

SOUPS & STEWS

- *When the cooler weather appears, it warms us, at least psychologically, to eat a tasty soup or stew. I don't know official definitions, but I think of soups as being clear or blended smooth, while stews tend to be chunky and thick, but I shall talk of them both under the general heading of soup.*

- *Regardless, a good soup is great to have at **any** time of the day: get out of the cereal rut and try soup for breakfast; pour some into a wide-mouth thermos for lunch; have a cup for an afternoon snack; and of course enjoy it for dinner!*

- *... and they are also very helpful and healthful in weight balancing programs in lieu of standard meal replacers, especially with a raw free-range egg yolk added to each serving.*

- *While all of the soups here are both tasty **and** healthful, some are particularly appropriate for healing purposes and/or delicate digestions.*

- *A word about homemade stock: properly made from meat/poultry bones/trimmings including egg shells (you'll have plenty if you're eating raw yolks!) plus vegetable trimmings and left-overs, stock is a marvelous source of numerous nutrients including gelatin which contains the joint supporters hyaluronic acid and chondroitin. And it is really simple to do: just keep a covered "collection" container in your frig until time to simmer it all on the stove for a few hours (up to five for beef bones), with a dollop of vinegar (ACV), while you're doing other things and then straining the result into a jar after carefully skimming off the foam; buy fresh marrow & knuckle bones, chicken feet, wings & necks etc. if your meat is purchased boneless. NOURISHING TRADITIONS by Sally Fallon and Mary Enig, Ph.D., the "bible" of traditional food preparation, contains detailed instructions for this and numerous other great items. The success of ANY soup depends on good stock!*

- *You can also purchase broths and stock bases; boullion cubes; Miso, a fermented soy-bean paste which comes in different varieties, from white to red; Dashi (granules) made from dried fish (bonito) and seaweed; or just the dried seaweed itself (but don't overdo because of sea toxins).*

- *Experiment by using some wine or beer occasionally in lieu of part of the stock for a superior flavor; especially nice for company meals although not for anyone addicted to alcohol.*

- *We all know that fresh is certainly best, but with modern life and real time-crunches, some organically grown canned beans (especially!) and frozen veggies can be absolute life-savers; even broasted free-range chickens grabbed on the way home from work along with bunches of prepared salad can be eaten fresh for dinner with the leftover carcass and veggies going into the stock pot for week-end soup making.*

- *For those who can and should eat carbs, beans are an excellent source since they are loaded with other good nutrients and minerals; they can even help maintain steady blood sugar levels. While organic canned beans are used for recipe ease, if you have the time, make your beans from scratch: soak organic dried beans 12-24 hrs before actually cooking them in FRESH water until very tender—this neutralizes phytates and makes the beans far more digestible. Crockpots work very well for the second stage of preparation since they can be cooking while you're at work or even sleeping; I prefer them to pressure cookers which never seem to me to develop the flavor the same way.*

- *In fact, while virtually all of the recipes can be followed as given for burner cooking, try throwing all the ingredients into a slow-*

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cooker, without initial sautéing, while fixing breakfast (or dinner!) to have ready for you when you come home (or wake up!).

