



Roasted Tomato Soup

INGREDIENTS

- 4 pounds of tomatoes, sliced in half (or 3, 28-ounce cans of whole, peeled tomatoes, drained) olive oil to drizzle over tomatoes
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- salt and freshly ground pepper
- 3 tbsp. olive oil
- 1 medium yellow onion, chopped
- 2 carrots, peeled and chopped
- 2 tbsp. tomato paste
- 1 ½ tsp. sugar
- ½ tsp. cayenne (optional)
- ¼ cup packed chopped fresh basil leaves, plus julienned basil leaves for garnish (or 1 tbsp. dried basil)
- 4 cups vegetable broth (use the juice from the drained tomatoes)
- 1 cup heavy cream



Barsez (Borscht) POLISH BEET SOUP

INGREDIENTS

- 3 good-sized beets
- 6–8 potatoes
- 1–2 cups (handful) of green beans
- ½ head cabbage
- 1 cup mushrooms
- 32 ounces of chicken or vegetable stock
- parsley
- salt
- ¼ cup vinegar
- 1 cup sour cream
- (For non-Lent recipe use 1 lb. pork: ham hocks, smoked sausage, or whatever you like)



Quick Vegetarian Chili

INGREDIENTS

- 1 tbsp. olive oil
- 1 medium jalapeno, seeded and finely diced
- ½ medium onion, finely diced
- 2 tsp. high quality chili powder
- ½ tsp. ground cumin
- 2 cans (14-ounce) of diced tomatoes
- 1 can (14-ounce) of black beans, drained and rinsed
- 1 can (14-ounce) of corn, drained (or 2 cups frozen corn)
- 1 can (14-ounce) of diced mild green chilies
- 1 tsp. coarse sea salt
- ½ tsp. black pepper
- 2 tbsp. lime juice
- ¼ cup fresh cilantro
- shredded Colby-jack or cheddar cheese



Tuscan Herb WHITE BEAN SOUP

INGREDIENTS

- 2 cans cannellini beans, drained
- 4 cups vegetable broth
- ¼ tbsp. parsley, chopped
- ¼ tbsp. rosemary, chopped
- 3 tbsp. lemon juice
- salt and pepper, to taste
- olive oil

PREPARATION

1. Preheat oven to 400 degrees F. (If you're not roasting the tomatoes, proceed to step #2.)
2. Arrange sliced tomatoes, flesh side up, on 2 wire racks set on sheet trays.
3. Drizzle the tomatoes with olive oil, and season with salt and freshly ground pepper.
4. Roast the tomatoes in the oven until they are tender and slightly brown (about 1 hour). Set aside to cool.
5. Heat 3 tablespoons of olive oil in stock pot and sauté the onions and carrots until they are tender (about 10–15 minutes).
6. Mix in the tomato paste and then add the tomatoes (roasted or canned), sugar, cayenne (optional), basil, vegetable broth, salt, and pepper to taste. Bring to a boil and then lower heat and simmer for 25–30 minutes, or until the tomatoes are tender.
7. Remove from heat and puree with an immersion blender or, working in batches, with a food processor or food mill.
8. Add heavy cream, check seasoning, then reheat the soup over low heat just until hot and serve with julienned basil leaves as a garnish. (And don't forget to make your favorite grilled cheese sandwich!)

Makes 5–6 servings.

PREPARATION

1. In a 2 quart saucepan, warm olive oil over medium heat.
2. Add jalapeno and onion. Sauté until softened.
3. Sprinkle in chili powder and cumin. Stir and sauté one minute more to release the flavors and fragrances in the spices.
4. Add tomatoes, beans, corn, and chilies. Stir to combine. Season with salt and pepper.
5. Simmer 15–20 minutes. Stir in lime juice and cilantro. Simmer for 5 minutes.
6. Ladle soup into bowls and top with a generous sprinkling of shredded cheese.

Makes 4 servings.

PREPARATION

1. Cut the vegetables in bite-size pieces.
2. Add them to the chicken or vegetable stock.
3. Add parsley and salt and cook till vegetables are tender.
4. Add vinegar and sour cream.
5. Blend.
6. If you like more vinegar, add a little.
7. You can always add not take away, so taste as you go until it is to your liking. The soup will be pink.

Makes 4–6 servings.

PREPARATION

1. In a blender, puree vegetable broth, parsley, rosemary, salt, pepper, and half of the beans.
2. Transfer the mixture to a small saucepan and bring to a boil.
3. Add the remaining beans and reduce heat to low.
4. Stir in lemon juice.
5. Serve with a drizzle of olive oil and chopped parsley as a garnish.

Makes 4 servings.

