

Soup shopping list

This should get you through an autumn and winter making a couple pots of broth-based soup a week.

Produce to freeze:

6 pounds of onions to peel and dice, or 5 pounds of pre-diced onions if dicing onions hurts you (usually available at Sam's, Costco Business Centers, and Shamrock Food centers) OR frozen bags of mirepoix from Kroger supermarkets.

3 pounds of carrots to peel and chop, slice or dice.

3 full heads of celery to chop, slice, or dice. Don't bother with the interior, leafy, yellow baby stalks.

Mix them at 2 parts onion to 1 part celery and 1 part carrots, then freeze in gallon bags or boxes. If your freezer tends to be a bit damp, freeze everything on sheet pans lined with parchment and fairly separate so it's easy to scoop out.

A bag of peeled garlic to freeze whole or puree and freeze in small ice cube trays.

Pantry:

Better than Bouillon — Chicken, Beef, Vegetable 21 oz jars from Costco or smaller jars from local grocers

OR

Knorr Granulated Bouillon — Chicken, Beef, Tomato-Chicken, Vegetable

For vegetarian: vegetable bouillon and a jar of Vegemite or marmite. Bragg's Aminos if that's your thing.

A case of canned beans — pinto, cannellini/white kidney, or to taste. Be warned that black beans can impart an unpleasant purple color if not well rinsed. 2 cases if making primarily vegetarian soups. A few cans of chickpeas is useful for both soup and hummus.

A flat of canned green chiles if you tolerate them and eat them.

A case of canned chopped tomatoes if you eat them; 1 pound cans if you're not enthusiastic about canned tomatoes, 2 pound cans if you are. I recommend 1 pound cans.

2-3 tubes of tomato paste if you can't eat cooked tomatoes but can eat tomato flavor. Skip if you can't or don't eat tomatoes.

A few pounds of small pasta. It's okay to decide on one shape, or you can have several. Ditalini, small shells, farfalline, pastina, orzo can all interchange.

2-3 cans of green enchilada sauce if green chili sounds good to you. If you've never tried it, buy one can, you can always buy more.

Pre-frozen:

A 2 pound bag of cut frozen green beans

A 2 pound bag of frozen corn

A 2 pound bag of frozen peas

A family sized bag of meatballs and/or vegetable balls (IKEA makes really good veggie and vegetarian balls for soup)

Fresh meat, if using:

1 pound of chicken meat or boneless beef or boneless pork per recipe. If there's a good sale on beef chuck, pork shoulder, or chicken thighs, buy several pounds and chop it up raw into 1 pound packages of bite sized or smaller pieces to freeze. Just remember to practice excellent prep sanitation and wash everything between cutting.

Penzey's: (or your preferred spice vendor, but I cannot make recommendations)

If you don't already have empty spice bottles, just buy the bottle.

Ancho pepper

Aleppo pepper

Tuscan sunset or Pasta Sprinkle

Mexican or Turkish oregano

Ground cumin

Granulated garlic

Sandwich sprinkle (a seasoned salt useful for many tasks)

And go through the sample bags and try something new. Justice is excellent. So is Greek seasoning.

To buy weekly, as needed:

Zucchini as needed

Raw spinach

Raw escarole or kale

Tortilla chips

Cheese

Avocados

Sour cream

Crusty breads or breadsticks

Butter

Olive oil