

Red Lentil Soup Recipe

Ingredients:

1/2 cup red lentil dal
1 cup water
1 cup broth of your choice
1/2 tsp cumin seed
1/4 tsp cayenne pepper
1/2 tsp garam masala
1/2 tsp turmeric
1/2 tsp salt
2 tsp oil, ghee, or butter
1 tsp grated ginger root
1/4 cup finely diced red onion
1/3 cup diced tomato
1/4 cup finely chopped cilantro
1/2 cup finely chopped broccoli or spinach
Squeeze of lemon

Directions:

Measure the red lentils into a medium size saucepan. Rinse and drain the lentils a couple of times to wash off excess dust and dirt.

Add water and broth to your pot and place it on medium-high heat.

Add cumin seeds, cayenne pepper, garam masala, and turmeric. Finish up with some salt and a pat of butter.

Once your soup is boiling add diced onion, tomato and fresh grated ginger root to the mix.

Let the soup boil for a couple of minutes, then cover the pot and lower the heat so things can simmer and thicken.

After ten minutes, take a peak and stir. You can add more water to thin your soup or leave it nice and thick.

Remove the pot from the heat and stir in cilantro, finely chopped broccoli and a squeeze of lemon.

Veggie Soup Recipe

Ingredients:

1 yellow onion, chopped
2-3 garlic cloves, finely minced
2-3 medium carrots, peeled and chopped into rounds
2 potatoes, peeled and diced
2 cups fresh green beans, chopped
2 stalks of celery, diced
2 ears of corn, kernels removed
1 cup kale, chopped
1 can tomatoes, diced
2 quarts vegetable broth
Salt and pepper
Herbes de provence
Thyme
Olive oil

Directions:

Finely chop onion and garlic.

Heat olive oil in a large pot over medium-low heat. Once hot, add the onion and garlic.

Season with salt, pepper, thyme, and herbes de provence, about a pinch each.

Peel carrots and chop into rounds and add to pot.

Add diced tomatoes, corn, green beans, celery, potatoes, and vegetable broth and continue to cook, stirring occasionally. Finally, chop kale and stir into soup.

Bring to a simmer, and cook until vegetables are tender. Enjoy!

Butternut Squash & White Bean Soup Recipe

Ingredients:

1 medium butternut squash, peeled, seeded and cut into ½ inch (13 mm) cubes
1 bay leaf
3-4 sage leaves
1 large garlic clove
2 onions
2 tablespoons (30 mL) extra-virgin olive oil
3 cups (700 mL) chicken broth (or vegetable broth)
2 16-oz (450 g) cans of white beans (cannellini or navy)
Country style bread

Directions:

Dice onions and garlic. Heat olive oil in a pan and add the onions. Sautee until golden, about 5 minutes.

Add the garlic, sage leaves and bay leaf. Cook for 2-3 minutes.

Add butternut squash and broth. Cook at a simmer until squash is tender, about 20 minutes.

Add beans and continue to let simmer.

Slice bread into hearty slices. Brush olive oil onto each side and toast in oven or on a grill pan with nice grill marks.

Serve soup with a slice of grilled bread for dipping!

Matzo Ball Soup Recipe

Matzo Ball Ingredients:

4 eggs, beaten
1/2 cup seltzer
1/3 cup vegetable oil
1 tbsp dill, chopped
1 tsp salt
1/2 tsp black pepper
1 cup matzo meal

Soup Ingredients:

8 cups store-bought chicken broth
2 boneless, skinless chicken breasts, chopped
3 carrots, chopped
3 celery stalks, chopped
1 tbsp fresh parsley leaves, chopped
Sea salt, to taste
Black pepper, to taste

Directions:

Add in the matzo meal until a wet dough forms.

Start by stirring together the eggs, seltzer, oil, dill, salt and pepper.

Cover with plastic wrap and allow to chill in the refrigerator for 30 minutes.

Bring a large pot of salted water to a boil to cook the matzos. In the meantime, to make the soup, add all the ingredients except the parsley to a large pot and bring to a simmer. Cook until the chicken is done and the vegetables are tender, approximately 20 minutes.

Once the matzo balls have chilled, wet your hands and form the dough into 1" diameter balls and drop into the boiling water.

Wet your hands in between each matzo ball to ensure the dough does not stick to your hands. Do not overwork the dough or your matzo balls will be tough. Be careful not to overcrowd the pot with the matzos since they will double in size while cooking. Cover the pot and cook for 20 minutes.

Once the matzo balls are done, remove them from the pot with a hand-held strainer and place into the soup pot.

Taste the soup and check for seasoning. Add the parsley and serve immediately.

Spicy Corn Chowder Recipe

Ingredients:

2 tbsp butter
1 white onion, diced
1 russet Potato, peeled and chopped into cubes
1 bag frozen corn
3 cups vegetable stock
1 tsp salt
¼ tsp freshly cracked pepper
¼ cup whole milk
4 tpb fresh cilantro, finely chopped
Hot sauce to taste
3 white corn tortillas, cut into thin 2-inch strips
3 blue corn tortillas, cut into thin 2-inch strips

Directions:

Preheat oven to 350.

Slice tortillas in half, and then cut into 2-inch strips. Spread out on a single layer on a rimmed cooking sheet. Toast for 10-15 minutes until crispy and golden brown. Set aside.

Melt butter in a large stockpot. Sautee the onion until soft and fragrant. Add potatoes, corn, and stock. Simmer until potatoes are fork tender.

Puree soup in batches in a blender. Return to pot and season with salt, pepper, and add milk. Serve garnished with cilantro, hot sauce, and toasted tortilla strips.

Potato Leek Soup Recipe

Ingredients:

2 tbsp butter
1 white onion, diced
3 leeks, white parts only, sliced
2 celery sticks, diced
2 cloves of garlic, chopped
2 russet potatoes, peeled and chopped into cubes
1 (32 oz) container of vegetable stock
1 tsp salt
¼ tsp freshly cracked papper
4 tbsp fresh chives, thinly chopped

Directions:

Melt butter in a large stockpot. Sautee onion, leeks, celery, garlic until soft and fragrant.

Add potatoes and stock. Simmer until potatoes are fork tender. Puree soup in batches in a blender.

Return to pot and season with salt and pepper.

Serve garnished with fresh chives.

White Bean, Kale, and Sausage Soup Recipe

Ingredients:

2 T. (30 mL) olive oil
1 onion - chopped
2 carrots - chopped
2 celery - chopped
2 cloves garlic - chopped
1 quart (950 mL) chicken stock
3 springs fresh thyme
1 sprig fresh rosemary
1 15 oz (420 g) can white beans - drained & rinsed
1/2 pound (230 g) pre-cooked sausages - halved lengthwise & sliced
1 bunch kale - tough stems removed & roughly chopped
grated parmesan

Directions:

Saute onion, carrots and celery in oil over medium high heat in soup pot until onions are transparent and veggies are starting to brown - 5-7 minutes. Add garlic and cook for 1 minute more.

Add chicken stock and whole herbs to pot and bring to boil. Turn down heat and simmer 10 minutes.

Add beans, sausage & kale and bring to boil again. Simmer 5 more minutes. Remove rosemary & thyme stems. Season with kosher salt and fresh ground pepper to taste and serve topped with freshly grated parmesan cheese.