- Also we have found that most “pot” meals taste even better the next day after mellowing in the frig overnight which makes them great for planned-overs.
- If you have time, try roasting veggies before tossing them into the soup pot; it really intensifies their flavors wonderfully well! In fact, try roast veggies in any recipe; you’ll love what roasting can do for taste!
- If cream/milk is suggested, try only raw, range-free (WWW.ORGANICPASTURES.COM), or nut/coconut milk; NOT soy or rice milk.
- If you choose to forgo any milk/cream, try substituting pureed (to a similar consistency) cauliflower/potatoes/rice that has had 1-2 raw egg yolks added; especially important for vegetarians.
- When adding free-range meats, add raw ones at the beginning while sautéing and cooked ones at the end just to heat through.
- Unless it is tempeh, most soy products are quite indigestible; I personally would never use gluten “meats”, including saitan or texturized proteins, as a meat substitute. There IS no substitute for animal protein, fats & enzymes!
- Try whisking two free-range eggs together with 1tsp arrowroot and dribble slowly into simmering soup for an “egg drop” effect. Or for best nutrition, whisk a raw egg yolk into individual portions before serving; it will never be noticed except for increased health!
- When canned tomatoes are suggested, try Muir Glen Roasted Tomatoes or Amy’s Tomato Bisque instead of the standard; you will love these two and their unique flavors!
- While most of these recipes are essentially entire unto themselves, always try to include at least some fresh greens or fermented veggies with each meal.
- Traditionally most soups are served with fresh, hard-crust bread or croutons; however, unless such items are made from fresh-ground/sprouted/fermented grains, we do not advocate bread eating except for perhaps some “Genesis” tortillas made from sprouted grains/seeds/legumes.
- And remember that soup is quite flexible; use these recipes as suggestions for what you have on hand rather than absolutes!
- NOTE: we absolutely love our 15 yr old hand-held, immersion or stick blender (Braun) finding it invaluable—you can puree right in the cooking pot and rinse it off making clean-up a snap. Also check out our Equipment section to learn how you can easily utilize both Slow Cookers and Rice Cookers for these dishes.

Chilled Soups

Avocado—Process together 2 chunked avocados, 1 cup milk, 4T minced scallions & 1 tsp lemon juice until smooth. Add to 3 cups very hot chicken/vegetable broth along with 1/4 cup dry sherry, salt/pepper; stir, refrigerate 2 hrs and serve cold with lemon twist.

Black Bean—Puree, with stick blender, a can of black beans with 1/2 cup chicken broth, 3T olive oil, dash of Tabasco, 2T chopped onion, 1 clove garlic, salt; add more chicken broth if necessary to make the mixture creamy. Garnish with dollop of sour cream.

Gazpacho—this Andalusian cold soup is dependent on superb fresh garden vegetables; or try the good canned version instead. . . Puree 2# peeled tomatoes, 1 seeded yellow pepper (or green but that is more tart), 1 cucumber, 1+ cloves garlic, 1/2 medium onion, 1 stalk celery; then pour through a strainer to remove seeds (optional). Add 2T red wine vinegar, 1/4 cup olive oil, Tabasco & salt to taste. Alternative: some people prefer to thin with tomato juice (or Amy’s Tomato Bisque or pureed Glen Muir Roasted Crushed Tomatoes) for drinking out of

glasses, while others prefer to crush and seed tomatoes and cucumber in a Mouli mill first; or use the Muir Glen tomatoes as the complete tomato base.

Golden Squash—Simmer 1.5# chopped **yellow squash** and 4 minced **green onions** (including bulb) in 2 cups **chicken broth** until softened; blend until smooth. Let cool, then whisk in 1 cup plain whole-fat **yogurt/sour cream**, 2T **lemon juice** and a dash of **dill weed**. Chill thoroughly; garnish with minced **chives**.

Vichysoisse *one of my mother's favorite soups, and, I think, an easy favorite of many!*—Simmer 3 cups @ peeled chopped **potatoes & leek bulbs** in 2 cups **chicken broth**; when vegetables are tender, puree with stick blender, stir in 1/2 cup **cream** and **salt/white pepper** to taste. Chill; garnish with **minced chives**.

Zucchini—chop 6 **zucchinis** and 1 **leek**; add to 5 cups clear **broth** (Miso/chicken) with 1 tsp **NTM Salt**. Simmer until tender, about 10 min., cool and add 3T **lemon juice**, 1/2 cup **lemon basil pesto** and 8 oz plain **yogurt**; process until smooth with stick blender.

Hot Soups

“Baked” Beans—In 2T **butter** sauté 1 large minced **onion** and 2 cloves minced **garlic** until soft. Add 2 cans **white beans**, 1tsp **pepper**, 1 tsp **salt**, 1.5 tsp **dry mustard**, 1 tsp **chili powder**, 1sm can **tomato paste**, 1/4 cup **molasses**, 2T **ACV**, 1/4 cup **honey** or **crushed pineapple** and 2 cups **stock**. Bring to boil, reduce to simmer and cook uncovered until reduced to thickness you prefer. *Variations:* 1) instead of butter, half-way cook 2-3 slices **maple-cured thick bacon**, slice into pieces to add to balance of ingredients and sauté the onions and garlic in the bacon grease; 2) substitute **maple syrup** for molasses and add 1/2 tsp **allspice**.

