



THE

SOUP

COOKBOOK

NYPBeHealthy



FOREWORD

This cookbook that features delicious and nutritious recipes was created by chefs and physicians in collaboration with the registered dietitians of NewYork-Presbyterian's employee wellbeing program, *NYPBeHealthy*. These are the easy-to-follow recipes that our NYP Hudson Valley Chef Peter X. Kelly Teaching Kitchen team use in their cooking classes. An important part of NewYork-Presbyterian's mission as an academic medical center is to support the health and wellbeing of its staff as they care for patients and families. Additional recipes and cookbooks can be found [here](#).

SOUP

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Spring Minestrone Soup

Serves 4

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 1/4 cup shallots, sliced (or red or white onions)
- 1 tsp garlic, minced
- 1 cup brown basmati rice, rinsed until water runs clear (any rice will be good, but brown is preferable for the fiber content)
- 6 cups vegetable stock (low sodium preferable or water)
- 1 cup sugar snap, or snow peas, trimmed and diagonally sliced
- 1 1/2 cups asparagus, diagonally sliced into 1-inch pieces
- 1/2 green peas, fresh or frozen
- Salt to taste
- 1/4 tsp fresh ground pepper
- 1 Tbsp toasted sesame oil



Directions

1. In a large stockpot, heat olive oil over medium heat.
2. Add the shallots and garlic. Sauté until soft, about 3 minutes.
3. Add the rice and cook for 1 minute.
4. Add the vegetable stock and bring to a boil. Cover, lower heat, and simmer until rice is tender, about 30 minutes.
5. Add the sugar snap, or snow peas, asparagus, and green peas.
6. Add salt and pepper.
7. Cook for another 3-5 minutes, until the veggies are tender and bright green.
8. Garnish with toasted sesame oil.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Hearty Iranian Vegetable Stew

Serves 6-8

Ingredients

- ☐ 3 Tbsp Ghee or butter or olive oil (or another plant-based oil)
- ☐ 1 onion, diced (about 1 1/2 cups)
- ☐ 1/2 tsp ground turmeric
- ☐ 2 tsp cumin seeds
- ☐ 1 Tbsp tomato paste (low sodium preferable)
- ☐ 1/4 cup cilantro, chopped (optional)
- ☐ 1 Tbsp tarragon leaves, chopped (optional)
- ☐ 1 Tbsp dill leaves, chopped (optional)
- ☐ 1 Yukon gold potato, peeled and cut into 1-inch chunks
- ☐ 1 butternut squash, peeled, seeded and chopped into 1-inch chunks
- ☐ 1 lime, pierced 3 times with a fork (Iranian limes are best)
- ☐ 1 green chili, slit in half, seeds removed (or 1 tsp of your favorite spicy sauce)
- ☐ Salt to taste
- ☐ 4 cups water
- ☐ 4 medium tomatoes, quartered
- ☐ 5 cups greens (spinach, kale or swiss chard), chopped
- ☐ 1/4 cup chopped dried fruit (unsweetened preferable figs, dates, cherries, currents, or cranberries)
- ☐ 1 cup low-fat Greek yogurt to serve (optional)



Directions

1. Preheat oven to 400°F.
2. In a large pot over medium heat add the butter, onion, turmeric and cumin, sauté for 5-10 minutes until onion is soft.
3. Add the tomato paste and cook another 2 minutes.
4. Add the herbs, potatoes, squash, limes, chili, salt and water. Bring to a boil.
5. Turn down heat and boil for about 15 minutes.
6. Add the tomatoes, spinach, and dried cherries (or currants). Transfer to a baking dish and roast in the oven for 20 minutes until the sauce has thickened a bit and the vegetables are soft.
7. Remove from oven and serve with yogurt.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Tomato & Cannellini Bean Stew with Spinach

Beans

- ☐ 1 cup dried cannellini or other small white beans soaked overnight (or 1 can of white beans, drained and rinsed. Skip the “Beans” preparation if you’re using canned, low sodium preferable).
- ☐ 1 onion, quartered through root end
- ☐ 4 garlic cloves, crushed
- ☐ 2 bay leaves
- ☐ Kosher salt (to taste)

