

SOUPS & STEWS

ROASTED SQUASH SOUP

Ingredients:

- ◆ 1 Squash peeled, cut in chunks
- ◆ 1 large onion - chopped
- ◆ 3-5 cups vegetable stock
- ◆ 2 inches fresh ginger grated
- ◆ Fresh ground nutmeg
- ◆ Sea salt

Instructions:

- ◆ Cut and peel Squash in large chunks and coat lightly with olive oil and sea salt
- ◆ Roast in oven at 400 degrees for 30-45 minutes or until golden brown
- ◆ Sauté large onion in olive oil until very golden brown and translucent, add grated ginger once onions are cooked and allow to cook a few minutes longer
- ◆ Add roasted squash to soup pot with onions
- ◆ Cover with broth by an inch, blend with immersion blender
- ◆ Or add all ingredients to blender and blend until very smooth
- ◆ Add more veggie broth until desired thickness is reached
- ◆ If veggie broth is salted, you may not need any added salt
- ◆ Always taste soup before adding salt

EGYPTIAN LENTIL STEW

Ingredients:

- ◆ 5 cups vegetable broth or 5 cups water
- ◆ 1 cup dried red lentils
- ◆ 2 cups chopped onions
- ◆ 2 cups chopped yams peeled
- ◆ 8 garlic cloves, peeled and left whole
- ◆ 1 tablespoon olive oil
- ◆ 2 teaspoons ground cumin
- ◆ 1/2 teaspoon sea salt
- ◆ 1/3 cup chopped fresh cilantro
- ◆ 3 tablespoons fresh lemon juice
- ◆ Sea salt and pepper

Instructions:

- ◆ Add the 1st five ingredients to a large pot; cover and bring to a boil
- ◆ Lower the heat and simmer 15-20 minutes or until the lentils and veggies are tender
- ◆ Take pot from stove burner and set aside
- ◆ In a small saucepan, add the oil; warm over low heat until the oil is hot but not smoking
- ◆ Add in cumin, turmeric, and sea salt; cook and stir constantly for 2-3 minutes or until the cumin has released its fragrance (be careful not to scorch the spices).
- ◆ Set spice mixture aside for 1 minute to cool
- ◆ Stir spice mixture into the lentil mixture; add cilantro, stir to combine
- ◆ You can puree the soup, in batches, in a blender OR you can use an immersion blender and blend to desired texture (We like to leave it a little chunky)
- ◆ Add in lemon juice; stir to combine

SOUPS & STEWS

MIXED BEAN CHILI

Ingredients:

- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, minced
- ◆ 4 large carrots, chopped
- ◆ 1, 14oz jar organic diced tomatoes
- ◆ 1 can organic black beans (low salt or no sodium, BPA free can)
- ◆ 1 can organic garbanzo beans (low salt or no sodium, BPA free can)
- ◆ 1 can organic red kidney beans (low salt or no sodium, BPA free can)
- ◆ 1 can organic cannellini beans (low salt or no sodium, BPA free can)
- ◆ 1/4 cup of Braggs Liquid Aminos

CHILI POWDER

- ◆ 2 tablespoons chili powder
- ◆ 2 tablespoons paprika
- ◆ 2 teaspoons oregano
- ◆ 1 1/2 teaspoon cumin
- ◆ 1 1/2 teaspoon garlic powder
- ◆ 3/4 teaspoon onion powder
- ◆ 1/2 teaspoon cayenne powder (optional)

Instructions:

- ◆ Mix all ingredients in a large crockpot, turn on high and cook for 2-3 hours or until carrots are soft. Stir occasionally.

CREAM OF BROCCOLI SOUP

Ingredients:

- ◆ 2 heads of broccoli, cut into florets
- ◆ 1 pint of mushrooms, chopped
- ◆ 4 carrots, chopped
- ◆ 4 stalks celery, chopped
- ◆ 4 cloves garlic, minced
- ◆ 2 teaspoons Mrs. Dash no-salt seasoning blend
- ◆ 2 cups carrot juice (2 pounds carrots, juiced)
- ◆ 4 cups of low sodium organic vegetable broth
- ◆ 1 cup raw cashews
- ◆ 2 tablespoons Braggs Liquid Aminos

Instructions:

- ◆ Put all ingredients, except cashews, into a large soup pot. Cover and simmer until the vegetables are tender (about 20-30 minutes).
- ◆ In a high-powered blender or food processor, blend the raw cashews with 1/2 - 1/3 of vegetables and liquid (depending on preference for how chunky or creamy you desire your soup).
- ◆ Return to the pot and mix with the remaining unblended soup and vegetables