Roasted Garlic Flavor Concentrate</u>
5	sheets	Sheet dough (2 lb, 4 oz sheets)
1/2	lb	Parmesan cheese
3/4	jug	<u>Italian Sauce</u>
1 1/4	lb	Red bell peppers, julienne cut, sautéed
1 1/4	lb	Green bell peppers, julienne cut, sautéed
1 1/4	lb	Mushrooms, sliced thin, sautéed
1 1/4	lb	Mozzarella cheese, shredded

In a bowl, combine olive oil, Roasted Red Bell Pepper, and Roasted Garlic. Mix well. Place sheet dough on greased sheet pans. Brush 2 1/2 Tbsp herb mixture evenly over each sheet. Sprinkle each sheet with 1 1/2 oz Parmesan cheese. Bake in a 400°F oven 8-10 minutes. Cool 10-15 minutes. Spread 1 C Italian Sauce over each focaccia bread. Evenly distribute red peppers, green peppers, mushrooms and mozzarella cheese on top. Broil 3-4 minutes or until sauce is hot and cheese melts. Cut each sheet into 10 slices. Serves 50

## Vegetable Ratatouille

1 1/2	C	Yellow squash, medium diced
1 1/2	C	Zucchini, medium diced
1	C	Mushrooms, medium diced
1	C	Onions, medium diced
1/2	C	Red bell peppers, medium diced
1/2	C	Green bell peppers, medium diced
1	Tbsp	Canola oil
3	C	Tomatoes, diced, canned in juice (28 oz can)
1	Tbsp	<u>Low Sodium Chicken Base</u>
1 1/2	tsp	<u>Herb de Provence Flavor Concentrate</u>
1	Tbsp	<u>Roasted Garlic Flavor Concentrate</u>

Preheat oven to 500°F. In a bowl, combine squash, zucchini, mushrooms, onions, bell peppers and oil. Gently toss until well blended. Place on lined sheet pan. Bake 10-12 minutes, until vegetables are slightly tender. Set aside. In a saucepan, combine tomatoes, Low Sodium Chicken Base, Herb de Provence, and Roasted Garlic. Heat to boiling, stirring occasionally. Add vegetables, folding until blended. DO NOT OVER MIX. Serves 16

## Cilantro Lime Ranch Dressing

3	C	Ranch salad dressing
1	Tbsp	<u>Cilantro Lime Flavor Concentrate</u>

In a bowl, combine ranch dressing and Cilantro Lime with a wire whip until well blended. Keep chilled

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## Caribbean Seafood Salad

2	C	Shrimp, small cooked, P&D
8	oz	Lobster meat, cooked, medium diced
8	oz	Bay scallops, cooked
8	oz	Snapper, grouper or white fish, cooked, medium diced
8	oz	Clams, canned, chopped, drained
1/2	C	Pineapple, medium diced
1	C	Papaya, medium diced
1/2	C	Green bell peppers, medium diced
1/2	C	Red bell peppers, medium diced
1/2	C	Scallions/green onions, sliced thin
1/2	C	Lime juice
1/2	C	Orange juice
1/2	C	Vegetable oil
1/4	C	<b>Seafood Base</b>
1/4	C	Caribbean Jerk Spice
1/4	C	Cilantro, fresh, chopped

In a bowl, combine shrimp, lobster, scallops, fish, clams, pineapple, papaya, red bell peppers, green bell peppers and scallions. In a separate bowl, combine lime juice, orange juice, oil, Seafood Base, Caribbean jerk spice, and cilantro. Mix well with a wire whip. Pour over seafood mixture; toss gently. Refrigerate 1 hour. Toss gently before serving. Serve over a bed of lettuce or in 1/2 coconut shell. Serves 18

