



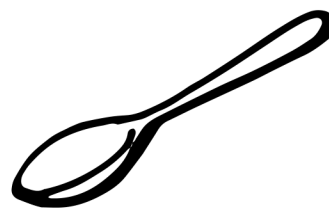
BLOOMING GLEN FARM

SOUP'S ON!

Soup Recipes from our CSA Community



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BEEF BARLEY SOUP



INGREDIENTS:

- 1lb cooked group beef
- 1 medium onion diced
- 2 celery stalks diced
- 3 carrots diced
- 2 potatoes diced
- 1/2 c peas
- 1/2 c corn
- 1/2 c dry barley
- 8 c beef broth
- 1 T Worcestershire
- 1 T soy sauce
- 1 tsp onion powder, garlic powder, thyme and parsley.
- 4T tomato paste
- 2 T olive oil



DIRECTIONS:

1. Heat oil and sauté onions for 3-4 minutes until translucent. Add tomato paste and stir well. Add beef and broth. Bring to a boil and simmer for 5 minutes. Add all remaining ingredients and simmer for 40 minutes.

Comments from contributor: I have no idea where I got this recipe but it's great on a cold day!

NOTES:

Source: unknown

Submitted By: Kat Eberts



BEET SOUP



INGREDIENTS:

- 2 tablespoons avocado or olive oil
- 1 yellow onion, diced
- 3 garlic cloves, minced
- 1 tablespoon fresh ginger root, peeled and finely chopped
- 3 large beets, peeled and diced
- 1 medium parsnip, peeled and diced
- 4 cups vegetable broth or more for desired texture

Garnish:

- Coconut cream or plain yogurt
- parsley
- black sesame seeds
- cracked black pepper



DIRECTIONS:

1. Heat the oil in a large stock pot on medium high heat. Add the onion and cook for 3-4 minutes, until softened.
2. Add the garlic, ginger, salt and pepper and cook for an additional 1-2 minutes, until fragrant.
3. Add the diced beets, diced parsnips and vegetable broth. Turn the heat to high and bring to a boil. The reduce heat to low, cover the pot and simmer for 25-30 minutes or until the beets are fork tender.
4. Transfer the soup to a high-powered blender and blend for one minute or until creamy.
5. To serve pour the soup into a bowl and garnish with coconut cream or yogurt, parsley, black sesame seeds and cracked pepper.

Comments from contributor: My husband loves blended soups and tends to eat more veggies in this easily digested form. This soup is one of our favorites, with the ginger and garlic adding a nice bite to the sweet beets and parsnip. It comes together so quickly and easily.

NOTES:

Source:

downshiftology.com

Submitted By: Pam Sotzin



CALDO VERDE



INGREDIENTS:

- 8 cups chicken stock
- 1 teaspoons salt
- 2 cloves garlic, minced
- 2 large onions, quartered
- 1 1/2 lbs potatoes, peeled and halved (about 4)
- 2 tablespoons olive oil
- 8 oz chourico (cured sausage)
- 2 cups water
- 2 cups kale, finely shredded
- Salt and pepper to taste



DIRECTIONS:

1. In a large soup pan, combine all the ingredients except for the kale. Leave the chourico in one piece. Bring to a boil. Reduce the heat to medium and cook for 45 to 50 minutes, or until potatoes are tender when pierced with a fork.
2. Remove chourico, slice thinly and reserve. Transfer soup to a food processor or blender and puree in batches until smooth. (You can use an immersion blender if you have as well and blend right in the pot. It's one of the best tools in my kitchen) Transfer soup back to the pot and add the shredded kale. Cook kale until its wilted. Season with salt and pepper to taste.
3. To serve, ladle soup into bowls and garnish each serving with a few chourico slices and a drop of olive oil.

Comments from contributor: I make this most often without the chourico and it's just as good! I grew up eating this at my best friends house all the time. It brings back the best memories and is so comforting and healthy to boot!

NOTES:

Submitted By: Shavaun
Marks



CARROT SOUP



INGREDIENTS:

- 2 pounds peeled or scrubbed, chopped carrots
- 4 cups stock or water
- 1 1/2 teaspoon salt
- 1 medium potato, chopped (optional, for heartier soup)
- 3-4 tablespoons butter
- 1 cup chopped onion
- 1-2 small cloves crushed garlic
- 1/3 cup chopped cashews or almonds
- 1 cup milk, or 1 cup yogurt or buttermilk plus a little honey, or 1/2 pint heavy cream, or 3/4 cup sour cream
- 2 pinches of nutmeg, 1/2 tsp dried mint, dash of cinnamon; or 1 tsp each of thyme, marjoram and basil; or 1 tsp grated ginger



DIRECTIONS:

1. Place carrots, liquid and salt (and potato if you are using it) into a medium sized soup pot and bring to a boil. Cover and simmer it for 12-15 minutes. Let it cool to room temp.
2. Sauté the onion, garlic and nuts in the butter until the onions are clear. You can sprinkle in a little salt to help draw the moisture out of the onions. Towards the end of cooking, stir in the seasoning combo of your choice.
3. Puree everything together in a blender until smooth, or put the sauteed onions, garlic and nuts into the pot with the cooked carrots and use an immersion blender to puree.
4. This soup will last about a week refrigerated.
5. Add in one of your dairy products right before eating!
6. Garnish with toasted nuts, some toasted bread crumbs or eat just as it is.

Comments from contributor: Another all-time favorite!

NOTES:

Source: Moosewood
Restaurant
Submitted By: Mallorie
McCue

CARROT SOUP

with Turkey Meatballs and Spinach

INGREDIENTS:

For soup

- 2 Tbsp olive oil
- 2 lb carrots, chopped
- 1 large onion, chopped
- 4 cloves garlic, smashed
- Kosher salt
- 1 pinch red pepper flakes
- 4 cups chicken, turkey, or vegetable broth (homemade or reduced-sodium canned)
- 2 cups baby spinach leaves, sliced

For meatballs

- ½ lb ground turkey
- ¼ cup grated Parmesan or pecorino cheese
- ¼ cup bread crumbs
- 2 Tbsp milk (or water)
- 1 clove garlic, minced
- Kosher salt and freshly ground pepper

NOTES:

Source: [Deb Perelman, parade.com](#)

Submitted By: Tricia Borneman



DIRECTIONS:

1. Make soup: Warm oil in a large pot over medium heat. Add carrots, onion, garlic, ½ tsp salt, and red pepper flakes and sauté, stirring, until vegetables begin to brown, about 15 minutes. Stir in broth, scraping up any bits stuck to bottom of pot. Cover pot and simmer until carrots are tender, stirring occasionally, about 30 minutes.
2. Meanwhile, make meatballs: Mix all ingredients in a medium bowl, season with salt and pepper, and roll into 1-inch balls, spreading them out on a platter.
3. Puree soup in a blender, or with an immersion blender, until smooth. If using blender, return soup to pot. Bring to a simmer. Add meatballs and let simmer until meatballs are cooked through, about 10 minutes. Add spinach and simmer until wilted, about 1 minute. Season servings with salt and pepper to taste.

Comments from contributor: [Purely Farm](#) in Pipersville has the best local ground Turkey- pasture-raised, non-GMO, hormone and antibiotic free!

