

## Soup Recipes

### Tuscan Bean Soup

1 cup dried cannellini beans cooked the night before (or 3 cups canned cannellini, not rinsed)  
1 Tbs. extra virgin olive oil  
2 carrots, coarsely chopped  
1 medium yellow onion, chopped  
1 large stalk celery, chopped  
3 garlic cloves, minced  
2 sprigs rosemary  
1-cup chard leaves, ribs cut out, sliced  
8 cups vegetable broth; salt and pepper to taste

In a large pan, sauté onions, celery, carrots and rosemary in the olive oil. Sauté until the onions are translucent and not brown. Mix in the garlic, and chard. Add the cannellini and broth. Heat to boiling. Reduce and simmer for 45 minutes. Salt and pepper to taste. Remove rosemary before serving. Refrigerate or freeze leftover soup for another day. Serves 6 – 10

### Lentil Soup

1 ½ Tbs. Extra Virgin Olive Oil  
1 ½ cups chopped onions  
2 cups dried lentils, picked, over and washed  
2 quarts cold water, approximately  
2 small potatoes, scrubbed and cooked in boiled salted water  
1 large carrot, grated  
1 Tbs. chopped fresh basil  
2 cups fresh or canned tomato juice  
Sea salt to taste (optional)  
¾ cup shredded spinach  
½ cup dry white wine (optional)  
Grated hard goat's cheese  
Spring fresh basil

Heat the oil in a heavy kettle and sauté the onion in it until transparent. Add the lentils and water. Bring to a boil, cover and simmer over low heat until lentils are tender, about two hours. Watch the water level and replenish as necessary to keep lentils covered. Peel and dice potatoes and add to cooked lentils. Add carrot, basil, tomato juice, salt, and spinach to kettle and cook until spinach wilts and turns dark green, about four minutes after mixture returns to the boil. Stir in the wine. Serve with grated hard goat's cheese. Garnish soup with basil sprigs. Serves 10.

### **Split Pea Soup**

3 cups split peas, rinsed  
10 cups water  
3 T. vegetable oil  
2 medium onion, chopped  
2 cloves minced garlic  
8 carrots, chopped  
6 celery stalks, chopped  
3 tsp. cumin

Place split peas in a heavy saucepan. Add water to cover. Let soak for 15 minutes. Drain peas. Return to same pan. Add 10 cups of water and bring to a boil. Reduce heat and simmer for 45 minutes. Heat oil in heavy large skillet over medium heat. Add onion and sauté until golden brown, about 10 minutes. Add garlic and sauté for 3 minutes. Add onion mixture, carrots and celery to peas. Mix in cumin. Season with salt and pepper to taste. Simmer until peas and vegetables are tender, about 30 minutes. Serves 6

### **Black Bean Soup**

3 Tbs. Extra Virgin Olive Oil  
1 onion finely chopped  
1 rib celery with leaves, chopped  
1 ½ cups black beans, picked over & washed  
6 cups vegetable broth, chicken broth, or beef broth  
½ tsp sea salt  
Freshly ground black pepper to taste  
3 Tbs. Brewer's yeast  
2 Tbs. Whole wheat flour  
1 Tbs. Celery seeds  
½ cup lemon juice  
Dry sherry to taste (optional)  
Lemon slices  
1 hard-cooked egg, chopped

Heat the oil in a heavy kettle and sauté the onion and celery in it until tender. Add beans and broth. Bring to a boil, cover, and simmer three hours or until beans are tender. Puree in an electric blender, in batches, with the salt, pepper, brewer's yeast, flour, and celery seeds. Return pureed soup to the kettle and reheat, stirring until mixture thickens slightly. Stir in the lemon juice and sherry. If the consistency is too thick, it can be adjusted with more broth, or water. Serve in bowls, topped with lemon slices and chopped egg.  
Yield: Serves 6-8.

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