

Minestrone with sun dried tomatoes

Ingredients

- 1 Tbs. olive oil
- ½ tsp. dried oregano
- ½ tsp. dried basil
- 1 medium onion, diced (1 ½ cups)
- 1 large or 2 medium carrots, sliced into rounds (1 cup)
- 3 stalks celery, sliced (1 cup)
- 6 cloves garlic, minced (2 Tbs.)
- ½ cup sliced sun-dried tomatoes
- 1 15-oz. can white beans, rinsed and drained
- 1 cup fresh or frozen peas or green beans, cut into 1-inch lengths
- 2 Tbs. white wine vinegar

Directions

- 1. Heat oil in 3-qt. saucepan over medium heat. Add oregano and basil, and stir 30 seconds. Add onion, carrots, celery, and garlic. Cover, and cook 5 minutes, or until onion is translucent.
- 2. Add sun-dried tomatoes, and cook 5 minutes more. Add white beans and 4 cups water, and season with salt and pepper, if desired. Bring soup to a boil, reduce heat to medium-low, and simmer 10 minutes. Add peas, and simmer 3 to 5 minutes more. Stir in vinegar, and season with salt and pepper, if desired.

Roasted Red Pepper and Carrot Soup

Ingredients

- 2 large red bell peppers (1 lb.), plus slices for garnish, optional
- 2 Tbs. olive oil
- ½ tsp. curry powder
- 1 bay leaf
- 1 large onion, sliced (2 cups)
- 2 large carrots, sliced (½ lb.)
- 4 cloves garlic, peeled and sliced
- 1 tsp. salt
- 2 Tbs. lemon juice

Directions

- 1. Preheat oven to 350°F. Place bell peppers on baking sheet, and roast 1 hour, or until skin is wrinkled and blackened all over, turning peppers occasionally with tongs. Transfer to bowl, and cover with plastic wrap 10 minutes to steam. When peppers are cool enough to handle, rub off blackened peel, and remove seeds.
- 2. Heat oil in 2-qt. saucepan over medium heat. Add curry powder and bay leaf, and stir 10 seconds. Add onion, carrots, garlic, and salt. Cover, and cook 10 minutes, or until onion is translucent.
- 3. Add 4 cups water, and bring to a boil. Reduce heat to medium-low, and simmer, covered, 25 minutes.
- 4. Transfer carrot mixture to blender, add bell peppers, and purée until smooth. Stir in lemon juice. Garnish servings with Creme Fraiche.

Chicken Tortilla Soup

3 tablespoons olive oil
1 cup chopped onion
1 cup chopped celery
2 cups chopped carrots
3 cloves of garlic, minced
1 sweet bell pepper, chopped
2 quarts chicken broth
2 14.5 oz cans diced tomatoes, with juice
1 tsp cumin
 $\frac{3}{4}$ tsp chili powder
1 tsp salt
 $\frac{1}{2}$ tsp black pepper
 $\frac{1}{8}$ tsp cayenne pepper
6 6" corn tortillas, cut into strips
2 cups shredded rotisserie chicken
 $\frac{1}{4}$ - $\frac{1}{2}$ cup chopped fresh cilantro
Juice of 1 small lime

Heat olive oil in a large pot over medium heat. Add onions, celery, carrots, garlic and sweet pepper. Cook until vegetables are soft, stirring frequently, about 10 minutes.

Add chicken broth, tomatoes, spices and tortilla strips to soup. Bring to a boil and simmer for 20-25 minutes, stirring frequently. The tortillas will dissolve into the soup as it simmers to thicken it.

Add the cooked chicken, cilantro and lime juice. Taste and adjust seasonings if necessary. Serve with a garnish of avocado, tortilla chips, sour cream or shredded cheese if desired.

Spicy Red Lentil

Ingredients

- 1 cup red lentils
- 1 tsp. salt
- 1 15-oz. can diced tomatoes
- 2 Tbs. minced fresh ginger
- 1 Tbs. vegetable oil
- 2 cloves garlic, minced (2 tsp.)
- 1 15-oz. can light, unsweetened coconut milk
- 1 Tbs. tamarind concentrate or paste, optional
- 1 Tbs. ground coriander
- 1 tsp. ground cumin
- 1 tsp. turmeric powder
- 1 small jalapeño, stemmed, seeded and minced
- ¼ cup chopped cilantro

Directions:

1. Combine lentils, salt and 5 cups water in large saucepan. Cover, and bring to a boil. Reduce heat, and simmer, partially covered, 20 to 25 minutes, or until lentils are tender. Blend lentils with whisk for rustic texture, or purée in food processor for creamier feel.
2. Purée tomatoes and ginger in blender or food processor until smooth. Set aside.
3. Heat oil in large pot over medium heat. Add garlic, and cook 30 seconds, or until just golden, stirring often. Add tomato mixture, coconut milk, tamarind if desired, coriander, cumin, turmeric and jalapeño. Simmer 15 minutes, stirring occasionally.
4. Stir in lentils, and simmer, partially covered, 20 minutes. Season with salt and pepper. Sprinkle with cilantro, and serve.

Fruitful Chicken And Rice Soup

Ingredients:

1.5 to 2 quarts chicken stock
8 Chicken thighs boned and skinned
1 onion, diced
2 ribs celery, diced
3-4 cloves garlic, peeled, crushed, and rested for 10+ minutes
1/2 small to med green cabbaged sliced into small pieces
2-3 tasty apples chopped
4-6 rings dried chopped pineapple
1/3 cup diced crystalized ginger
1 tbsp dried dill leaf
Finish with
1/8 tsp cayenne pepper
1 tbsp better than Bullion chicken base
1 tbsp soy sauce
1 tbsp rice wine vinegar
2-3 tbsp extra virgin olive oil
Salt and pepper to taste
Cook Jasmine rice to serve alongside soup

Directions:

Cook chicken in stock. Remove chicken from stock - cool - chop - return to stock. Add chopped vegetables, garlic, fruits, ginger, and dill. Simmer for 15-30 mins. Taste and finish with chicken bullion, soy sauce, rice wine vinegar, extra virgin olive oil, salt and pepper. Simmer for 10-15 mins. Serve with Jasmine Rice.