🥄 CHICKEN TOMATILLO SOUP 🥄

INGREDIENTS:

- 1 1/2 Tbs. olive oil
- 1/2 onion, finely minced
- 6 cloves garlic, finely minced
- 2 celery stalks, including leaves, cut into 1/4 inch slices (or sub in celeriac)
- 2 tsp. ground cumin
- 1 tbsp. paprika (or we use Ancho Chile Spice)
- 8 Cups Chicken Stock
- 20 tomatillos, husks removed, cut into quarters
- 5 Tbs. tomato paste
- 2 Cups fresh or frozen corn
- 1-2 poblanos, around 1 Cup cut into thin strips
- 1 whole chicken breast, about 3/4 pound (or we use chicken from a whole roasted bird that we then add shredded)
- salt and pepper
- 1/2 Cup fresh cilantro, stemmed and minced



DIRECTIONS:

1. In a large soup pot, heat the olive oil until quite hot. Add the onion, garlic, and celery (or celeriac) and sauté for 5 min. Stir in the cumin and paprika (or Adobe Chile spice). When the spices are incorporated, add the stock, tomatillos, tomato paste, corn, and poblano peppers. Add the chicken breast and simmer until the breast is cooked through 15-20 min.
2. Using a slotted utensil, remove the breast from the stock. Continue to simmer the stock while the breast cools until it can be handled. Bone and skin the cooled breast, then shred the meat. Add the chicken to the soup pot to heat through, about 3 min. (alternately add shredded chicken leftovers from a whole roasted bird).
3. Season to taste with salt and pepper. Ladle into bowls and garnish with fresh cilantro just before serving. Optional- top with avocado slices and a dollop of yogurt or sour cream.

Comments from contributor: This brothy, spicy soul-satisfying soup is our go-to whenever any of us come down with a cold. It will kick it right out of you!

NOTES:

Source: Adapted from a Rick Bayless recipe
Submitted By: Tricia Borneman

Healing Chicken Vegetable Soup

INGREDIENTS:

- 10 cups homemade chicken stock
- 1 whole chicken shredded
- Half stalk of celery
- 5-7 large carrots
- 1 medium onion
- 1-2 cups kale
- 1 tablespoon salt
- 1 teaspoon tumeric
- 1/2 teaspoon black pepper



DIRECTIONS:

1. I start making the chicken stock by cutting up a whole chicken and browning the pieces in a Dutch oven. Once browned cover with water and add a few ribs of celery, a few carrots, garlic cloves, bay leaves, an apple and a lemon sectioned. Simmer the pot overnight to create the stock. In the morning scoop out the chicken and vegetables. You can purchase stock if you don't have the time to make it, but I promise it's worth making your own.
2. Shred chicken and add to the stock in Dutch oven or pot. Dice celery & onions and add to pot as well. Shred carrots and chop kale. Add to pot and season with tumeric, salt and pepper. Adjust salt to taste. Simmer veggies for 10 minutes till tender. The tumeric and pepper work together to help reduce inflammation when you're sick and the soup is so comforting on a cold night. Serve as is or cook up rice or noodles and add to soup.
3. Enjoy!

Comments from contributor: This soup is what we go to when we have some illness in the house. It's so yummy and healing.

NOTES:

Submitted By: Shavaun Marks

🍴 CHICKPEA TOMATO SOUP 🍴

INGREDIENTS:

- 1 tsp olive oil
- 1/2 cup chopped onion
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 2 garlic cloves minced
- 2 15oz cans chickpeas, rinsed and drained
- 1 28oz can crushed tomatoes
- 3 cups reduced sodium chicken broth or vegetable broth for vegetarians
- 1 fresh rosemary sprig
- 2 bay leaves
- 2 tbsp chopped fresh basil
- fresh black pepper to taste
- 2 cups fresh baby spinach
- 1/4 cup shredded parmesan cheese plus extra optional for garnish



DIRECTIONS:

Crock Pot Version

1. Heat oil in a large nonstick skillet over medium heat. Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 6 to 8 minutes. Transfer to the crock pot along with the broth, tomatoes, chickpeas, parmesan cheese, and pepper. Add the rosemary, bay leaves and basil, cover and cook on low for 6 hours.
2. When done add the spinach. Remove bay leaves, rosemary sprig and season to taste with salt and black pepper. Ladle soup into bowls and top with extra parmesan cheese if desired.

Stove Top Version

1. Heat oil in a large pot or Dutch oven over medium heat. Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 6 to 8 minutes. Add the broth, tomatoes, chickpeas, parmesan cheese, and pepper. Add the rosemary, basil and bay leaves, cover and cook on low 30 minutes. Add the spinach, cover and simmer until wilted, about 2 minutes.
2. Remove the bay leaves, rosemary sprig, and season to taste with salt and black pepper. Ladle soup into bowls and top with extra parmesan cheese if desired.

Instant Pot Version

1. Follow same recipe as above except cook 15 minutes high pressure, natural release.

NOTES:

Source: skinnytaste.com

Submitted by: Mallorie

McCue

Comments from contributor: We've made it 10 times over and it never gets old!



CORN CHOWDER



INGREDIENTS:

- 3 slices center-cut bacon
- 1 cup chopped red bell pepper
- 1 cup chopped onion
- 4 cloves garlic, minced
- 2 cups fresh corn kernels (3-4 ears)
- 3 tablespoons water, divided
- ½ teaspoon salt
- 1 tablespoon all-purpose flour
- 2 cups low-sodium chicken broth, divided
- ¼ cup dry white wine
- 8 ounces Yukon Gold potatoes, peeled and diced
- 5 sprigs fresh thyme, plus leaves for garnish
- ¼ cup half-and-half
- ½ tablespoon butter
- ½ teaspoon ground pepper



DIRECTIONS:

1. Cook bacon in large saucepan over medium heat until crisp, 8 to 9 minutes. Transfer the bacon to a paper towel-lined plate, reserving 1 Tbsp. drippings in pan. Crumble the bacon & set aside.
2. Add bell pepper, onion, and garlic to the pan; cook, stirring often, until browned and tender, 6 to 8 mins. Transfer the bell pepper mixture to a medium bowl; set aside. Add corn, 2 Tbsp. water, and salt to the pan; cook, stirring often, until the corn is golden, 4 to 5 mins. Stir in the remaining 1 Tbsp. water, scraping the bottom of the pan to loosen any browned bits.
3. Return the bell pepper mixture to the pan. Stir in flour; cook, stirring constantly, for 1 min. Stir in 1/4 cup broth and wine; cook, stirring constantly and scraping the bottom of the pan to loosen browned bits, for 1 minute. Stir in potatoes, the remaining 1 3/4 cups broth, and thyme. Cover and bring to a boil. Reduce heat to low and simmer until the potatoes are fork-tender, 15-18 min.
4. Remove and discard the thyme sprigs. Transfer 2 cups of the soup to a blender. Puree until smooth (use caution when blending hot liquids). Return the blended soup to the pan. Stir in half-and-half and butter. Divide between 4 bowls; sprinkle with pepper and garnish with the crumbled bacon and thyme leaves, if desired.

Comments from contributor: The recipe is technically Corn Chowder with Bacon, but I don't think I've ever made it with bacon. I also don't include the wine and will sometimes throw in carrots. It's even better with fresh BGF corn, but frozen corn is fine too (how I'm making it now)! I love a good chowdah and back when I wasn't a very good cook, this was one of the first recipes I mastered so it's an all-time favorite.

NOTES:

Source: Eatingwell.com

Submitted By: Vanessa Lassin

CREAM OF BROCCOLI SOUP

INGREDIENTS:

- 1 bunch fresh broccoli cut up
- 1 medium onion diced
- 2 tablespoons butter
- 1 baking potatoes pared and diced
- 2 carrots large diced
- 2 cans chicken broth
- Dash of pepper
- 1 cup light cream or half n half
- 1/8th teaspoon ground nutmeg-I leave this out



DIRECTIONS:

1. Saute onion in butter for 5 minutes in a large soup pot until soft, not brown.
2. Add potatoes, carrots, broth, and spices. Heat to a boil, then reduce to a simmer 20 minutes. Then add broccoli until cooked.
3. Use an immersion blender to blend till smooth or your desired consistency.
4. Add cream, return to a boil to heat it up again. (Can be easily doubled and frozen prior to adding cream. Defrost, heat and cream.)
5. Serve with crusty bread and grated parmesan cheese. Enjoy!