Bieler Broth *Henry Bieler, MD was a contemporary of Dr. Weston Price. In his excellent, and*

*still available book FOOD IS YOUR BEST MEDICINE, he recommended this great alkalizing soup which is tasty enough to eat at any time. In fact, it can be drunk warm in winter or cold in summer and, with the addition of a **raw egg yolk**, can make a superior breakfast drink, mid-afternoon snack or even as a full meal replacer instead of those artificial packaged powders; great as a lunch when you're having the **Carrot Salad** for dinner. This is an inexact, proportional recipe—Blend together equal parts **raw zucchini** or **cabbage**, **raw celery** and **steamed green beans**, plus some **olive oil**, **raw butter** or **coconut oil** to taste and using some of the bean-steaming water/stock to get a thick soup; optionally add **fresh parsley** and/or pinch **cayenne pepper**. Note: Steam *all* the veggies for those unable to handle raw.*

Black Bean Stew (Faijoda) —Saute in 3T **olive oil**: 1 large diced **onion**, 1 diced **red bell peppers**, 2 med chopped **tomatoes**, and 2 cloves minced **garlic** until vegetables are softened. Add 2 cans **black beans**, 2 cups **stock**, 2 cups @ chopped steamed **potatoes & carrots**, 1tsp @ **thyme & cumin**, **salt/pepper** to taste and cook, uncovered, over medium low heat until heated through, for 5 minutes. Stir in 1 tsp **liquid smoke** and 1/4 cup chopped **cilantro**. Let stand 10-15 minutes before serving.

Borscht *a great Russian invention!*

Summer—In 2T **butter**, sauté 2 diced **carrots**, 2 diced **celery stalks** and 1 diced **onion** until tender; add 4 cups **stock**, 1 can **Amy's Tomato bisque/Muir Glen crushed roast tomatoes**, 1.5# fresh young minced/shredded **beets**, 1/4 cup **ACV**, 1 tsp **NTM salt**. Simmer until veggies are tender; puree with stick blender and refrigerate a couple of hours. Serve with a dollop of **sour cream**.

Winter—In a stockpot over medium heat, warm 2T **butter**. Add 2 chopped **red onions**, 3 diced **carrots** and 1 scrubbed, cubed baking **potato**; cook, stirring occasionally, for about 5-10 minutes. Add 1 head shredded **red cabbage**, 4-5 roasted, diced **beets**, 2 cups sliced **mushrooms**, 1 **lemon** pricked with a fork in several places, 2

cups chopped beet greens, and 5-6 cups **stock**. Bring to boil, reduce heat to low and simmer, uncovered, about 15-30 minutes. Remove the lemon and discard. Season with **salt and pepper**; taste and adjust the seasonings with **honey/agave juice** and **lemon juice**, if needed. Garnish with dollop of **sour cream/yogurt** and sprinkle with chopped **dill** or fresh dill sprig; you can also mix some horseradish with sour cream.

Brazilian Black Bean Stew—In 2T olive oil, sauté 1 large chopped **onion** until translucent; add 2 cloves minced **garlic** until onions golden. Stir in 2 cups peeled, diced **sweet potatoes** and 1½ cups **stock**. Bring to a gentle simmer, cover and cook until potatoes are just tender but still firm, about 10 to 15 minutes. Add 2 cans **black beans**, 1 diced large **red bell pepper** (or canned roast), 1 can **diced tomatoes**, 1 small fresh minced hot **green chili**, or more to taste; simmer gently for 15 minutes more, uncovered. Stir in ¼ cup minced **cilantro/parsley**, season to taste with salt & pepper. Serve over **rice** cooked with **tomato sauce** instead of water and with a dollop of **sour cream** and a sprinkle of **cilantro/parsley**. For a *Caribbean* flavor, omit chili and diced tomatoes using equivalent amount of **coconut milk** for all or a portion of the stock in either/or the rice and stew.