## Chile Lime Sour Cream

1	C	Sour cream
1	Tbsp	Lime juice, fresh
1	Tbsp	Jalapeños
2	tsp	<b>Roasted Garlic Flavor Concentrate</b>
2	tsp	<b>Sautéed Vegetable Base</b>
1/4	tsp	Black pepper, ground
1/2	Tbsp	Cilantro, fresh, chopped

In a food processor, add sour cream; lime juice, Jalapeños, Roasted Garlic, Sautéed Vegetable Base, pepper and cilantro. Blend until smooth. Refrigerate 1 hour before serving. Serving suggestions: Serve as an accompaniment with nachos, burritos, enchiladas, chalupas, quesadillas, etc. Serve as a dip with tortilla chips. Variations: Add 1 tsp Ancho Flavor Concentrate or 1 tsp Chipotle Flavor Concentrate. For a thicker texture add 1/4 C cream cheese. Serves 10

## Cold Mango Soup

2	qt	Water
2	Tbsp	<b>Low Sodium Chicken Base</b>
		Mangoes, peeled, pitted, diced
1/4	C	Gingerroot, fresh, grated or julienne cut
1/2	C	Lemon juice
1/4	tsp	Mace, ground
1/2	C	<b>Teriyaki Sauce</b>
1/4	C	Rum, dark, optional

In a saucepot, combine water, Low Sodium Chicken Base and mango pieces. Bring to a boil and simmer for 4-5 minutes. Puree in a food processor. Add ginger, lemon juice, mace and Teriyaki Sauce. Before serving, add rum. Serves 16

## Caribbean Ham and Cheese Sandwich

5	oz	Cream Cheese, softened
2	Tbsp	<b>Cilantro Lime Flavor Concentrate</b>
2	tsp	Lemon juice, fresh
1/2	tsp	Caribbean jerk spice
1 1/2	C	Mayonnaise
		French rolls
1	lb	Monterey Jack cheese, sliced
2	lb	Ham, cooked, sliced thin
1 1/2	lb	Tomatoes, sliced
8	oz	Romaine Lettuce

In a food processor, combine cream cheese, Cilantro Lime Flavor Concentrate, lemon juice and jerk seasoning. Process until well mixed. Add mayonnaise. Process until well blended. Set aside. Slice each roll lengthwise. Spread each slice of bread with approximately 1/2 Tbsp of mayonnaise mixture. Evenly layer 1 oz Monterey Jack cheese, 2 oz ham, 2 tomato slices and 1 leaf of romaine lettuce on bottom halves of bread. Cover with top halves of bread. Cut in half and serve. Serves 16

## Apple Mango Salsa

1/4	C	Rice Vinegar
1/2	C	Vegetable oil
1	tsp	<b>Sautéed Vegetable Base (Mirepoix)</b>
3	C	Mangoes, peeled, pitted, small diced
3	C	Apples, peeled, cored, small diced
1/3	C	Red onions, diced fine
1/2	C	Red bell peppers, small diced
1	Tbsp	Jalapeno peppers, diced fine

In a bowl, combine rice vinegar, vegetable oil, and Vegetable Base, using a fine wire whip until well blended. Add mangoes, apples, red onions red bell peppers and jalapeno peppers. Gently fold until well blended. Serve chilled. Serves 14

## Coos Bay Crab and Artichoke Sandwich

1/4	C	Mayonnaise
1	tsp	<b>Crab Base</b>
3/4	tsp	Lemon juice
1/2	tsp	Prepared mustard
8	oz	Crabmeat, lump, cooked
7	oz	Artichoke hearts, canned and drained or frozen, small diced (1/2 can)
1/4	C	Scallions/green onions, chopped
		Hamburger buns
4	slices	Tomato, medium, thin sliced
1/4	C	Mayonnaise
2	Tbsp	Cheddar cheese, mild, grated