Comments from contributor: This cream of broccoli soup was given to me when I worked at Clover Ralph's corner. I worked in the curtain, bedding, towel area. We also cut shades for windows to size. The coworker couldn't remember my name, so she called me SHADES. It's a delicious soup.

NOTES:

Submitted By: Cathy Barndt



CREAMY CELERY SOUP



INGREDIENTS:

- 4 Tbsp butter
- 2 fresh sweet onions, chopped (include green tops)
- 4 cloves fresh garlic, finely chopped
- 1 whole head celery with leaves, chopped (about 5-6 cups)- reserve a few leaves for garnish
- 2 cups diced new potatoes
- 4 cups vegetable broth
- 1 tsp sea salt
- ½ tsp black pepper
- ¼ cup fresh dill, finely chopped
- ¼ cup heavy cream (optional)



DIRECTIONS:

1. Melt butter in stockpot on stove.
2. Add onion and garlic to pot. Sauté on medium heat for 3 minutes.
3. Add celery and mix well. Sauté for an additional 5 minutes.
4. Add potatoes and broth. Bring to a boil.
5. Add salt and pepper.
6. Cover and simmer for 15 minutes or until potatoes are fork tender.
7. Remove from heat. Add dill and heavy cream if using.
8. Transfer the soup to a blender. Blend really well. Soup should be creamy and uniform. I recommend doing this in two batches. You can also use an immersion blender.
9. Serve this soup warm or chilled. If serving chilled and it becomes too thick, blend in a little water to get desired consistency.
10. Garnish with fresh chopped celery leaves, fresh dill, and/or a dollop of sour cream.

Notes: *To make this dairy free, use a vegan butter and do not add the optional heavy cream. *Pairs really well with crostini topped with fresh garlic spread (Blooming Glen Farm | Eggplants and Fresh Garlic)

NOTES:

Source: [Blooming Glen Blog](#)

Created By: Stephanie

Borzio

CREAMY ZUCCHINI SOUP

INGREDIENTS:

- 2 large or 4 medium-size zucchini, sliced into ½-inch half moons
- 1 large sweet onion, chopped
- 1 fennel root, chopped
- 2 tablespoons olive oil
- 1 teaspoon salt
- Black pepper to taste



DIRECTIONS:

1. In a large stock pot, warm the olive oil on medium heat. Add the onions and sauté until translucent. Toss in the sliced zucchini and fennel, stir until coated with oil. Sprinkle with salt and a hefty amount of black pepper.
2. Continue to sauté for about 5 minutes. Reduce heat to low, add ¼ cup of water and cover the pot. Allow the zucchini and fennel to steam until soft, another 5 minutes or so.
3. Once soft, remove from heat and pour the contents into a blender or food processor. Whirl until completely smooth. Add more salt to taste.

Comments from contributor: The combined flavors of the zucchini, sweet onion, and fennel root produced a mellow sweetness that I couldn't get enough of. I added a little half and half to the blender step to make it a bit creamier. Topped the bowl of green goodness with toasted pepitas and a sprinkle of grated parmesan. I want to make this every single day. Bring on the zucchini!

NOTES:

Source: Adapted from

kripalu.org

Submitted by: Katie

Atkinson



Curry Butternut Squash Lentil Soup



INGREDIENTS:

- ½ tablespoon coconut oil or olive oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced
- 1 large carrot, thinly sliced or diced
- 1 medium (2 pound) butternut or butterkin squash, peeled and cubed (about 5-6 cups diced)
- 1 tablespoon yellow curry powder
- 1 tablespoon freshly grated turmeric (or 1 teaspoon ground turmeric)
- 1 (15 ounce) can light coconut milk
- 3 cups organic low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted
- 2 tablespoons all natural creamy peanut butter or cashew butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups organic spinach



DIRECTIONS:

1. Add coconut oil to a large pot or dutch oven and place over medium high heat. Next add in garlic, ginger and onion and sauté for 3-5 minutes until onion begin to soften.
2. Add in carrot and butternut squash cubes; sauté for a few more minutes then add in the yellow curry powder and turmeric. Allow spices to cook together for 30 seconds then immediately stir in coconut milk, vegetarian broth, lentils and peanut butter. Season with salt and pepper.
3. Bring soup to a boil, then cover, reduce heat to low and allow soup to simmer for 20 minutes until lentils soften.
4. After 20 minutes, transfer approximately half of the soup (about 3 cups) to a blender.
5. Pour the puree back into the pot with the rest of the soup and stir to combine. Finally stir the fresh spinach until just wilted.
6. Taste and adjust the seasoning of the soup as necessary. If you like more of a umami flavor try adding another tablespoon of peanut butter, or even a squeeze of fresh lime juice. This is a soup that can do no wrong! I like to serve mine with cilantro and a handful of peanuts -- it's also great with a little hot sauce if you prefer a little spice!

NOTES:

Source:

ambitiouskitchen.com

Submitted by: Katie

Atkinson and Kayla Ann

Gurst

*Click the link in the Notes to go to the original recipe online for the slow cooker directions.



ESCAROLE AND ORZO SOUP with Meatballs



INGREDIENTS:

Meatballs:

- 1 pound of ground beef (or turkey, pork or veal if you prefer)
- 1/4 cup of plain breadcrumbs
- 1 egg, beaten
- 2 cloves of garlic, finely minced
- 1/2 white onion, grated (set other half aside for later)
- a handful of fresh parsley
- 1/4 cup of fresh grated Parmesan or Pecorino cheese
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Soup:

- 2 tbs. olive oil
- 1/2 white onion, diced
- 2 medium carrots, diced
- 8 cups stock
- 1 cup orzo
- 1 cup fresh, chopped tomato
- 4 cups rough chopped escarole (or kale/chard)
- salt and pepper

NOTES:

Source: [Blooming Glen Farm Blog](#), [Jana Smart](#)



DIRECTIONS:

Make meatballs:

1. Combine ingredients in large bowl: ground beef, breadcrumbs, egg, garlic, onion, fresh grated Parmesan or Pecorino cheese, salt and black pepper
2. Form small bite-size meatballs (about the size of large grapes) and then place on a plate in the fridge to chill for a half hour. **I only used about 3/4 of the mixture and froze the rest for later use.

Make soup:

1. In a large pot, heat olive oil and add the other half of the onion and carrots. Saute until onions are translucent.
2. Add stock and bring to a boil. Add orzo and tomato. Simmer for 8 minutes.
3. Gently add in the meatballs and simmer for another 10 minutes.
4. Add escarole to the soup. Cook for 5 more minutes at a simmer.
5. Add more stock or water to get the consistency you want. Salt and pepper to taste. Garnish with a little Parmesean cheese and ENJOY!

**Serves 4 as a main dish. Can be cooked ahead of time and reheated before serving.

From Jana, the recipe creator:

This comforting soup is a classic from Southern Italy better known to most as Italian Wedding Soup. I couldn't help deviating a bit from the standard recipe. My version is a little less brothy with the addition of fresh tomato and a bit more orzo to make it a more satisfying meal.



Garbanzo Beans and Greens



INGREDIENTS:

- 4 bacon slices
- 1 Cup chopped carrot
- 1/2 Cup chopped onion
- 2-3 garlic cloves, minced
- 1 t paprika
- 1/4 t kosher salt
- 1/2 t cumin
- 1/4 t crushed red pepper
- 4 Cups low sodium chicken broth
- 2 (15oz) cans garbanzo beans
- 4 Cups chopped kale
- Greek yogurt
- Lemon wedges



DIRECTIONS:

1. Cook bacon in a Dutch oven until crisp. Remove bacon from pan, drain on paper towel and crumble.
2. Add carrot and onion to bacon drippings in pan, sauté for 4-5 minutes, stirring occasionally.
3. Add garlic, cook for 30 seconds, stirring constantly.
4. Add paprika, salt, cumin, and red pepper: cook for 30 seconds, stirring constantly.
5. Stir in chicken broth and beans; bring to a boil. Reduce heat and simmer for 20 minutes, stirring occasionally.
6. Add kale to bean mixture. Cover and simmer for 10 minutes, or until kale is tender, stirring occasionally.
7. Makes 4 servings. Top each serving with about 2 T Greek yogurt. Sprinkle with bacon and a squeeze of lemon juice.