Creamy Vegetable Soup—*with one soup base you can make an endless variety of soups depending on what you have on hand!*

Base: In stockpot over medium heat, sauté in 3T **butter/olive oil/coconut oil**, 3 sliced **leeks** or 1 cup chopped **onion**, 1 crushed clove **garlic**, 2 cups diced **red potatoes**, about 5 minutes; add 4 cups **stock**, 4 cups fresh chunked **fresh or frozen vegetables** (try some of the mixes), and continue simmering until veggies are tender. Process with immersion blender then add 1 cup **cream/milk** beaten with 2 **egg yolks**, **seasonings (herbs/spices)** of choice, including **salt/pepper** to taste, and serve. **Variations:** *Caramelize* all vegetables before adding stock by adding a bit more butter and ½ tsp honey and sautéing until a deep golden color. *No cream* option is to immersion blend more cooked pota-

toes or cauliflower to make 1 cup the consistency of cream and add egg yolks to that; or use leftover well cooked rice instead—in fact, if you use rice you might want to just leave it whole. *Chicken turkey*, 1-2 cups cooked, can be added with the cream and freshly cooked crumbled bacon can be added to virtually any of them as a protein/fat garnish if needed or desired.

Here are some vegetable/seasoning suggestions:

Artichoke hearts: season with juice of 1 **lemon** and add a dash of **hot sauce** before serving

Asparagus: reserve tips to put in last; seasonings: 1 tsp fresh **lemon juice**, 1T dried **tarragon**

Beans: add 1 tsp fresh **lemon juice**, 1T **basil**
Beet: preferably use roast beets; while simmering, add scant tsp ground toasted **caraway** and pinch **cayenne**; seasonings: 1tsp dried **dill**

Broccoli: while simmering add 1.5 tsp **dried mustard**, ½ tsp @ **basil & oregano** and pinch **cayenne**; season with chopped roast **red pepper**
Carrot: while simmering, add 1” **ginger chunk** and remove before processing (or ¼ tsp powdered)

Cauliflower: while sautéing, add 1 tsp **curry powder** and pinch of **saffron**

Corn: while simmering, add 2tsp ground **cumin**, pinch **cayenne**; seasoning: ¼ cup fresh **cilantro**

Eggplant: while simmering, add pinch **allspice** and 1 **bay leaf**; remove leaf before processing
Mushroom: use any variety of mushrooms but sauté until golden before adding stock; while simmering, add a dash of fermented **soy sauce** or **Worcestershire**

Parsnip or Turnip: season with 1 tsp **thyme & 1T dried rosemary**

Tomato: use fresh or canned; season with 1T **basil**

Zucchini: while simmering, add 4 chopped reconstituted **sun-dried tomatoes** (not oil packed); season with 1 tsp basil

Chilis *These hearty bean-based stews are a perennial favorite any time of the year; to make any recipe vegetarian, simply ignore the meat—it’ll still taste great!*

—All the recipes are perfect for crockpot cooking—10-12 hrs slow cooking (200 °) does won-

ders for digestibility and flavors!

—Although pinto beans were traditionally used in the south, almost any bean works great; definitely try using black beans instead!

—For a different taste, occasionally try adding some (1/2-1 cup) burgundy or dark beer in lieu of an equal amount of stock.

—One of the nicest toppings for any chili is sour cream/yogurt; to make it even tastier, try blending in some fresh cilantro or best yet, whisk together 1.5 cups sour cream/whole yogurt, 2T fresh lime juice & 1T fresh grated lime zest with a pinch of salt; hmm, hmmm good!

—ALL chilis definitely taste better after resting, melding and developing for at least 12-24 hrs, so try to plan a bit ahead. All recipes serve about 6-8 and can be easily doubled.