In a bowl, combine mayonnaise, Crab Base, lemon juice and mustard. Mix well with a wire whip to evenly distribute base. Add crabmeat, artichokes and scallions to dressing. Mix well to coat evenly. Split buns in half. Place 1/2 C of crab mixture on each bun half. Place 1 tomato slice on each. In a bowl, blend together mayonnaise and cheese. Spread 1 1/2 Tbsp of mixture on each tomato slice. Bake in a 400°F oven 10-15 minutes or broil 5-7 minutes until heated and golden brown. Serves 4

### Pesto Chicken Sandwich on Ciabatta Roll

5	oz	Cream cheese, softened
2	Tbsp	<b><u>Roasted Garlic Flavor Concentrate</u></b>
2	tsp	Lemon juice, fresh
1/4	tsp	Salt
1 1/2	C	Mayonnaise
16	pcs	Ciabatta bread
8	oz	Basil pesto sauce
4	oz	Arugula leaves, fresh
1 1/2	lb	Tomatoes, sliced
8	oz	Red onions, grilled
2	lb	Chicken breast meat, cooked, sliced

In a food processor, combine cream cheese, Roasted Garlic, Lemon juice and salt. Process until well mixed. Add mayonnaise. Process until well blended. Set aside. Slice each ciabatta lengthwise. Spread each slice of bread with 1/2 Tbsp mayonnaise mixture. Evenly layer 1/2 oz pest, 2 arugula leaves, 2 tomato slices, 1/2 oz onions and 2 oz chicken on bottom halves of bread. Cover with top halves of bread. Cut in half and serve. Serves 16

### Open Faced Mediterranean Sandwich

1/3	C	Olive oil
1/3	C	<b><u>Herb de Provence Flavor Concentrate</u></b>
2	Tbsp	<b><u>Roasted Garlic Flavor Concentrate</u></b>
5	sheets	Sheet dough, unbaked (2 lb 4 oz sheets)
1/2	lb	Parmesan cheese, grated
3/4	jug	<b><u>Italian Sauce</u></b>
1 1/4	qt	Pine nuts, roasted
2	Tbsp	Basil, fresh, chopped
2 1/2	lb	Mozzarella cheese, shredded

In a bowl, combine olive oil, Herb de Provence, and Roasted Garlic, mix well. Place sheet dough on greased sheet pans. Brush 2 1/2 Tbsp herb mixture evenly over each sheet. Sprinkle with 1 1/2 oz Parmesan cheese. Bake in a 400°F oven for 8-10 minutes. Cool 10-15 minutes. Spread 1 C Italian Sauce over each focaccia. Evenly distribute pine nuts, basil and mozzarella cheese on top. Broil 3-4 minutes or until sauce is heated and cheese melts. Cut each sheet into 10 slices. Serves 50

### Grilled Cheese Fondue Sandwich

14	oz	Cream cheese, softened
1/2	C	White wine, dry
3/4	tsp	Nutmeg
2 1/3	Tbsp	<b><u>Roasted Garlic Flavor Concentrate</u></b>
32	pieces	Sourdough or French bread, medium sliced
6	oz	Butter or margarine, melted
1	lb	Emmentaler cheese, shredded
1	lb	Gruyere cheese, shredded

In a food processor, combine cream cheese, wine, nutmeg and Roasted Garlic. Process until well mixed. Set aside. Brush each slice of bread lightly with butter or margarine. Spread the other side of each slice with 1/2 Tbsp of cream cheese mixture. Evenly layer 1 oz Emmentaler cheese and 1 oz of Gruyere on top of cream cheese mixture on bottom halves of bread. Cover with top halves of bread. Grill sandwiches using griddle, skillet or panini press. Cut in half and serve. Serves 16

### Garden Vegetable and Avocado Pasta Salad

1 1/2	C	Italian Vinaigrette, prepared
1 1/2	Tbsp	<b><u>Roasted Red Bell Pepper Flavor Concentrate</u></b>
2	lb	Penn pasta, cooked, chilled
1 1/2	qt	Zucchini, medium diced
1 1/2	qt	yellow squash, medium diced
1	qt	Red bell peppers, julienne cut
2	C	Red onions, julienne cut
2	C	Black olives, pitted, canned, drained, sliced
		Avocados, pitted, peeled, medium diced
2	C	Feta cheese, crumbled