NOTES:

Source: Adapted from
Cooking Light, January 2011
Submitted By: Janice Kehs
Hunsberger



GREEN PEA SOUP



INGREDIENTS:

- 1 teaspoon olive oil
- 1 large onion, sliced (about 1 1/2 cups)
- 2 1/2 cups low sodium chicken broth
- 3/4 teaspoon dried tarragon
- 1/2 teaspoon salt
- Fresh ground pepper to taste
- 1 10oz bag frozen peas
- Optional: 4 teaspoons plain nonfat yogurt



DIRECTIONS:

1. In large pot, heat olive oil over medium low heat. Add onion, cover and cook till softened, 5 minutes.
2. Add broth tarragon, salt, and fresh pepper and bring to a boil.
3. Add peas and cook till just defrosted.
4. In blender or food processor puree in two batches until very smooth. If serving hot, put back into pot to simmer. If serving cold, refrigerate to chill.
5. Ladle into bowls. Optional: Stir yogurt till smooth and top each bowl with a swirl of yogurt.

Comments from contributor: This soup is two season, great hot or cold. I like it hot with homemade croutons. Enjoy!

NOTES:

Source: Ellie Krieger

Submitted By: Cathy Barndt



KITCHEN SINK SOUP



INGREDIENTS:

- 2 yellow or white onions - diced
- 5 carrots - peeled and chopped
- 5 celery - chopped
- 64 oz broth (I use veggie or chicken bone broth)

Optional Veggies:

- Potatoes - peeled and cubed
- Kale - tear leaves from stems and discard stems
- Mushrooms - diced
- Peppers - stem and membrane removed and chopped
- Corn - frozen or fresh
- Peas - frozen or fresh
- Broccoli - chopped
- Napa Cabbage - Diced



DIRECTIONS:

1. In a big pot sauté the onions, carrots and celery with olive oil over medium heat, stirring occasionally, about 10 minutes.
2. Add in any additional veggies give a stir, and then add in the broth. Bring to a boil and then back down to simmer for about 30-40 minutes.
3. Can be served by itself, or with sprouts, ramen, rice and the occasional matzo ball.

Comments from contributor: Our family's go-to, mostly a favorite because we can use whatever is on hand. The only ingredients you truly need are onions, carrots and celery, the rest is optional. This week I added potatoes and kale. We make a big batch and serve it many different ways over the week.

NOTES:

Submitted By: Vanessa Lassin



LUNCHBOX CHICKEN SOUP



INGREDIENTS:

- 2 Tbsp olive oil
- 2 cups sliced fresh mushrooms
- 2 medium carrots, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 1/3 cup all purpose flour
- 32 oz chicken broth
- 2 cups cubed cooked chicken
- 8 oz cooked rice
- 2 cups half and half
- 1/2 tsp pepper



DIRECTIONS:

1. In a Dutch oven, heat oil over medium high heat. Add vegetables. Cook and stir until carrots are crisp-tender.
2. In a bowl, whisk flour and broth until smooth. Stir into the pan. Bring to a boil, stirring constantly. Cook and stir until thickened, 5-6 minutes. Add remaining ingredients. Heat through but do not allow to boil.

Comments from contributor: We used Gluten Free flour. We did not add the rice. It's pretty hardy without it.

NOTES:

Source: Taste of Home
Submitted By: Stephanie
Borzio



MATZOH BALL SOUP



INGREDIENTS:

For the Stock:

- 6 lbs. of chicken quarters
- 2- 3 lbs. of vegetable scraps
- 10-12 quarts of water

For the soup:

- 4 chicken leg quarters
- 4 carrots
- 1 small onion
- 4 medium parsnips
- 1 bunch parsley
- Stems from dill
- 6 quarts chicken stock



DIRECTIONS:

Make the Stock:

1. Place everything into a stock pot, bring to boil, reduce to simmer. Cook a minimum of 4-6 hours. I reduce this to about 6 quarts of stock. Strain, cooler and store. We use over cooked veggies in our dog's food or her lick mat.

Make the Soup:

1. I place chicken in a cheesecloth bag and tie up, and same with all the veggies listed to left.
2. Bring to boil and reduce to simmer, cover, and cook for 2 hours. Remove both bags and let cool. Strain (if you want)
3. To this add: 4 large carrots cut into thick rounds, 3 medium parsnips cut up into thick rounds, 1 tbsp chopped dill. Bring to simmer for 90 min.
4. Add matzoh balls and chopped up chicken from the quarters removed earlier. I make the matzoh balls from scratch.

It's a labor of love, but after all, isn't all good family cooking? And it always seems worth the effort in the end.

NOTES:

Source: Jeffrey Bernstein's two generation old family recipe for Matzoh Ball Soup

Submitted By: Jeffrey Bernstein

MINISTRONE WITH CHICKPEAS

INGREDIENTS:

- 1 1/2 cups chopped eggplant
- 1 1/2 cups chopped zucchini
- 1 1/2 cups chopped yellow squash
- 1 cup chopped sweet bell pepper
- 1 cup chopped onion
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 1 28oz can diced tomatoes (undrained)
- 1 bay leaf
- 1 tsp dried (or 1 Tbs fresh chopped) parsley
- 1/4 tsp dried (or 1 tsp fresh chopped) oregano
- 1-2 Tbs basil pesto
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 (15oz) cans chickpeas, drained and rinsed
- 3 cups chopped spinach
- Grated Parmesan cheese

NOTES:

Source: Adapted from
Cooking Light

Submitted By: Janice Kehs
Hunsberger



DIRECTIONS:

1. Heat a large Dutch oven over medium high heat. Coat pot with cooking spray.
2. Add the first 6 ingredients (eggplant through garlic) and sauté for 4-5 minutes, until the onion is tender/translucent.
3. Stir in the broth, tomatoes and bay leaf and bring to a boil. Reduce heat and simmer for 15 minutes.
4. Discard bay leaf. Add the next 6 ingredients (parsley through chickpeas) and cook an additional 5 minutes, or until heated through.
5. Stir in spinach just until wilted and serve with Parmesan cheese to sprinkle on top. Enjoy!

Comments from contributor: One of our favorites is this Minestrone with Chickpeas. I first found the recipe in September 2004 issue of Cooking Light, and have made a few tweaks over the years. It's absolutely loaded with colorful veggies! It's a lot of chopping, but worth the effort.



MUSHROOM BROTH



INGREDIENTS:

- 1 large yellow onion, halved
- 1 pound mushrooms and/or mushroom trimmings (such as stems)
- 1 stalk celery, quartered
- 1 carrot, quartered, or 1 cup carrot trimmings (such as ends and peels)
- 4 garlic cloves
- 1 bay leaf
- 3 sprigs fresh thyme or 1/2 teaspoon dried thyme
- 4 fresh parsley stems
- 1/2 teaspoon black peppercorns, cracked
- 1 tablespoon low-sodium tamari



DIRECTIONS:

1. Place a grill pan or small cast-iron skillet over high heat. When very hot, place onion halves cut-sides down on the pan and cook until bottoms are charred, about 3 minutes. Transfer to a large pot.
2. Add mushrooms, celery, carrot, garlic, bay leaf, thyme, parsley, peppercorns, tamari and 11 cups water.
3. Bring just to a simmer over medium heat. Lower heat and cook at a bare simmer until flavorful, about 1 1/4 hours.
4. To make in a slow cooker, transfer charred onion and remaining ingredients including 11 cups water to a slow cooker. Cook on low for 8 hours.
5. Strain broth through a fine-mesh sieve, pressing down firmly on solids to extract as much liquid as possible (the mushrooms will absorb a lot!). Discard solids.
6. Use broth immediately or cool to room temperature; transfer to airtight containers and refrigerate up to 5 days or freeze up to 6 months.