—For a variation on any chili, add 1-2 diced corn tortillas; they give a great flavor while breaking down as a thickener

—For a milder chili, instead of Jalapeños, use fresh Anaheim peppers

—In fact, try different sorts of fresh, dried, and canned chili mixes; there are literally hundreds of varieties each with its own special flavor.

Basic Chili—Saute 1# ground **chuck** (or small cubed beef or mix of pork & beef or buffalo or venison) in dry skillet (or just a small amount of butter/lard if meat itself does not supply enough fat) along with 1 chopped **onion** and 2 cloves smashed **garlic**. Add 1T **chili powder** and 2 tsp **ground cumin** until fragrant, about 3 minutes. Add 2 cans **pinto beans**, 1 can **diced tomatoes** (or **Roma, fresh/canned**), 1 4oz can **tomato paste**, 1-2 cups **stock**, 1T **oregano** or **cilantro**, half 2oz can diced **jalapenos** or more according to taste, and 1 tsp **salt**. Simmer until chili is thick, stirring often, about an hour. Remove from heat and stir in 1 sq **bittersweet chocolate** (yes, this is traditional Mexican especially for molé sauce!) or 1tsp **agave nectar** (some people prefer about 1/4 cup **Ketchup**); let sit about 30 min or overnight.

Chipotle Chili: instead of regular jalapenos, use **chipotles** or smoked jalapenos according to taste.

Confetti Chili: In lieu of pinto beans, use 1 can each **kidney beans**, **black beans** and **white**

beans, 2 cups frozen **corn** kernels and 6 julienned **corn tortillas**, increasing stock to cover. Before serving, add 2 squares **bittersweet chocolate**, stir to melt, add 1 small can sliced **black olives**, stir, cover pot and let sit without heat for 30 minutes (or overnight).

Red Chili: In lieu of jalapenos, use 1-2 crumbled dried **red chili peppers**

Roast Chili: In lieu of jalapenos, use 2 small **roasted**, peeled diced **poblano peppers**

Super Easy Chili: To 2 cans **black beans**, add 1 chopped **onion**, 1 diced **red bell pepper**, 1 jar **green enchilada sauce**, and 1 cup chopped left-over **chicken**.

Three Sisters Chili: Add 2 cups roast **squash** (sugar pumpkin, butternut, acorn, or even frozen puree) and 2 cups frozen **corn kernels**.

White Chili: Saute **onions**, etc, in 1-2T **butter**, use white beans in lieu of pintos, chicken stock and 1T **lime juice** in lieu of tomatoes and paste; add cooked, diced **chicken/turkey** added at end.

Egg Drop Soup—Beat 2 **egg whites** (put yolks into a **Smoothie**, veggie juice, or salad dressing) with 3/4 T **sherry/balsamic vinegar**, 1 tsp **soy sauce** and scant tsp **Arrowroot flour** until thick; set aside. Bring 3 cups **clear broth** of choice (miso, chicken, consommé, vegetable) to a rolling boil adding 1/4 C minced **green onions**. While broth is boiling, slowly drip the egg into the soup, stirring broth rapidly with a fork to tear protein fibers into shreds.

Garlic Broth Aïgo Bouldo—*a very old cold remedy but delicious any time if you like garlic!*—In a stockpot over high heat, combine 8 cups **stock** or water, 20 minced **garlic** cloves and 10 leaves fresh **sage**. Bring to a boil until the garlic is soft, about 15 minutes. Remove from the heat and scoop out the sage and garlic. Discarding sage, mash garlic with a fork, returning it to stockpot and season with **salt and pepper**. Bring liquid to a simmer and add 6 beaten **egg yolks**. Stir well, add 6T **olive oil**, garnish with 2T minced fresh flat-leaf **parsley** and serve immediately.

Goulash—Heat 3-4 T **butter** in stock pot over medium heat. Brown 3# chunked **stew meat**

dredged in 3T @ **arrowroot** and **sweet Hungarian paprika** and 1/2 teaspoon ground **black pepper**; add 3 sliced onions and continue sautéing until soft. Stir in 1 (6 ounce) can **tomato paste**, 1½ cups **stock**, 1# each peeled, cubed **potatoes** and **turnips/rutabagas/carrots**, and 1 minced clove **garlic**; reduce heat to low and simmer until meat is tender, about 2+ hrs. Salt to taste and serve with dollop of **sour cream** sprinkled lightly with more paprika. Alternative: use **red wine** for 1/2 the stock.