In a small mixing bowl, combine prepared vinaigrette with Roasted Red Bell Pepper. Blend thoroughly with a wire whip. Set aside. In a mixing bowl, combine pasta, zucchini, yellow squash, peppers, onions and olives. Add vinaigrette mixture and blend thoroughly to evenly coat all ingredients. Add avocado and feta cheese. Gently mix until evenly distributed. Keep chilled. Serves 25

### Mushroom and Roasted Garlic Bruschetta

2	Tbsp	Olive oil
2	C	Onions, fine diced
1 1/2	C	Oyster mushrooms, chopped fine
1 1/2	C	Shitake mushrooms, chopped fine
1 1/2	C	White Mushrooms, chopped fine
1/4	C	<b><u>Roasted Garlic Flavor Concentrate</u></b>
1	tsp	<b><u>Mushroom Base</u></b>
1 1/2	Tbsp	Lemon juice
1/4	tsp	Black pepper, ground
1/4	C	Gruyere cheese, shredded
1/4	C	Bread crumbs, fresh, white
28	slices	French bread, sliced 1/4" thick
2 2/3	Tbsp	Olive oil

In a saute pan, saute onions until translucent. Add chopped mushrooms, Roasted Garlic, Mushroom Base and lemon juice. Cook, stirring occasionally, until mushrooms are tender and liquid is reduced to 1/2 the original volume. Add pepper, cheese and breadcrumbs. Gently fold until blended. Remove from heat. Cool. Place sliced bread on sheet pan and brush lightly with olive oil. Toast bread in oven until lightly toasted. Spread 1 Tbsp of mushroom mixture on each slice of bread. May be garnished with diced tomatoes, olives, shredded cheeses and/or fresh chopped basil. Serves 28

## Mediterranean Pasta Salad

1	lb	Penne rigate, cooked
1	C	Zucchini, bias cut
1/2	C	Yellow bell peppers, bias cut
1	C	Celery, bias cut
3/4	C	Red onions, julienne cut
1/8	jug	<b>Italian Sauce</b>
1/8	C	Red wine vinegar
1/8	c	Lemon juice
1	Tbsp	Basil, fresh chopped, sliced

In a bowl, combine Penne pasta, zucchini, peppers celery and onions. Add Italian Sauce, vinegar, lemon juice and basil. Mix well. Chill. If salad is kept overnight additional dressing may be added.

Serves 6

## Vegetarian Asian Salad

1	Tbsp	Vegetable oil
1 1/4	C	Carrots, bias cut, blanched
1 1/4	C	Chinese beans, bias cut, blanched
1 1/2	C	Green bell peppers, julienne cut
1 1/2	C	Red bell peppers, julienne cut
1 1/2	C	Broccoli florets, blanched
1	C	Whole kernel corn, frozen
1/4	C	<b>Szechuan Sauce</b>
1/4	C	<b>Stir-Fry Sauce</b>
2	qt	Iceberg Lettuce, shredded
1 1/2	C	Celery, bias cut
1 1/3	C	Scallions / green onions, sliced thin

Dressing:

3/4	C	Vegetable oil
1	tsp	Sesame oil
2	tsp	Soy sauce
2	Tbsp	Rice vinegar
2	lb	Tofu, diced, fried, medium cubed*

In a wok or tilting braising pan, heat oil over high heat. Add carrots, beans, green peppers and red peppers. Stir-fry 4-5 minutes. Add broccoli, corn, Szechuan Sauce and Stir-Fry Sauce. Stir fry 2-3 minutes. Chill. In a bowl, combine lettuce, celery and scallions. Set aside. In another bowl, combine vegetable oil, sesame oil, soy sauce and vinegar; mix well with a wire whip until well blended. Add dressing and lettuce to chilled vegetable mixture. Toss. Top with tofu. Serve immediately. \*Note: Deep fry tofu at 375°F until crisp, approximately 2-3 minutes. Serves 10

