



## The Birkett Mills Recipes

The Birkett Mills © 2014

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### Soup: Hearty Tomato Soup

Serves: Six

#### Ingredients

2 cups regular strength beef broth or bouillon	1 tsp. dried basil leaves
½ cup whole buckwheat groats	Pinch each of; sugar, freshly-ground black pepper, and marjoram
2 tbsp. butter	Sour cream
2 tbsp. flour	Lemon slices
3 cups cocktail vegetable juice*	

#### Directions

In small saucepan bring 1 cup of broth to a boil; stir in buckwheat groats. Reduce heat, cover and simmer for 10 minutes; remove from heat. In large saucepan, melt butter. Stir in flour and cook, stirring, until smooth and blended. Add remaining broth and bring to boil, stirring constantly. Add cocktail vegetable juice\*, buckwheat and seasoning. Serve hot garnish with dollop of sour cream and lemon slices.

\*Substitution- Simmer 2 ½ cups tomato juice, ½ cup chopped celery leaves and ¼ cup chopped onion for 15 minutes; strain.