Greens Soup—In 2+T **butter/olive oil**, sauté: 1 chopped **onion**, 1 smashed clove **garlic**, (opt. 1/2 tsp **chili flakes**, 1 **bay leaf**) and 1 tsp **salt** about 3-4 min. Add about 4 diced medium **red potatoes**, and 1 cup **stock**. Add about 2# mixed chopped greens mix such as **escarole**, **watercress**, **spinach**, **kale** cover and steam till wilted. Add 3-4 more cups **stock**, bring to a boil, then simmer about 30 minutes; puree with stick blender. Add salt/pepper, pinch nutmeg, and 2 cups cream/milk with 2-4 egg yolks/or sour cream; sprinkle with paprika to serve.

Hunter's Stew—*this recipe makes a lot for planned-overs or frozen portions for eating later; it's a great one to place on a woodburning stove or in a very slow (200° oven) instead of suggested stove top; for a big crowd, feel free to double the recipe size.* In stockpot, warm 4T **butter**; sauté 2# cubed **beef/buffalo/venison** dredged in 1T **paprika** and 1/2 cup **arrowroot**. Add 1/2# chunked **onions** or small whole whites; 1 small diagonally diced **rutabaga**; 1/2# pounds diagonally diced **turnips**; 1/2# diagonally diced **carrots**; 1/2# diagonally sliced whole **green beans**; 1.5# peeled, diagonally diced **potatoes**; 1/2# small whole **mushrooms**; 1 whole **bay leaf**; approximately 2 cups liquid consisting of a combo of **brown beer** or **Burgundy & beef stock**, or stock with splash of **vinegar** and 1tsp **honey**; **salt & ground black pepper** to taste. Cover and leave on back of stove at very low temperature but maintaining a temperature of about 200°, for about 12-15 hours adding more stock/beer/wine as necessary.

Lentils *Lentils are handy to have on hand since*

they cook quickly without needing to soak.

Italian: In stockpot heat 2T **olive oil**; sauté 1 chopped **onion**; when softened, add 2 cloves minced **garlic**, 2 cans diced **tomatoes**, 1 small chopped **eggplant**, 2T chopped **parsley**, 2 cups **stock** and 1 cup dried green **lentils**; simmer, covered, until lentils are tender, about 30-45 minutes. Add 2tsp **Italian seasoning**, cover and let sit for 30 minutes. Serve topped with **caramelized onion slices** and **parmesan**.

Austrian Linnesup: In stockpot, put 1/2# brown **lentils**, 1 chopped **leek**, 3 chopped **carrots**, 2 diced **potatoes**, 1 **clove-studded whole onion**, 1 T minced **parsley**, 1 **bay leaf**, **salt & pepper** & about 4 cups **stock**; bring to boil, reduce heat & simmer until lentils & veggies are tender. Remove clove-studded onion and bay leaf, discard, and puree soup with stick blender. Just before serving add 1 cup **cream**, bring back to just before boiling and serve immediately sprinkled with minced **parsley**. Variation: brown smoked 1/2# **smoked sausage/kielbasa** before adding veggies & lentils.

Indian Red Lentils: Saute in 3 T **butter** over low heat: 1 med chopped **onion** until soft. Add 12 **peppercorns** & 4 crumbled **bay leaves**, cooking a few more minutes. Add 4 cups **stock**, 3/4 cup **water**, 1/2# **red lentils**, 2T chopped **parsley**, 3 whole dried **red chilies** & **salt** to taste. Cook over medium heat. When soup begins to boil, add 1/2" **ginger** & continue to simmer until lentils are soft, 10 minutes. Remove ginger before serving.