Stew

- ☐ 4 Tbsp olive oil, divided, plus more for drizzling
- ☐ 1 (28-oz) can whole peeled tomatoes, drained (low sodium preferable)
- ☐ ½ tsp (or more) crushed red pepper flakes
- ☐ Kosher salt (to taste)
- ☐ 1 onion, chopped
- ☐ 4 garlic cloves, very thinly sliced
- ☐ 1 Tbsp Sherry vinegar
- ☐ 3 cups vegetable broth (low sodium preferable)
- ☐ 1 cup spinach, cleaned
- ☐ Parmesan Rind (optional)
- ☐ ¼ cup shaved parmesan (low fat preferable)



Beans

Combine beans, onion, garlic, and bay leaves in a large pot and add cold water to cover by 2". Bring to a simmer over medium heat, add several pinches of salt, and reduce heat to low. Continue to cook at a bare simmer until beans are creamy but still hold their shape, 35–45 minutes. Let beans cool in cooking liquid; discard bay leaves and drain.

Do Ahead: Beans can be cooked 3 days ahead. Cover and chill.

Stew

1. Heat 2 Tbsp. oil in a large pot over medium-high. Add tomatoes, ½ tsp. red pepper flakes, and a pinch of salt and cook tomatoes, undisturbed, until caramelized, about 10 minutes. Break up tomatoes, scraping bottom of pot, and continue to cook, scraping and stirring occasionally. Transfer tomatoes to a bowl.

2. Heat another 2 Tbsp. oil in same pot over medium. Add onion, garlic, and cook, stirring often, until vegetables are soft and starting to brown around edges, 8–10 minutes. Add vinegar and tomatoes and cheese rind, scraping up browned bits. Add the beans to pot along with broth. Bring to a simmer; season with salt. Cook until flavors meld, 30–45 minutes.

3. Just before serving, stir in spinach and cook until wilted. Ladle soup into bowls and top with a sprinkle of cheese.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Curry in a Hurry Red Lentil Soup

Serves 4-6

Ingredients

- ☐ 1 cup dried red lentils
- ☐ 5 cups vegetable stock (low sodium preferable)
- ☐ 4 carrots cut into thick slices
- ☐ 1 yam or sweet potato cut into 1-inch chunks
- ☐ 2 onions cut in chunks and separated
- ☐ ½ cup turnip, chopped into bite sized pieces (or potato)
- ☐ 1/2 head green cabbage sliced
- ☐ 2 teaspoons each: cardamom, garam masala, curry powder- more to taste
- ☐ Juice and zest of 1 lemon
- ☐ 3 Tbsp olive oil (or another plant-based oil)
- ☐ 1 bunch cilantro- chopped



Directions

1. Bring stock to boil with lentils, skim foam, and lower to simmer
2. Chop veggies into chunks and add to pot, saving 1 onion, the cilantro and spices for later
3. Simmer all together on low for 45 minutes.
4. While soup is cooking, in a separate sauté pan, sauté remaining onion in olive oil until fragrant, then add spices.
5. Add onion-spice mixture to soup pot, along with lemon juice and stir to mix. You can use some of the liquid from the soup to deglaze the pan from the spices, then add it back into the pot.
6. Garnish generously with cilantro.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Chard Soup

Serves 6-8

Ingredients

- 2 Tbsp olive oil (or another plant-based oil)
- 1 onion (or 2 medium leeks, white parts only),
chopped
- 3 medium potatoes, peeled and thinly sliced
- 1 bunch chard (about 10 cups), stems removed
(or spinach if you don't have chard)
- Salt to taste
- 1 lemon, juiced
- 1/3 cup sour cream (low-fat preferable)



Directions

1. Heat the olive oil in a soup pot over medium-high. Add onion and potatoes and cook until softened and lightly caramelized, about 8-10 minutes.
2. Add 1/2 cup water and scrape bottom of the pot to lift any stuck bits.
3. Add the greens and 1 tsp salt. Cook for 5 minutes until wilted.
4. Add 6 cups water, bring to a boil, then lower and simmer for 15 minutes.
5. Puree the soup and return it to the pot. Add lemon juice.
6. If freezing, let cool and place in containers to freeze.
7. Heat up and add sour cream and swirl into soup before serving.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Ribollita: Tuscan Soup

Ingredients

2 cans of cannellini beans, drained and rinsed (low sodium preferable)
1/3 cup water
1 onion
2 cloves of garlic
1/3 cup chopped celery
1/3 cup parsley
1/2 cup good olive oil (or another plant-based oil)
Half a head of green cabbage, chopped (about 4 cups)
Half a bunch Tuscan kale (about 2 cups) or another leafy green
1 bunch of Swiss Chard, chopped (about 3 cups) or another leafy green
1 medium sized potato, diced (about 1 cup)
1/4 cup Tomato paste (low sodium preferable)
1 Parmesan Rind
6 cups vegetable stock (low sodium preferable)
1 cup stale bread, cut into 1-inch pieces



