

Nancy's essential 10 steps to making super soul-filling soups—every time!

- 1 Simmer your own simple stock
- 2 Use fresh and fantastic ingredients
- 3 Have your idea in place, mise-en-place ready, and make lots
- 4 Onions and other alliums (and raw meats) go in first
- 5 Sweat, stir and soften all other vegetables and fruits
- 6 Select and sweat seasonings (and stir in flour)
- 7 Stir in stock or water (and don't scrimp!)
- 8 Stir, bring to a boil, reduce heat, simmer and check
- 9 Taste, taste, taste!
- 10 Select your consistency and style: simple and earthy, smooth and creamy, puréed and strained, with or without dairy liquids, and either hot hot hot or nice and cold



**BONUS
TIP***

Did you know that this essential soup system can be your guideline for making sumptuous stews and sauces? Try it yourself!