Minestrone—In a stockpot over medium heat, warm 2T **olive oil**. Add 1 chopped **red onion**, 1-2 chopped **zucchini**, 1 cup tender **green beans**, 2 sliced **carrots** and 2 chopped **celery** stalks and cook, stirring often, until softened, about 7 minutes. Stir in the 2 minced **garlic** cloves and cook for 1 minute. Add 3 cups chopped **kale** and cook until wilted, about 2 minutes. Add 1 cup dry **red wine** (opt) and cup chopped **tomato**; add 6 cups **stock** and 1 **bay leaf** and bring to a boil, then turn off heat and let sit for about one hour or refrigerate overnight. Bring to simmer, remove bay leaf and add 1 16oz. can **white beans**, 1/4 cup fresh chopped **basil**, **salt** and some **red pep-**

per flakes. Garnish with **parmesan** and serve immediately. *Alternative:* 1) in a pinch, use canned tomatoes and frozen Italian veggie mix and spinach instead of the fresh veggies. 2) use frozen **artichoke hearts** instead of all other veggies except onion; delete bay leaf and if using wine, use **white** rather than red.

Mushroom Wild Rice *another of my mother's favorite soups*—In a stockpot over medium heat, saute 1 lg chopped **onion** in 1/4 cup **butter** until tender. Stir in 1# sliced **mushrooms** and brown slightly. Add 6 cups **stock** and 1 cup **wild rice**; simmer until rice is cooked, about 30 min. Add 1/3 cup chopped **parsley**, 3T **tomato paste**, 1 clove crushed **garlic**, 1/4 tsp fresh ground **pepper** and 1/2 cup **dry white wine**. Simmer, covered, for 5 minutes, stirring occasionally. Serve garnished with shredded mild **white cheese** (Havarti, Swiss, smoked Mozzarella, etc.) and **parsley sprig**. *Variation:* puree completed soup

Red Pepper Chowder—in 2T **butter** in a saucepan, saute these julienned vegetables: 4 **red peppers**, 2 **leek bulbs**, 1 **carrot** & 1 **onion** until tender (10-15 min). Remove and hold 1 cup of sauteed vegetables. Puree remaining vegetables with 2 cups **chicken broth** then return reserved veggies, heat to simmering; just before serving, add 1.5 cups heavy **cream**.

Roast Vegetable Stew *Take extra time on weekends to roast veggies for even richer flavor!* Spread 2 C **pearl onions** or **chunked large onions**, 3 lg. cubed **carrots**, 3 med. cubed **parsnips**, **turnips** &/or **potatoes**, 1 sm. cubed **butternut squash**, and 2 cups whole, stemmed **mushrooms**, in single layer in non-stick roasting pan. Toss w/ **olive oil/melted butter/ghee** & roast @ 350° 30-40 minutes until golden, turning over when about half done. In stockpot, melt about 3T **butter** and make a roux with 4T **arrowroot**; when thickened, add 4 cups **stock** and carefully add roast veggies to pot increasing amount of liquid if necessary. Bring to simmer, stirring occasionally until thickened. Serve sprinkled with fresh, minced **parsley**.

Slim Soup (Tomato-vegetable) *This soup, or ones very like it, have been around 'forever' as quick weight-loss ploys. Traditionally we are told to eat 1 cup of this soup every few hours or whenever we feel the slightest bit hungry for 1 week while adding only 1 other food item at a time per day in a regimented order and with absolutely no fat. I do not believe that this approach is at all healthful, nor does it lead to long-term weight loss let alone healthful eating patterns! However, the soup IS nutritious and tasty and, certainly with the addition of a raw egg yolk per serving, could serve as a temporary excellent meal replacer for 1 meal per day for just about as long as you would like. Of course you could really do that with virtually ANY soup! Regardless, it is delicious so enjoy!*—Mix together in stock pot: 1 large chopped **onion**, 1 cup diced **celery**, 6 cups chopped **cabbage** (app 1/2 head), 1/5 cups sliced carrots, 2 chopped red, green or yellow **bell peppers**, 3-4 large cans diced **tomatoes** (Muir Glen Roasted or Amy's Tomato Bisque give really great flavor!), 2-3 cloves minced **garlic**, 1/2 tsp **pepper** and enough **stock** (meat stock preferably) to cover at least half again the depth of the vegetables. Add up to 3 **vegetable bouillon cubes** or the equivalent vegetable powder. Cook on low until all veggies are soft; leave in chopped form or process with a stick blender. Spicy seasonings can actually help increase metabolic functions, so add **chilis**, **hot sauce**, **curries** or even **ginger** or **horseradish** if you wish and according to your taste. For extra green value, add 1/2 cup chopped **parsley** or **cilantro**.