Directions

1. Finely chop the onion, garlic, celery and parsley and sauté gently in olive oil.
2. When they begin to turn golden, add the chopped greens and potato. Cook for 5 minutes more.
3. Season with salt and pepper and add tomato paste.
4. Using a blender or Cuisine art, puree one can beans with 1/3 cup water. Add these with the other half of the whole, to the pot, along with the parmesan rind and 6 cups of vegetable stock or water.
5. Allow to boil further until vegetables are cooked, about 7-10 minutes then, taking it off the heat, add the bread, cover and allow to sit for 20 minutes for the bread to soak before serving. It should be quite thick once you have the bread in there. You can add more liquid (water or stock) to get the consistency you like.

These will keep in the refrigerator for 3-5 days, or in the freezer up to 3 months.

Vegan Black Bean Soup

Serves 8-10

Ingredients

- 2 Tbsp extra-virgin olive oil (or another plant-based oil)
- 2 medium onions, chopped (red, white or yellow)
- 1 green pepper, finely chopped
- 6 garlic cloves, pressed or minced
- 1 tsp dried oregano
- 4 1/2 tsp ground cumin
- 1/2 tsp red pepper flakes (use 1/4 teaspoon if you're sensitive to spice)
- 4 cans (15 oz each) black beans, rinsed and drained (low sodium preferable)
- 4 cups (32 oz) vegetable/chicken broth or water (low sodium preferable)
- 1/4 cup chopped fresh cilantro (optional)
- 1 to 2 teaspoons vinegar, to taste, or 2 tablespoons fresh lime juice
- 1 Tbsp brown sugar (optional)
- Sea salt and freshly ground black pepper, to taste

Optional garnishes: diced avocado, extra cilantro, thinly sliced radishes, tortilla chips (whole wheat preferable)



Directions

1. Heat the olive oil in a large soup pot over medium heat until shimmering. Add the green pepper and onion and cook, stirring, until slightly softened, about 3 minutes.
2. Add the garlic, oregano, cumin, black pepper and 2 teaspoons salt and stir for another minute.
3. Pour in the vinegar and scrape any browned bits from bottom of pan with a wooden spoon. This is your sofrito.
4. Pour in the beans and broth and bring to a simmer over medium-high heat. Cook, reducing heat as necessary to maintain a gentle simmer, until the broth is flavorful and the beans are very tender, about 30 minutes.
5. Transfer about 4 cups of the soup to a stand blender, securely fasten the lid, and blend until smooth (never fill your blender past the maximum fill line and beware the steam that escapes from the top of the blender, it's very hot). Or, use an immersion blender to blend a portion of the soup.
6. Return the pureed soup to the pot, stir in the cilantro, lime juice and salt and pepper, to taste and serve with white rice.

These will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Indian Kitchari

Yield: 2 Servings

Ingredients

1/2 cup red lentils
1/2 cup white basmati rice (brown rice preferable)
1 Tbsp extra virgin olive oil (or another plant-based oil)
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground fennel seed
1 tsp turmeric powder
1 cup vegetables chopped into 1-inch cubes:
celery, radish, carrots, asparagus, zucchini,
taro root, fennel bulb, broccoli stems are good options.
Salt to taste
1 3/4-2 cup water
1/4 tsp freshly ground black pepper
1 lime, juiced
Olive oil for garnish



Directions

1. In a fine mesh strainer, place rice and lentils. Wash under cold water, rinsing thoroughly. Soak in cold water for 20 minutes. Strain.
2. In a large pot, heat your olive oil gently over a low-medium flame for 1 minute. Add your spices, stirring around to coat them in the fat to bloom them. When they become just fragrant (about 1 minute), add your vegetables, rice, mung dal, salt, and water. You need just enough water to cover the vegetables.
3. Cover, bring to a boil, lower heat, and reduce to a simmer. Cook for 25-35 minutes, stirring occasionally.
4. Remove from heat, serve garnished with fresh lime juice, olive oil, and black pepper.

Note: this can be stored for up to 5 days in the refrigerator in an airtight container.

This dish will keep in the refrigerator 5-7 days.

