
BLT Soup

Beverly Green - Marshall Field's Hildale

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 pound bacon, cut in small pieces
1 cup chopped onion
2 cups chopped celery
1/3 cup all-purpose flour
2 cans (16 ounce) stewed tomatoes, cut up
1 can (48 ounce) V-8 vegetable juice
4 cups beef stock or 4 bouillon cubes, dissolved in 4 cups hot water
2 tablespoons sugar
1 tablespoon oregano
4 cups Romaine lettuce, chopped very fine

In a skillet, brown the bacon pieces. Remove from the pan and set aside. Reserve 1/2 cup of the drippings.

Saute' the onion and celery in the drippings until tender. Mix in the flour.

Add the tomatoes, V-8 juice, beef stock, sugar, oregano and the reserved bacon. Add additional flour (1/4 cup) with a little water if the soup mixture is not thick enough. Consistency should be that of a thin sauce. Simmer for 25 to 30 minutes.

Add lettuce to the soup in the pot and serve immediately, or top the individual settings with the lettuce when serving.

Yield: 15 to 20 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 3149 Calories; 226g Fat (64.6% calories from fat); 155g Protein; 124g Carbohydrate; 19g Dietary Fiber; 386mg Cholesterol; 7611mg Sodium. Exchanges: 2 Grain(Starch); 18 1/2 Lean Meat; 11 1/2 Vegetable; 32 1/2 Fat; 1 1/2 Other Carbohydrates.