

Recipe of Dwight D. Eisenhower
for Vegetable Soup

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The best time to make vegetable soup is a day or so after you have fried chicken and out of which you have saved the necks, ribs, backs, un-cooked. (The chicken is not essential, but does add something.)



Procure from the meat market a good beef soup bone -- the bigger the better. It is a rather good idea to have it split down the middle so that all the marrow is exposed. I frequently buy, in addition, a couple pounds of ordinary soup meat, either beef or mutton, or both.

Put all this meat, early in the morning, in a big kettle. The best kind is heavy aluminum, but a good iron pot will do almost as well. Put in also the bony parts of the chicken you have saved. Cover it with water, something on the order of 5 quarts. Add a teaspoon of salt, a bit of black pepper and, if you like, a touch of garlic (one small piece). If you don't like garlic, put in an onion. Boil all this slowly all day long. Keep on boiling till the meat has literally dropped off the bone. If your stock boils down during the day, add enough water from time to time to keep the meat covered. When the whole thing has practically disintegrated, pour out into another large kettle through a colander. Make sure that the marrow is out of the bones. I advise you to let this drain through the colander for quite a while as much juice will drain out of the meat. (Shake the colander well to help get out all the juice.)

I usually save a few of the better pieces of meat to be diced and put into the soup after it is done. The rest of it can be given to your dogs or your neighbor's chickens. Put the kettle containing the stock you now have in a very cool place, outdoors in the winter time or in the ice box; let it stand all night and the next day until you are ready to make your soup.