Spinach & Pea Soup

Serves 4-6

Ingredients

- ☐ 2 Tbsp olive oil (or another plant-based oil)
- ☐ 1 cup scallions white and green parts, chopped
- ☐ 1/2 cup onion, or 1 small onions, chopped
- ☐ 1 cup carrots, chopped
- ☐ 1/4 cup celery, chopped
- ☐ 2 Tbsp basil, chopped
- ☐ Salt to taste
- ☐ 1/2 cup water
- ☐ 1/4 tsp pepper
- ☐ 1/3 cup parsley, chopped (stems and all)
- ☐ 4 cups spinach, stems removed
- ☐ 1 cup peas, fresh or frozen
- ☐ Lemon juice to taste (about 1 tsp—1 Tbsp)
- ☐ Garnish with plain Greek yogurt (low fat preferable)



Directions

1. In a soup pot, heat the oil until it ripples a bit.
2. Add the scallion, onion, carrot, celery, herbs, salt and sauté lightly for 3-5 minutes.
3. Add 1/2 cup water, cover and stew for 4 minutes.
4. Add 5 cups water and bring to a boil.
5. Lower heat and simmer, uncovered for about 20 minutes.
6. Add pepper, parsley, spinach, peas, and cook 3 minutes until they turn bright green.
7. Remove from heat and blend the soup until smooth.
8. Add lemon juice as needed, and salt and pepper as needed.
9. Serve garnished with plain Greek yogurt.

These will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Mushroom Greens & White Bean Stew

Serves 8-10

Ingredients

- 5 cups greens (kale, collards, green cabbage or spinach)
- 2 Tbsp Olive Oil
- 1 large carrot, chopped
- 1 large onion, chopped
- 2 stalks celery, chopped
- 4 garlic cloves, minced
- 1 Tbsp minced fresh ginger (or 1 tsp powdered)
- 1 1/2 cups sliced mushrooms (stems removed)
- 3 cans cannellini beans, drained and rinsed (low sodium preferable)
- 8 cups vegetable stock or water (low sodium preferable)
- 2 Tbsp Italian seasoning blends (or make your own by combining 1 tsp oregano, 1 tsp rosemary, 1 tsp dried thyme)
- 3 Tbsp parmesan cheese (or nutritional yeast, or pecorino), (low fat preferable)
- 1/2 bunch parsley, chopped (optional)
- Salt and pepper to taste



Directions

1. Boil a large pot of water and add a generous amount of salt. Plunge all of the kale or collards in for 10 seconds and take out, rinse with cold water, squeeze out as much water as you can, chop blanched kale and set aside. (If you are using spinach then skip this step).
2. In a large pot over medium/high heat add oil. Once warm, sauté onion, carrot and celery until onion is translucent and vegetables begin to soften, about 5 min.
3. Stir in garlic, ginger and mushrooms, cover, stirring occasionally until the mushrooms release their liquid and cook down. Sprinkle with salt and pepper and continue cooking for another minute.
4. Add beans and Italian seasoning and stir to coat everything.
5. Turn heat up to high and add vegetable stock. Bring to a boil, then lower to a simmer for 20 -30 min.
6. Add chopped kale and parsley, simmer another 5 min, then add nutritional yeast and any additional salt and pepper to taste.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Coconut Green Lentil Vegetable Curry

Serves 6

Ingredients

2 Tbsp coconut oil (grapeseed or canola oil preferable)
1 Tbsp finely grated fresh ginger (or 2 tsp powdered ginger)
1 Tbsp finely grated fresh turmeric (or 1 tsp dried powder)
2 garlic cloves, minced
1 shallot or onion, minced (about 1/2 cup)
1 large carrot, small dice (yield 1/2 cup)
1 tsp whole cumin seed (or 1/2 tsp ground cumin)
1 tsp ground coriander
1/2 tsp whole mustard seed (or 1/4 tsp ground mustard seed)
1 Tbsp Balsamic reduction
Salt to taste
1 cup dried green, brown, or black lentils
1 (14-oz) can coconut milk (unsweetened, low fat preferable)
1 1/4 cups low sodium vegetable stock or water
3 cups fresh baby spinach chopped (or 1 1/2 cups frozen spinach, thawed)
Freshly ground black pepper
4 tsp chopped herbs (fresh cilantro, parsley or mint) optional



Directions

1. Bloom the aromatics: In a large saucepan over medium heat, warm the oil. Add the ginger, turmeric, garlic, shallot, carrot, coriander, cumin seed, mustard seed, and a generous pinch of salt. Cook, stirring occasionally, until the vegetables are softened, and the spices are very fragrant, 3-4 minutes.
2. Cook the lentils: Add the balsamic reduction, lentils, coconut milk, veg stock (or water), and 3/4 teaspoon salt. Stir everything together, turn the heat to high, and bring the mixture to a boil. Reduce to simmer, and cook, stirring occasionally, until lentils are cooked through and liquid is reduced to a thick sauce, about 25 minutes. (Lentils should be tender enough to bite through easily, but they should hold their shape - you don't want them mushy or disintegrating.)
3. Finish the curry: Turn off heat and stir in spinach to wilt. Season to taste with a few grinds of pepper, and additional salt if desired. Stir in cilantro.