Squash Soups—*any variety of cooked winter squash, frozen squash puree, or even sweet potatoes, or any combination thereof, can be used for these high carotene delights; roasting the squash first brings a richer flavor than steaming or boiling.*

Apple Squash Soup: In a stockpot over medium heat, melt 2T **butter**. Add 2 thinly sliced yellow **onion** and sauté until translucent. Add 4 cups **cooked squash**, 2 chopped tart **apples**, 3 cups **stock**, 2 small **bay leaves** and 1 tsp. **salt**, stir to combine, cover and cook until heated

through. Remove the bay leaves and discard. Using an immersion blender, puree until smooth. Add 1/4-1 cup **crème fraîche/plain yogurt**. Stir in 1/4 tsp each **coriander** and freshly grated **ginger** (opt).

Chili Squash Soup: Heat 2T **butter** in stockpot; add 2 cups diced **onion**, 1 cup diced **pepper**, sauté over medium heat for 5 minutes. Add 1 1/2 teaspoons **salt** and 1T **chili powder**, and sauté for 5 minutes longer. Stir in 1T **minced garlic** and 2-3T fresh **lime juice**, cover and cook for about 5 minutes, or until veggies are tender. Add 4 cups stock and 3 cups **squash**; simmer for about 10 minutes. Serve with dollop **sour cream**, 3-4 T minced **cilantro/chives** and sprinkle with **toasted pumpkin seeds**.

Chipotle Squash Soup: In a stockpot over medium heat 2T **butter**; add 1 large, minced onion, stirring occasionally, until golden brown, about 10 minutes. Add 1-2 chipotle peppers canned in adobo sauce, 4 cups roast squash and sweet potatoes (about 1 butternut and 2 potatoes), 1 chopped white part of leek, 1/2 tsp ginger, and 8 cups stock. Simmer about 30 min and process with immersion blender until smooth. Season with salt/pepper to taste, 2-3T lemon juice

Curry Squash Soup: In a stockpot over medium heat, melt 2T **butter**. Add 2 thinly sliced yellow **onion** and 1T curry powder; sauté until translucent. Add 4 cups **cooked squash**, 2 chopped sweet **apples**, 3 cups **stock**, and 1 tsp. **salt**, stir to combine, cover and cook until heated through. Using an immersion blender, puree until smooth. Add 1/4-1 cup **cream**. Stir in 1/4 tsp **coriander** 1 tsp crushed **saffron** threads and top with **caramelized onion slices**

Turkey Squash Soup: In a stockpot over medium heat 3T **butter**; add 2 stalks minced **celery**, 1 minced large yellow **onion**, **salt /pepper** to taste. Cook 6 or 7 minutes, until tender. Add 3T **arrowroot** & 1 T **poultry seasoning** sautéing about 1 minute. Whisk in 6 cups **turkey stock** (*made from your Thanksgiving roast turkey!*) and bring to a bubble. Whisk in cooked/roast **squash** by large spoonfuls; simmer 10 minutes to thicken a bit. Remove from heat and add 2 cups **cream** and 1/2 tsp **nutmeg**.

Zucchini Soup *a new spin for a garden glut!* sauté 7-8 small sliced **zucchini** and 1 chopped **onion** in 3T **olive oil** until softened; add 6 cups **broth** and simmer about 15 min. Beat together 3 **eggs**, 4T grated **Parmesan**, **salt/pepper**, and a handful each of chopped fresh **parsley** and **basil**; stir while adding mixture to hot soup until heated through and serve. ■