Easy Asparagus Soup

INGREDIENTS

- 1 bunch asparagus, chopped (reserve tips)
- 3 cloves garlic, minced
- 4 cups chicken stock
- 1 can garbanzo beans, drained
- ½ cup parsley, minced
- 2 tbsp. extra virgin olive oil
- 1 tsp. lemon juice
- ½ tsp. lemon zest
- ¼ tsp. freshly ground black pepper

Mushroom Leek Soup

INGREDIENTS

- 4 leeks, chopped
- 1 medium onion, chopped
- 2 cups Portobello mushrooms, chopped
- ¼ cup butter
- ¼ cup flour
- 3 cups chicken stock
- 4 tablespoons white wine
- 2 cups half and half
- ¼ tsp. cayenne pepper
- ground white pepper

Butternut Squash Soup

INGREDIENTS

- 1 tbsp. olive oil
- 1 white onion, peeled and diced
- 4 cloves garlic, peeled and minced
- 2 cups vegetable broth
- 1 carrot, peeled and roughly chopped
- 1 Granny Smith apple, cored and roughly chopped
- 1 medium (about 3–4 lb) butternut squash, peeled, seeded and diced
- 1 sprig fresh sage
- ⅛ tsp. cayenne
- pinch of ground cinnamon and nutmeg
- ½ cup unsweetened coconut milk
- sea salt and freshly-cracked black pepper, to taste
- optional garnishes: extra coconut milk, or smoked paprika

Quinoa Vegetable Soup

INGREDIENTS

- 3 tbsp. extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1–2 cups chopped seasonal vegetables, like zucchini, yellow squash, bell pepper, sweet potatoes or butternut squash
- 6 garlic cloves, pressed or minced
- ½ tsp. dried thyme
- 1 can (28 ounces) diced tomatoes
- 1 cup quinoa, rinsed well
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 1 tsp. salt, more to taste
- 2 bay leaves
- pinch red pepper flakes
- freshly ground black pepper
- 1 can (15 ounces) great northern beans or chickpeas, rinsed and drained
- 1 cup chopped fresh kale or collard greens, tough ribs removed
- 1–2 tsp. lemon juice, to taste
- optional garnish: freshly grated Parmesan cheese

PREPARATION

1. In a bowl, combine parsley, olive oil, lemon juice, lemon zest, pepper, and $\frac{2}{3}$ of the garlic.
2. Add salt to taste and set aside.
3. In a medium saucepan, bring chicken stock to a boil.
4. Add the asparagus stalks, remaining garlic, and garbanzo beans. Reduce heat and simmer for about five minutes.
5. Remove from heat and puree with an immersion blender or, working in batches, with a food processor.
6. Return to heat, add asparagus tips, and cook until tender.
7. Drizzle with the parsley-garlic mixture to serve.

Makes 4 servings.

PREPARATION

1. Sauté the onion and garlic.
2. Heat the olive oil in a large stockpot over medium-high heat.
3. Add the onion and sauté for 5 minutes, stirring occasionally, until softened and translucent.
4. Add the garlic and sauté for 1–2 more minutes, stirring frequently, until fragrant.
5. Add the vegetable broth, carrot, apple, butternut squash, sage, cayenne, cinnamon and nutmeg and stir to combine. Continue cooking until the soup reaches a simmer.
6. Cover, reduce heat to medium-low, and simmer for 20–30 minutes until the vegetables are all tender and mash easily with a fork.
7. Remove and discard the sage. Stir in the coconut milk.
8. Use an immersion blender to purée the soup until smooth.
9. Taste and season the soup generously with salt and pepper as needed.
10. Serve warm, topped with your desired garnishes, and enjoy!

Makes 6–8 servings.

PREPARATION

1. In a saucepan, sauté leeks and onion in butter.
2. Add mushrooms and continue to sauté for five minutes.
3. Reduce the heat to low and add flour.
4. Allow mixture to thicken for about two minutes, stirring occasionally.
5. Add the chicken stock and white wine. Bring soup to a boil.
6. Reduce heat and simmer for ten minutes.
7. Slowly stir in the half and half, cayenne pepper, and white pepper.

Makes 6 servings.

PREPARATION

1. Warm the olive oil in a large Dutch oven or soup pot over medium heat.
2. Add the chopped onion, carrot, celery, vegetables, and a pinch of salt to the heated oil.
3. Cook until the onion has softened (about 6–8 minutes).
4. Add the garlic and thyme. Cook for 1 minute.
5. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
6. Pour in the quinoa, broth, and the water.
7. Add salt, bay leaves, and red pepper flakes. Season generously with freshly ground black pepper.
8. Raise heat and bring the mixture to a boil, partially cover the pot, and reduce heat to a simmer.
9. Cook for 25 minutes, then add the beans and the chopped greens. Continue simmering for 5 minute or until the greens have softened.
10. Remove the pot from heat. Remove the bay leaves and stir in 1 teaspoon lemon juice.
11. Taste and season with more salt, pepper and/or lemon juice.
12. Divide into bowls and top with grated Parmesan.

Makes 4–6 servings.