Serve: Ladle curry over cooked rice or quinoa, and top each serving with a sprinkle of diced radish.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Minestrone Soup

Serves 12

Ingredients

2 Tbsp olive oil (or another plant-based oil)
1 onion, chopped
2 carrots, peeled, chopped
2 celery stalks, chopped
2 garlic cloves, minced
4 cups kale, stems chopped & reserved,
leaves coarsely chopped (or 4 cups collard greens)
1 russet potato, peeled, cubed
1 (15 oz) can diced tomatoes
1 fresh rosemary sprig (or 2 tsp dried rosemary)
1 (15-ounce) can cannellini beans, drained, rinsed (low sodium preferable)
6-8 cups low-sodium vegetable broth (or water)
1-piece Parmesan cheese rind (low fat preferable)
1/4 cup chopped fresh Italian parsley leaves and/or basil (optional)
Salt and pepper to taste



Directions

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, celery, and garlic. Sauté until the onion is translucent, about 10 minutes. Add the kale stems and potato; sauté for 5 minutes.
2. Add the tomatoes, kale leaves, and rosemary sprig. Simmer until the kale is wilted and the tomatoes break down, about 10 minutes.
3. Meanwhile, blend 1/2 cup of the beans with 1/4 cup of the broth in a blender until almost smooth. Add the pureed bean mixture, remaining broth, and Parmesan cheese rind to the vegetable mixture. Simmer until the potato pieces are tender, stirring occasionally, about 15 minutes.
4. Stir in the whole beans and parsley. Simmer until the beans are heated through and the soup is thick, about 2 minutes. Season with salt and pepper, to taste.
5. Discard Parmesan rind and rosemary sprig (the leaves will have fallen off of the stem.) Top with drizzle of oil and dusting of parmesan cheese.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Ethiopian Sweet Potato & Peanut Soup

Serves 6

Ingredients

2 Tbsp olive oil (or any other plant-based oil)
1 onion, diced
Salt to taste
1 red bell pepper, diced
2 garlic cloves, minced
1 Tbsp fresh ginger, peeled and minced (or 2 tsp powdered)
1/2 tsp ground all spice
1/2 tsp ground cinnamon
1 tsp paprika
Pinch of cayenne (optional)
1 (14.5 oz) can chopped tomatoes (low sodium preferable)
1/4 cup peanut butter (no sugar added, low fat preferable)
6 cups low-sodium vegetable stock or water
4 medium sweet potatoes, peeled and cut into 1/2-inch cubes
1 Tbsp lime juice
1/2 cup chopped cilantro (optional)
1/2 cup chopped peanuts (optional)



Directions

1. In a large soup pot, heat the olive oil 2 minutes. Add onion and salt and sauté 3-5 minutes. Add bell pepper, garlic, ginger, allspice, cinnamon, paprika, cayenne, sauté 3-5 minutes more.
2. Stir in can of tomatoes, juice and all, peanut butter, and stir to combine well.
3. Add vegetable stock, sweet potatoes and bring to a boil, then decrease heat and simmer 15-20 minutes until sweet potatoes are tender.
4. Blend half the soup and return it to the pot.
5. Serve with lime juice, cilantro, and peanuts.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Chana Masala Stew

Serves 8-10

Ingredients

3 Tbsp oil (your choice: olive, grapeseed, sesame preferable)

1 medium white or yellow onion, finely diced

1 Tbsp ground cumin

Salt to taste

6 cloves garlic, minced (or 2 Tbsp dried garlic powder)

2 Tbsp fresh ginger, minced (or 1 Tbsp dried)

1 Tbsp ground coriander

1 tsp chili powder

1 tsp ground turmeric

1 28-ounce can puree or finely diced tomatoes (or whole peeled canned tomatoes and chop yourself) [low sodium preferable].