NOTES:

Source:

Wholefoodsmarket.com

Submitted By: Leslie

McManus

Comments from contributor: This isn't technically a soup, but I use it as a vegetarian base for any soup that calls for beef broth. It is SOOOO yummy and has great umami flavor. I don't miss the meat at all. An added note- I bought bonus onions at the farm over the summer and caramelized them in the slow cooker. I used those instead of charred onions in this for a more decadent flavor.



PASTA e FAGIOLI



INGREDIENTS:

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium-to-large yellow onion, finely chopped
- 2 carrots, scrubbed clean, finely chopped
- 2 ribs celery, finely chopped
- $\frac{3}{4}$ teaspoon fine sea salt, divided
- Freshly ground black pepper, to taste
- 4 cloves garlic, pressed or minced
- 1 can (15 ounces) crushed tomatoes
- 4 cups vegetable broth
- 3 cups water
- 2 bay leaves
- 1 teaspoon dried oregano
- $\frac{1}{4}$ teaspoon red pepper flakes, omit if sensitive to spice
- 2 cans (15 ounces each) cannellini beans, Great Northern beans, or chickpeas, rinsed and drained (or 3 cups cooked beans)
- 1 cup (about 4 ounces) cavatelli, ditalini, elbow or small shell pasta of choice
- 2 cups chopped Tuscan kale (tough ribs removed first), or chard, collard or beet greens
- $\frac{1}{4}$ cup finely chopped Italian parsley
- 1 tablespoon fresh lemon juice (about $\frac{1}{2}$ medium lemon)
- Optional garnishes: Additional chopped parsley, black pepper, grated Parmesan or light drizzle of olive oil



DIRECTIONS:

1. In a large Dutch oven or soup pot over medium heat, warm 3 tablespoons of the olive oil until shimmering. Add the chopped onion, carrot, celery, $\frac{1}{2}$ teaspoon of the salt, and about 10 twists of black pepper. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 6 to 10 minutes.
2. Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the tomatoes, stir, and cook until the tomatoes are bubbling all over. Add the broth, water, bay leaves, oregano, and red pepper flakes.
3. Raise the heat to medium-high and bring the mixture to a simmer. Cook for 10 minutes, stirring occasionally, and reducing the heat as necessary to maintain a gentle simmer.
4. Use a heat-safe measuring cup to transfer about 1 $\frac{1}{2}$ cups of the soup (avoiding the bay leaves) to a blender. Add about $\frac{3}{4}$ cup of the drained beans. Securely fasten the lid and blend until completely smooth, being careful to avoid hot steam escaping from the lid. Pour the blended mixture back into the soup.
5. Add the remaining beans, pasta, kale and parsley to the simmering soup. Continue cooking, stirring often to prevent the pasta from sticking to the bottom of the pot, for about 20 minutes, or until the pasta and greens are pleasantly tender.
6. Remove the pot from the heat, then remove and discard the bay leaves. Stir in the lemon juice, the remaining tablespoon of olive oil, and remaining $\frac{1}{4}$ teaspoon salt. Taste and season with more salt (I usually add another $\frac{1}{4}$ teaspoon) and pepper until the flavors really sing. Garnish bowls of soup as desired, and serve.
7. Leftovers taste even better the next day. Allow leftover soup to cool to room temperature, then cover and refrigerate for up to 5 days. Or, freeze leftover soup in individual portions and defrost as necessary.

NOTES:

Source: cookieandkate.com

Submitted By: Kristin Moeser



POTATO LEEK SOUP



INGREDIENTS:

- 3 tablespoons unsalted butter
- 4 large leeks, white and light green parts only, roughly chopped (about 5 cups)
- 3 cloves garlic, peeled and smashed
- 2 pounds Yukon Gold potatoes, peeled and roughly chopped into ½-inch pieces
- 7 cups chicken or vegetable broth
- 2 bay leaves
- 3 sprigs fresh thyme
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 cup heavy cream
- Chives, finely chopped, for serving

NOTES:

Source:

Onceuponachef.com

Submitted By: Leslie
McManus



DIRECTIONS:

1. Melt the butter over medium heat in a large soup pot. Add the leeks and garlic and cook, stirring regularly, until soft and wilted, about 10 minutes. Adjust the heat as necessary so as not to brown.
2. Add the potatoes, broth, bay leaves, thyme, salt and pepper to pot and bring to a boil. Cover and turn the heat down to low. Simmer for 15 minutes, or until the potatoes are very soft.
3. Fish out the thyme sprig and bay leaves, then purée the soup with a hand-held immersion blender until smooth. (Alternatively, use a standard blender to purée the soup in batches; see note.) Add the heavy cream and bring to a simmer. Taste and adjust seasoning with salt and pepper. If soup is too thin, simmer until thickened. If it's too thick, add water or stock to thin it out. Garnish with fresh herbs if desired.

Freezer-Friendly Instructions: The soup can be frozen, without the cream, for up to 3 months. Defrost the soup in the refrigerator for 12 hours and then reheat it on the stovetop over medium heat until hot. Once heated through, add the cream and bring to a simmer before serving.

Comments from contributor: The recipe calls for simmering on the stove, but I just love to use my slow cooker. Also??? SOOOO much better with my homemade scrap veggie broth! And you KNOW I double the BGF garlic!!!

Ramen Chicken Noodle Soup

INGREDIENTS:

- 2 split (1 whole) chicken breasts, skin-on, bone-in
- 3 tablespoons canola or vegetable oil, plus extra for the chicken
- Kosher salt and freshly ground black pepper
- 1½ cups chopped yellow onion (1 large)
- 2 cups (½-inch-thick) sliced carrots, scrubbed (3 to 5 carrots)
- 3 tablespoons peeled and minced fresh ginger
- 1 tablespoon minced garlic (3 cloves)
- 10 cups simmering chicken stock, preferably homemade
- 1 tablespoon soy sauce, such as Kikkoman
- 1 (3-ounce) package ramen noodles (discard the flavor pack)
- 8 ounces baby bok choy, leaves separated, trimmed, and cleaned
- 6 scallions, white and green parts, trimmed and sliced diagonally



DIRECTIONS:

1. Preheat the oven to 350 degrees. Place the chicken on a sheet pan, skin side up, rub with oil, sprinkle with salt and pepper, and roast for 30 to 40 minutes, until cooked through. Cool slightly, discard the skin and bones, and shred the meat in large pieces.
2. Meanwhile, heat the oil in a medium (10-inch) heavy-bottomed pot or Dutch oven, such as Le Creuset, over medium-low heat. Add the onion and sauté for 6 to 8 minutes, until tender. Add the carrots and sauté for 5 minutes. Add the ginger and garlic and sauté for one minute. Add the chicken stock, bring to a boil, lower the heat, and simmer for 10 minutes.
3. Add the shredded chicken to the stock and bring to a simmer. Add the soy sauce and taste for seasonings. Add the noodles. Cut the bok choy in ½-inch-thick diagonal slices and add just the stems to the soup, simmering for 2 to 3 minutes, until the noodles and bok choy are tender. Off the heat, stir in the bok choy leaves and scallions and serve hot.
4. To prep ahead or to freeze, make the soup up to adding the noodles, bok choy, and scallions. Reheat the soup, add the last 3 ingredients, and serve hot.