## Tarragon Vinaigrette

2	C	Vegetable oil
2	C	Olive oil
1/2	C	White wine vinegar
2	Tbsp	<b>Shrimp Base</b>
3/4	tsp	<b>Roasted Garlic Concentrate</b>
2	tsp	Dijon mustard
2	tsp	Tarragon, dried, leaf

Combine vegetable oil, olive oil, vinegar, Shrimp Base, Sautéed Garlic Base, mustard and tarragon. Shake or stir vigorously. Chill. Stir well before serving.

## Caribbean Shrimp Salad Sandwich

1	qt	Mayonnaise
3	Tbsp	<b>Cilantro Lime Flavor Concentrate</b>
2	tsp	Lime juice, fresh
1/4	tsp	Tabasco Jalapeno sauce, green
1 1/2	C	Mangoes, peeled, small diced
1/2	C	Red onions, small diced
1/2	C	Red Bell Peppers, small diced
1	Tbsp	Cilantro, fresh, coarsely chopped
2	lbs	Bay shrimp, large, cooked, P & D
		French rolls
4	oz	Romaine lettuce

In a bowl, combine mayonnaise, Cilantro Lime Flavor Concentrate, lime juice and Tabasco sauce. Mix until well blended. Set aside. In a bowl, combine mango, red onion, red bell pepper and cilantro. Add shrimp and dressing. Mix until well blended. Slice each roll lengthwise. Place lettuce leaf on each roll. Top with 6 oz shrimp and salad mixture. Cut in half and serve. Serves 16

## Zesty Shrimp and Rice Salad

3 1/2	Tbsp	<b>Peanut Sauce Concentrate</b>
1/2	C	<b>Szechuan Sauce</b>
3/4	C	Orange juice
1/4	C	Rice vinegar
1/4	C	Vegetable oil or peanut oil
12	oz	Shrimp, large, cooked, P&D
2	C	White rice, cooked
1	C	Red bell peppers, bias cut
1	C	Green bell peppers, bias cut
1/2	C	Celery, bias cut
1/4	C	Scallions/green onions, bias cut
2	C	Chinese cabbage/Napa, shredded

In a bowl, combine Peanut Sauce Concentrate, Szechuan Sauce, orange juice, rice vinegar and oil. Mix well. Chill. In a separate bowl, combine shrimp, rice, bell peppers, celery, scallions and Chinese cabbage. Combine dressing and salad mixture. Mix well. Chill. Serves 10

## Grilled Mediterranean Meatloaf Sandwich

14	oz	Cream cheese, softened
2 1/3	Tbsp	<b>Roasted Red Bell Pepper Concentrate</b>
32	slices	Sourdough or French bread, medium sliced
6	oz	Butter or margarine
1	lb	Provolone cheese, sliced
2	lb	Meatloaf, cooked, sliced
8	oz	Red bell peppers, roasted, sliced
8	oz	Green bell peppers, roasted, sliced
8	oz	Red onions, grilled

In a food processor, combine cream cheese and Roasted Red Bell Pepper Flavor Concentrate. Process until well mixed. Set aside. Brush each slice of bread lightly with butter or margarine. Spread the other side of each slice with 1/2 Tbsp of cream cheese mixture. Evenly layer 1 oz provolone cheese, 2 oz meatloaf, 1/2 oz red bell pepper, 1/2 oz green bell pepper and 1/2 oz onions on bottom halves of bread. Cover with top halves of bread, place sandwiches on sheet pan and cover until ready to grill. Grill sandwiches on a griddle, skillet or panini press. Cut in half and serve. Serves 16