2 15-ounce cans chickpeas, drained (low sodium preferable)

1 cup frozen greens (spinach, kale etc.), or 2 cups fresh greens if you have them

1 Tbsp sugar (brown, coconut, white, maple syrup, whatever) [optional]

2 Tbsp lime juice (optional)

1 tsp garam masala (optional)

If you would like to make this recipe spicy feel free to add a spoonful of your favorite heat! (chili oil, harissa, Siracha whatever spice you like and as much as your taste enjoys).



Directions

1. Heat a large pot over medium heat. Once hot, add oil, onion, cumin, and salt.

2. Add garlic, and ginger to the pan with the onions.

3. Next add ground coriander, chili powder, and turmeric and stir to coat. Add a little more oil at this point if the pan is looking dry.

4. Next add pureed tomatoes, chickpeas, and greens. If the mixture looks a little too thick, add up to 1/2-1 cup water. You're looking for a semi-thick soup consistency, it will cook down into more of a stew.

5. Increase heat to medium high until it reaches a rolling simmer, then reduce heat to low or medium-low and maintain a simmer (uncovered) for 15-20 minutes, or until thick and stew-like. Stir occasionally.

6. When the Chana masala is thickened and bubbly, taste and adjust seasonings as needed, adding more salt for saltiness, chili powder for heat, or a bit of sugar for sweetness.

7. Remove from heat and add optional lime juice and garam masala. Stir to mix, then let cool slightly before serving.

8. Fresh cilantro and lime juice make an excellent garnish. Chana masala can be enjoyed as a stew on its own, or it can be delicious with white or brown rice, cauliflower rice, or over a cooked sweet potato.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Green Lentil Soup

Serves 4-6

Ingredients

2 Tbsp olive oil (or another plant-based oil)
1 cup onion, diced
Salt to taste
1 Tbsp garlic, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
1 1/2 tsp herbs de Provence (or 1/2 tsp thyme, 1/4 tsp oregano, 1/4 tsp rosemary, 1/2 tsp ground fennel seed)
Salt and pepper to taste
1 (14.5 oz) canned diced tomatoes (low sodium preferable)
1 cup dried French green lentils, rinsed well
6 cups vegetable broth or water (low sodium preferable)
1 bay leaf
1 lemon, juiced
3 cups spinach, chopped (or 1 1/2 cups frozen spinach)



Directions

1. Heat the olive oil in a soup pot over medium heat.
2. Add onion and salt. Sauté 5-10 minutes until golden.
3. Add garlic, carrots, celery, herbs, salt and pepper. Sauté until all the vegetables are tender and lightly browned, about 10 minutes.
4. Stir in tomatoes and lentils.
5. Add the broth and bay leaf, increase heat, cover pot, and bring to a boil.
6. Once boiling, reduce temperature and simmer until the lentils are tender, about 40 minutes.
7. Fold in the spinach, remove the bay leaf if you can find it, add lemon juice, and more salt and pepper if needed.

This will keep in the refrigerator 5-7 days, or in the freezer up to 3 months.

Carrot & Apple Soup

Serves 4-6

Ingredients

3 Tbsp olive oil (or another plant-based oil)
1 small yellow onion, sliced (shallots work too)
1 clove garlic, minced
2 Tbsp fresh ginger, peeled and grated
1 small apple, peeled and sliced
4 to 5 cups sliced carrots (about 1 1/2 pounds)
4 cups vegetable broth (low sodium preferable) or water
Pinch of nutmeg
Salt and pepper to taste



Directions

1. Heat olive oil in a large pot over medium heat. Add onions and cook until softened and translucent, about 5 minutes. Add ginger and garlic and cook for one minute, until fragrant. Add sliced apples and diced carrots and cook for 3 minutes more.
2. Turn flame to medium-high and add vegetable broth. Bring to a boil. Reduce flame to low and simmer, uncovered, until carrots and apples are softened, about 30 minutes. Remove pan from the flame and let rest for 10 minutes.
3. Blend the soup in batches in a blender. Be sure not to fill the blender more than halfway full or hot soup will explode everywhere. Not cool. Also, when blending hot liquids in a blender, leave the blender lid slightly ajar to let some of the steam escape.
4. Once all of the soup is blended, return to the pot. You may decide that you want your soup a bit thinner in consistency. Add more vegetable broth if you'd like. Taste, and add a dash of fresh ground nutmeg, as well as salt and pepper to taste. The soup won't need much pepper, as ginger is pretty spicy.
5. Serve with a drizzle of quality olive oil, a sprinkling of fresh cracked pepper, and a few carrot top sprigs... cause you're fancy, and whatnot.
6. Soup will last, in an airtight container in the refrigerator for up to 4 days. Soup also freezes well. Thaw in the fridge before reheating.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Potato & Leek Soup