NOTES:

Source:

Barefootcontessa.com

Submitted By: Cathy Barndt



RED LENTIL SOUP WITH LIME



INGREDIENTS:

- 2 cups split red lentils
- 1 Tbsp. turmeric
- 4 T butter
- Salt
- 1 large onion, finely diced, about 2 cups
- 2 tsp. ground cumin
- 1.5 tsp. mustard seeds of 1 tsp. ground mustard
- 1 bunch chopped cilantro
- juice of 3 limes
- 1 large bunch kale or spinach
- 1 cup cooked rice
- 4-6 Tbsp. yogurt



DIRECTIONS:

1. Put lentils in a soup pot with 2 1/2 quarts of water, turmeric, 1 Tbsp. of butter, and 1 Tbsp. salt. Bring to a boil, then lower the heat and simmer, covered until the lentils are soft, about 20 minutes.
2. While soup is cooking, prepare in skillet, the onions in 2 Tbsp. of remaining butter with cumin and mustard.
3. When soft, add cilantro and cook another minute. Add this to soup then add juice of 2 limes.
4. Just before serving, sauté kale or spinach in skillet with remaining Tbsp. of butter and add to soup. Adjust salt and serve over rice. Optional dollop of yogurt in your bowl, also optional vinegar from your jar of pickled jalapenos.

Comments from contributor: Best part, you don't even need stock to make it. Like the online recipe from Plum Forest Farm, we sometimes substitute kale for spinach, and every now and then will add mushrooms to the onion sauté.

NOTES:

Source: *Vegetarian Cooking for Everyone* by Deborah Madison

Submitted By: Vanessa Lassin

Roasted Honeynut Squash & Apple Soup



INGREDIENTS:

- 4 Honeynut squash (or 2 medium Butternut squash)
- olive oil
- 2 cloves garlic, halved lengthwise
- 1 Granny Smith apple
- 9-10 sprigs fresh thyme
- 1 medium onion, thinly sliced
- 1/4 teaspoon poultry seasoning
- 1/3 cup dry white wine
- 6 cups good quality vegetable broth
- salt & pepper, to taste
- nutmeg (a sprinkle, for garnish)
- Garnish of choice: pomegranate seeds, croutons, glazed nuts, plain yogurt non-dairy (for a vegan option), toasted pumpkin seeds, etc)



DIRECTIONS:

1. Preheat the oven to 400°F. Slice the squash in half lengthwise, and discard all the seeds and strings. Cut the squash and apples in to 1-2" chunks and spread them on a rimmed baking sheet. Add the garlic halves and the thyme. Toss everything lightly with about 2 to 3 tablespoons of olive oil and 1 teaspoon salt. Bake 20-30 minutes until they are easily pierced with a fork and browned at the edges.
2. Meanwhile, in a large soup pot or Dutch oven, heat 2 Tbs olive oil over medium heat. Add all the sliced onions and 1/4 teaspoon salt. Stir occasionally, so the onions caramelize and turn soft and golden.
3. Add the roasted vegetables and apples to the onions, but discard the cooked thyme. Sprinkle in the poultry seasoning and stir 1 minute, warming and releasing the natural oils. Deglaze the pot with the white wine, scraping any bits from the bottom. Pour the vegetable broth over the top. Season with a few cranks of fresh ground pepper and turn the heat to low. Cover and let it simmer 20-30 minutes.
4. Remove the cover and purée with an immersion blender until smooth and creamy. (You can also blend in batches, in a standard blender.) Season with salt and pepper, as needed, and a sprinkle of nutmeg (freshly grated is best!) Ladle into soup bowls and garnish how you like.

NOTES:

Source:

hellosweetiebakes.com

Submitted by: Katie

Atkinson and Leigh Bencsik



SAVORY LENTIL STEW



INGREDIENTS:

- 1 cup lentils, soaked overnight
- 5 cups water (or chicken stock)
- 2 inches alaria sea vegetable or wakame
- 1 tbsp. olive oil
- 1 leek, cleaned and cut into 1 inch pieces (use both white and green part of leek)
- 2-3 garlic cloves, peeled and minced
- 2 parsnips, diced into ½ inch pieces
- 3 carrots, diced into ½ inch pieces
- 1/2 celeriac root, peeled and diced into ½ inch cubes
- 1 red potato, diced into ½ inch cubes
- 1 tbsp. fresh thyme or 1 tsp. dried thyme
- 1½ tsp. sea salt
- ¼ tsp. black pepper

Crispy Kale:

- 1 bunch kale, cleaned and chopped
- Olive oil
- Sea salt



DIRECTIONS:

1. Discard the lentil soaking water. Bring lentils, alaria and five cups fresh water (or chicken stock) to a boil. Reduce heat to simmer, cover and cook 35 minutes.
2. In a separate soup pot, saute olive oil, leek and garlic 2-3 minutes.
3. Add parsnips, carrots, celeriac root, potato, thyme, sea salt and black pepper.
4. Pour the cooked lentils and alaria into the pot with the sauteed vegetables. Cover and bring back up to a boil. Reduce heat to medium/low and cook 20-25 minutes.
5. Remove 1/3 of the ingredients and puree in a food processor or blender. Return the puree to the soup. Garnish with Crispy Kale.

Crispy Kale Directions:

1. Preheat oven to 350.
2. Lightly coat chopped kale with olive oil.
3. Place kale on a baking tray and roast for 10-12 minutes or until crispy.
4. Lightly season with sea salt as soon as the kale is pulled out of the oven.

NOTES:

Source: andreabeaman.com

Submitted By: Pam Sotzin

SLOW COOKER VEGGIE BROTH

INGREDIENTS:

- 2 onions- cut into 1/8ths with skin on
- 1 head garlic- chopped in half with skin on
- 4 carrots with tops- rough chopped
- 4 celery stalks with leaves- rough chopped
- 8 cups chopped veggie scraps (kale ribs, beet greens, turnip tops, onion peels, etc.)
- 3 Tbsp fresh herbs of choice- rough chopped
- 1 ½ tsp sea salt
- ¾ tsp black pepper
- 8-12 cups water (fill slow cooker almost to top)



DIRECTIONS:

1. Prep all ingredients and place in slow cooker.
2. Pour in water to within an inch of the top of the slow cooker.
3. Cook on high for 6 hours.
4. Toss strained vegetables. Freeze or refrigerate broth. This recipe makes about 8 cups of broth.

NOTES:

Source: [Blooming Glen Blog](#), Stephanie Borzio



SPINACH BISQUE



INGREDIENTS:

- 1/2 cup chopped onion
- 2 tablespoons butter
- 1/3 cup all-purpose flour
- 1/2 to 1 teaspoon salt
- 1/8 teaspoon nutmeg
- 2-1/2 cups milk
- 1 cup water
- 3/4 cup grated cheddar (or your choice of cheese)
- 10 oz chopped spinach



DIRECTIONS:

1. In a 3-quart saucepan, saute onion in butter until tender.
2. Stir in the flour, salt and nutmeg until smooth.
3. Gradually whisk in milk and water.
4. Add cheese; cook and stir over medium heat until melted.
5. Add spinach. Cover and simmer for 4-5 minutes or until heated through.
6. You can serve as is, or blend for a creamy, smooth soup with a uniform texture.

Comments from contributor: My Super Bowl Soup for the Souper Bowl Challenge in Eagles green...My mom sent me this recipe many years ago, when my busy work life challenged my ability to put healthy meals on the table. I don't know the original source.

NOTES:

Source: unknown

Submitted By: Pam Sotzin



SPRING TONIC SOUP



INGREDIENTS:

- 2-3 tbs of butter
- 1 bunch of leeks, cleaned and chopped (or substitute onions)
- 2 carrots, grated
- 1-2 cloves garlic, minced
- 2 quarts chicken or veggie broth, or water
- 1 cup oat flakes or 1 cup diced potato
- 1 large colander of spring nettle tops
- 1 large handful of young dandelion greens, or other assorted wild greens



DIRECTIONS:

Nettles are chock full of calcium and rich in many minerals our bodies are craving after a long winter. But be wary when harvesting—they aren't called stinging nettles for nothing! They must be steamed or cooked to deactivate the sting. Perfect for spring tonic soup!