Serves 4

Ingredients

1-pound leeks (about 3 medium leeks) chopped

2 stalks celery (about 1/2 cup) chopped

2 Tbsp. extra virgin olive oil (or another plant-based oil)

4 cups vegetable stock (low sodium preferable) or water

1-pound russet or Yukon Gold potatoes, peeled and cut into slices or chunks (about 3 medium potatoes)

Salt and freshly ground black pepper

Chopped parsley or chervil for garnish.



Directions

1. In a medium pot, over a medium flame, place the oil and heat gently,
2. Add the leeks and celery, and sauté for 5-10 minutes, until they are tender, and translucent, and ever so slightly browned.
3. Add the potatoes, and vegetable stock and salt if using. Turn up the heat, cover, and bring to a boil. Reduce to a simmer.
4. Simmer for 20-30 minutes, or until potatoes are tender. Puree using a blender or a hand blender.
5. Garnish with freshly cracked black pepper, and herbs.

These will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Swiss Chard & Chickpea Stew

Serves 4

Ingredients

1-pound Swiss chard (can also swap kale, spinach or another green), ribs and stems removed and cleaned

3 Tbsp olive oil

1 cup (5 1/4 ounces) chopped carrots

1 cup (5 ounces) chopped celery

1 cup (4 1/4 ounces) chopped shallots, about 4 medium
or 1 cup white onion

2 garlic cloves, finely chopped

1 cup dry white wine

2 (15-oz) cans (or about 3 3/4 cups) chickpeas, or white beans, or navy beans, drained and rinsed (low sodium preferable)

2 cups (or more to taste) vegetable broth (low sodium preferable)

1 cup canned pureed tomatoes (low sodium preferable)

Salt and freshly ground black pepper

3 fresh thyme sprigs (or 1 Tbsp dried thyme)

1 bay leaf

1 Tbsp sherry vinegar



Directions

1. Heat olive oil over medium, being careful it does not smoke.
2. Add carrots, celery, shallots and garlic and sauté for 15 minutes.
3. Add wine (scraping up any bits that have stuck to the pot) and cook it until it reduced by three-fourths.
4. Add beans, broth, tomatoes, a few pinches of salt, freshly ground black pepper, thyme and bay leaf and bring to a boil. Reduce heat to medium-low and simmer for 20 minutes.
5. Add chard and cook for 5 minutes more.
6. Remove thyme and bay leaf. Add more broth if you'd like a thinner stew, or soupier texture, and adjust salt and pepper to taste.

Serve as is drizzled with sherry vinegar. Or you can ladle the stew over thick piece of toasted country bread or baguette that has been rubbed lightly with half a clove of garlic, top that with a poached egg and a few drops of sherry vinegar and/or some grated cheese.

These will keep in the refrigerator for 5-7 days.

Creamy Cauliflower Soup

Serves 10

Ingredients

3 Tbsp extra virgin olive oil (or another plant-based oil)

1/2 tsp turmeric

1/2 tsp cumin seeds

6 curry or bay leaves

1 cup finely diced onion

2 garlic cloves, chopped

2 cups peeled and chopped potatoes

Salt to taste

1 1/2-pound cauliflower (about 6 cups, chopped)

5 cups vegetable broth, (low sodium preferable)

1/3 cup heavy cream, or 1/3 cup cashew cream (Make cashew cream by soaking 1/3 cup raw cashews in water 5 hours. Drain water, and blend with 1/2 cup cold water.)



Directions

1. Heat the olive oil in a large pot.
2. Add onion, garlic, turmeric, cumin, and bay leaves and sauté 5 minutes.
3. Add potatoes, with salt. Sauté another 5-10 minutes, until tender.
4. Add cauliflower (florets and stems), vegetable broth. Cook until cauliflower is tender, about 10 minutes.
5. Using an immersion lender, or a blender, puree soup until desired consistency is achieved.
6. Add the cream, or cashew cream, and give a final blend.

These will keep in the refrigerator for 5-7 days.