1. Begin by sauteing in butter the leeks, carrots, and garlic.
2. Cover with 2 quarts broth (or water) and bring to a simmer.
3. Add the 1 cup oat flakes or 1 cup diced potatoes, stir and cover.
4. While broth is simmering, gather a pair of scissors and a colander or bowl and harvest your greens. You will need 1 large colander of spring nettle tops and 1 large handful of young dandelion greens, or other assorted wild greens: a few small violet leaves, chickweed, garlic grass, garlic mustard greens, dock greens, etc. (We used chickweed.) **To avoid the inevitable 'sting' of the stinging nettles, snip the tops off with the scissors and allow them to drop right into the colander (Or wear gloves). Use the scissors to cut the tops into smaller pieces while they are still in the colander. If the greens are muddy be sure to rinse them off under cool water.
5. The nettles can be dropped right into the soup pot.
6. Chop and add other greens to the soup. Let simmer until the greens are very limp but serve while they are still vibrant in color.
7. For a bit of lovely creaminess, add a little splash of heavy cream immediately before serving.

NOTES:

Source: Susan Hess of Farm at Coventry, found on the [Blooming Glen Blog](#).

Submitted by: Tricia Borneman



STUFFED PEPPER SOUP



INGREDIENTS:

- 1 tablespoon canola oil
- 1 pound lean ground beef
- 1 medium sweet onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 4 cloves garlic, minced
- 1 ½ teaspoons Italian seasoning
- ¼ teaspoon crushed red pepper flakes
- 2 (14.5-ounce) cans diced tomatoes
- 1 (8-ounce) can tomato sauce
- 3 cups beef broth
- Kosher salt and freshly ground black pepper, to taste
- 2 cups cooked white rice
- 2 tablespoons chopped fresh parsley leaves



DIRECTIONS:

1. Heat canola oil in a large stockpot or Dutch oven over medium heat. Add ground beef and cook until browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat and set aside.
2. Add onion and bell peppers. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Stir in garlic, Italian seasoning and red pepper flakes until fragrant, about 1 minute.
4. Stir in diced tomatoes, tomato sauce, beef broth and ground beef; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer until flavors have blended, about 15-20 minutes.
5. Stir in rice and parsley until heated through, about 1-2 minutes.
6. Serve immediately.

NOTES:

Source: damndelicious.net

Submitted By: Stephanie

Borzio

Tomato "Sheet Pan" Soup

INGREDIENTS:

- 3.5- 4 lbs fresh tomatoes
- 2 medium onions, peeled and quartered
- 1 pepper (green bell or sweet cubanelle), halved and seeds removed
- 1 medium summer squash (zucchini or yellow squash), roughly chopped
- 6 cloves garlic, with skin on
- 3 Tbsp olive oil
- 1 tsp sea salt
- ½ tsp black pepper
- 6 basil leaves



DIRECTIONS:

1. Preheat oven to 400°F.
2. Slice tomatoes into quarters or eighths if they are really big. Place tomatoes, onions, pepper, summer squash and garlic in a large bowl. Add olive oil, salt, and pepper. Toss to coat.
3. Place tomato veggie mixture on baking sheet and roast for 25 to 30 minutes. Vegetables should be fork tender.
4. Allow to cool for a few minutes. Remove the skin from the garlic cloves.
5. Transfer mixture to blender, including juices on baking sheet. Add basil. Process until smooth. You may need to process in two batches.
6. Serve immediately or place in large saucepan and reheat later.
7. Soup can be stored in the refrigerator for up to a week. It also freezes well.

Comments from contributor: I love [Stephanie Borzio](#) 's sheet pan recipe for tomato soup. It's such an easy way to preserve for the winter. Two trays full of veggies roasted for about 30 min and blended with some fresh basil yielded me 3 quarts for the freezer and a few bowls to eat now!

NOTES:

Source: [Blooming Glen Blog](#), Stephanie Borzio
Submitted by Tricia Borneman



TOMATO TORTELLINI SOUP



INGREDIENTS:

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 medium onion chopped
- 1 clove garlic minced
- 2 tablespoons flour
- 2 cups chicken broth or veggie broth
- 1 (28 fluid ounce) can diced tomatoes with juices
- 1 (28 fluid ounce) can crushed tomatoes with juices
- 1/4 teaspoon Italian seasoning
- 1 tablespoon (packed) brown sugar
- 1 cup heavy/whipping cream
- 2 cups refrigerated cheese tortellini
- Salt & pepper to taste
- 1 small handful fresh basil optional, to taste



DIRECTIONS:

1. Add the olive oil and butter to a soup pot over medium heat. Once the butter has melted, add the onion and sauté it for 5-7 minutes.
2. Stir in the garlic and flour, and cook it for about a minute.
3. Stir (or whisk) in the chicken broth until the flour has dissolved.
4. Add the canned tomatoes, Italian seasoning, sugar, and cream to the pot. Increase the heat to high and bring it to a gentle boil.
5. Once the soup is boiling, add the tortellini and reduce the heat to a simmer. Let it cook for 8 minutes. Season with salt & pepper as needed. If using the fresh basil, tear it into small pieces and add it in a few minutes prior to serving.

Comments from contributor: I used gluten free tortellini from Wegmans and gluten free flour. It would be amazing with fresh tomatoes , onions , and basil from the farm!

NOTES:

Source:

saltandlavender.com

Submitted By: Stephanie

Borzio



TOMATO VEGGIE SOUP



INGREDIENTS:

- 2 tablespoons olive oil
- 1 sweet onion, diced
- 3-4 cloves garlic, minced
- 1 large sweet potato, peeled and diced
- 1 small head green cabbage, cored, chopped
- 4 carrots, peeled, chopped
- Sea salt and fresh ground pepper, to taste
- 1 28-oz can Muir Glen Organic Crushed Tomatoes with Basil
- 2 14-oz cans Muir Glen Diced Tomatoes with Green Chiles- use plain tomatoes for a milder taste
- A quick splash of balsamic vinegar- or cider vinegar
- A pinch of organic sugar or dab of organic raw agave
- 1 tablespoon dried basil
- 1 teaspoon smoked or sweet paprika
- Fresh water, as needed (I use some broth from veggie scraps for more flavor)



DIRECTIONS:

1. Heat a soup pot over medium high heat and pour in the olive oil. Add the onions and stir to cook. When the onions have softened, add the garlic, sweet potato, cabbage and carrots. Season with sea salt and ground pepper. Stir and cook for ten minutes or so to soften a bit.
2. Don't worry, your house won't smell cabbage-ish .
3. Add the the crushed and diced tomatoes; add vinegar, pinch of sugar, dried basil and paprika; stir to combine. Add enough fresh water, as needed, to cover the vegetables; stir. Cover the pot and bring to a simmer; lower heat and cook on a steady simmer until all the vegetables are tender. This could take anywhere from 35 to 45 minutes, or so, depending upon the size of your dice, the pot, your altitude, the weather, the mood you're in. Just keep an eye on it.
4. When the veggies are soft, remove the pot from heat and blend with an immersion blender. For those without this nifty power tool- puree the soup in small batches in a blender (covered very tightly!) or food processor, till smooth. If you like your soup silky smooth blend it longer; for more texture, blend it briefly, to your texture preference.
5. Taste test. Does it need a little salt? Another pinch of sugar? A splash of lemon juice to brighten it? Does it need more liquid? You can add water, or kick it up with my new favorite- Hemp Dream plain hemp milk (it has those yummy Omegas that are now de rigueur).
6. Heat through gently till serving. Serve piping hot in warmed bowls.