Cream of Yams

Serves 6

Ingredients

- 1 large onion, cut into 1-inch pieces
- 2 large yams (or sweet potatoes), peeled and cut into 1- inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- 1 cinnamon stick
- Water, enough to cover the vegetables
- Sea salt to taste
- 1 tsp fresh ginger juice (unsweetened preferable)
- 1 Tbsp fresh, chopped parsley garnish



Directions

1. In a large pot, on high heat add onions, yams, carrots, cinnamon stick, and water.
2. Bring to a boil, add salt.
3. Reduce heat to medium, and simmer until the vegetables are tender.
4. While vegetables are simmering prepare ginger juice: peel 1 inch of ginger and blend in a blender with 1/4 cup of water. Use a cheese cloth, or fine mesh strainer to squeeze ginger
5. Once vegetables are soft, turn off heat, remove cinnamon stick, and add ginger juice.

This can be stored for up to 5 days in the refrigerator in an airtight container.

Split Pea Soup

Serves 4-6

Ingredients

3 Tbsp olive oil (or another plant-based oil)

3 Bay leaves

2 garlic cloves, minced

1/2 cup onion, chopped (or shallots)

1 cup carrots, chopped

1/2 cup celery, chopped

1/2 cup potatoes, peeled and chopped

1 cup dried green split peas, soaked overnight in cold water and strained

Salt to taste

Black pepper to taste

6 cups water

1 tsp smoked paprika



Directions

1. In a large pot add olive oil and bay leaves. Sauté 1-2 minutes.
2. Add garlic, onion, carrots, celery, potato, to the pot and sauté 5-7 minutes.
3. Add split peas, salt, black pepper, and water. Bring to a boil, reduce heat, and simmer 1-2 hours, adding more water when necessary.
4. Remove from heat. Use an immersion blender to blend to required consistency.
5. Add smoked paprika and blend some more.
6. This soup freezes well. Pre-portion and freeze to extend keep date for up to 6 months.

This will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Butternut Squash Soup

Serves 6

Ingredients

- 1 large butternut squash, peeled, seeded and chopped into cubes
- 1 onion, cut in chunks
- 1 Tbsp fresh grated ginger
- 2 limes, juiced
- 2 cans coconut milk (unsweetened, low-fat preferable)
- 4 cups vegetable or chicken broth (low sodium preferable)
- Salt to taste
- 2 granny smith or other tart apples, chopped for garnish
- 1 cup cilantro, minced for garnish



Directions

1. Place squash, ginger and onion into your soup pot adding just enough stock to cover.
2. Bring to the boil, reduce heat and simmer, covered, until squash is very soft, about 30 minutes.
Add lime juice and coconut milk
3. Puree with hand blender, then garnish each bowl with apples and cilantro, serve and enjoy!

This will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Broccoli Garlic Soup

Serves 4-6

Ingredients

1 large head broccoli, chopped (about 5-6 cups)

1 large onion, chopped (about 1-2 cups)

10 garlic cloves, chopped

1 Tbsp coconut oil (or another plant-based oil)

6 cups vegetable broth (low sodium preferable) or water

Salt to taste

1 bunch parsley, chopped fine for garnish (about 1 cup)

3 scallions, finely chopped, to be used as a garnish (about 1/4 cup)



Directions

1. Sauté onion and garlic in coconut oil in a medium stockpot.
2. When onions are translucent, add broccoli, stock and simmer until tender, about 15-20 minutes.
3. Purée mixture with a hand blender. Add sea salt or Herb Amare to taste.
4. Garnish with parsley and scallions.

This will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.

Garlicky Kale & White Bean Stew

Serves 4-6

Ingredients

1 Tbsp. olive oil (or another plant-based oil)

2 medium onions, sliced thin

6 cloves garlic, sliced

1 tsp. smoked paprika

5 bay leaves

1/4 tsp. chili flakes

Salt to taste

1/4 tsp. black pepper

2 cups cooked white beans (lima, butter, navy, cannellini; low sodium preferable)

2 cups packed shredded kale leaves (or spinach, swiss chard or beet tops)

2 cups vegetable broth (low sodium preferable)

1 can (14 oz.) organic whole tomatoes (low sodium preferable)

Cold-pressed olive oil to serve



Directions

1. In a large stockpot heat the oil. Add onions, salt, chili, bay leaves and smoked paprika. Cook for a few minutes until the onions have softened, then add sliced garlic.
2. Add all other ingredients, bring to a boil, and cook for 20 minutes.
3. Serve drizzled with olive oil.

This will keep in the refrigerator for 5-7 days, or in the freezer up to 3 months.