NOTES:

Submitted By: Leslie McManus



TURNIP LEEK POTATO SOUP



INGREDIENTS:

- 1 Tbs. olive oil
- 1 medium onion, chopped
- 2 large leeks (or 3 medium), white and light green part only, halved lengthwise, cleaned and sliced or chopped
- Salt to taste
- 2 garlic cloves, minced
- 2 pounds turnips, peeled and diced
- 1 pound potatoes, peeled and diced
- 2 quarts water, chicken stock or vegetable stock
- A bouquet garni made with a bay leaf, a couple sprigs each thyme and parsley
- Freshly ground pepper to taste
- Fresh tarragon (or chives), chopped for garnish



DIRECTIONS:

1. Heat the olive oil in a large, heavy soup pot over medium heat and add the onion, leeks and a pinch of salt. Cook, stirring, until tender, about 5 min.
2. Add the garlic and cook, stirring, until fragrant, 30 seconds to a minute. Add the turnips, potatoes, stock, salt to taste, and the bouquet garni. Bring to boil, reduce the heat, cover and simmer 45 min, or until the veggies are very tender and the soup is fragrant. Remove and discard the bouquet garni.
3. Blend the soup in batches in a blender (cover the top with a towel and hold it down to avoid hot splashes), or if you have it, an immersion blender works beautifully. The soup should be very smooth- return to pot if need be. Stir and taste. Adjust salt, add freshly ground pepper, and heat through.
4. Serve garnished with finely chopped tarragon- it adds a lovely sweet anise flavor.

Comments: This is a very simple French soup, that will only taste as good as your ingredients. It's best to use your fall frost sweetened roots for top flavor. We served it with Steph's Roasted Apple & Arugula Salad from the blog for a perfect fall meal on a cold windy night. Enjoy!

NOTES:

Source: NYT Cooking, by Martha Rose Shulman
From [Blooming Glen Farm Blog](#)



TUSCAN FARRO SOUP



INGREDIENTS:

- 2 Tbs. extra virgin olive oil
- 1 large onion, sliced
- 2 celery stalks, trimmed and chopped
- 2 carrots, peeled and chopped
- Salt and pepper
- 1 Tbs. minced garlic
- 1 cup farro, spelt or barley
- 1 cup dried white beans, soaked for several hours or overnight
- 2 cups chopped tomatoes (canned are fine; do not drain)
- 6 cups stock or water, more as necessary
- ¼ cup chopped fresh parsley
- ¼ cup chopped fresh basil, optional
- Freshly grated Parmesan



DIRECTIONS:

1. Put oil in a large, deep saucepan over medium heat; a minute later add onion, celery, carrots, a large pinch of salt and some pepper. Cook until vegetables are glossy and onion is softened, 5 to 10 minutes. Add garlic, and stir; add farro, beans, tomatoes and stock, and stir.
2. Bring to a boil, then adjust heat so mixture simmers steadily. Cook until farro and beans are tender, at least an hour, adding stock or water as necessary if mixture becomes too thick. Stir in parsley and basil (if using), then cook another 5 minutes. Taste and adjust seasoning, then serve with lots of Parmesan.

Comments from contributor: We often add chopped kale at the final stage (with the parsley and basil)- around 2 Cups.

We first had this soup on vacation in a small town in Tuscany, called Lucca. It is simple yet nourishing. We were excited to find Bittman's recipe for it when we returned home.

NOTES:

Source: Mark Bittman

Submitted By: Tricia

Borneman



TUSCAN VEGGIE SOUP



INGREDIENTS:

- One whole garlic head
- 4 cups vegetable broth
- 1 T olive oil
- 1 C red onion, chopped
- 1 C red bell pepper, chopped
- 1 C zucchini, chopped
- 1 fennel bulb, chopped
- 1 t dried oregano
- 1/2 t dried thyme
- 1 sprig rosemary
- 8 Oz penne pasta, cooked
- 1 can diced tomatoes
- 1 can cannellini beans, rinsed and drained
- 2 C rough chopped spinach or escarole
- Salt
- Pepper



DIRECTIONS:

1. Wrap garlic head in foil and bake at 350 for one hour-let cool.
2. In a saucepan, add garlic pulp to vegetable broth and bring to a boil.
3. Heat olive oil in a large pot; add onion, bell pepper, zucchini, oregano, and fennel. Sauté for 3 minutes.
4. Add broth, pasta, beans, tomatoes, thyme, and rosemary; bring to a boil. Reduce heat and simmer for 5 minutes.
5. Remove from heat and stir in spinach or escarole until wilted.
6. Remove rosemary sprig, season with salt and pepper to taste.

Comments from contributor: Tuscan Vegetable Soup is a recipe that has been in my recipe box (yes, I'm that old) for years. I honestly don't remember where I originally found the recipe.

NOTES:

Submitted By: Janice Kehs
Hunsberger



VEGETARIAN BORSCHT



INGREDIENTS:

- 1 tablespoon olive oil
- 2 garlic cloves pressed
- 1 medium yellow onion
- 2 medium carrots
- 2 medium beets
- 2 medium potatoes
Yukon gold or russet
- 2 celery ribs optional
- 1/4 cabbage 2-3 cups
chopped
- 1 bay leaf
- 1/4 cup dill chopped
- Juice of half a lemon
- Sour cream and bread
for serving



DIRECTIONS:

1. Wash and peel all the vegetables. Julienne the carrots and beets
2. Peel & cube the potatoes and slice celery into small pieces. Thinly slice the cabbage. Finely mince the onion.
3. Heat the olive oil in a large pot (I use my cast iron Dutch oven)
4. Add onion, carrots and garlic and sauté until nice and fragrant. Then stir in beets and cook for 8 minutes, stirring frequently.
5. Add approximately 10 cups of water to the Dutch oven containing the onions, carrots and beets. You can use vegetable broth or beef broth for added flavor if you'd like, I used water because I didn't have broth made up and the flavor was still amazing. Add the potatoes, celery, cabbage, lemon juice and bay leaf as well.
6. Bring to a boil and reduce to a simmer for 40 minutes. The potatoes will be tender and the soup a gorgeous red from the beets.
7. Add freshly ground black pepper, fresh dill and salt as needed.
8. Serve immediately with sour cream and bread.

NOTES:

Submitted By: Shavaun
Marks

Comments from contributor: This Borscht has become a favorite in our house. So yummy and healthy!!! We made some homemade sauerkraut perogies to have on the side with fried onions. Leftovers freeze great for a fresh veggie packed soup later.



WILD RICE SOUP



INGREDIENTS:

- 1 tbsp olive oil
- 1 cup diced onion
- 1 cup diced carrot
- 1 cup diced celery
- 2 cups chopped mushrooms
- 5 cups veggie broth
- 3/4 cup wild rice
- 1/4 cup almond flour
- 1/4 cup chickpea flour
- 1/2 cup water
- 1 can white beans rinsed and drained
- 1/2 tsp pepper
- 1 tsp salt
- 1 tbsp fresh parsley



DIRECTIONS:

1. Sauté onion, carrot, celery and mushrooms in olive oil for 5-7 minutes until golden.
2. Pour in veggie broth and rice. Cover and cook for 40 minutes stirring halfway through.
3. Mix together both flours and water until a creamy paste forms.
4. Add in beans and the flour mixture. Stir well until combined. Add in salt, pepper and parsley!
5. Serve with crusty bread!

Comments from contributor: I will add 1 tsp miso paste and 1/2 tsp dried thyme after the veggies sauté. I'll also add the flours before the stock as some reviewers said it can avoid clumps.

NOTES:

Source: [HealthyGirl Kitchen](#)

Submitted By: Mallorie

McCue