

Easy Vegetarian Cooking:

75 Delicious Vegetarian Soup & Stew Recipes

By Gina ‘The Veggie Goddess’ Matthews



Smashwords Edition

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Dedication

This book is dedicated to all those hard-working moms out there, who take the time to create some kitchen magic for their families in their not-so-spare-time. What special goddesses you are!

Introduction

In this 4th edition of 'The Veggie Goddess Vegetarian Cookbook Series', it's all about delicious garden meals in a bowl. Soups and stews are timeless, and incredibly versatile. They can serve either as a menu starter, as a light meal, or as the main course itself.

These vegetarian soup and stew recipes call for an 80/20 mix of fresh ingredients and prepared ingredients, and are simple and easy for anyone to follow, whether you're a beginner cook, or a kitchen alchemist. Soups and stews also offer a great use for leftover veggies, beans and rice, and, all these delicious recipes use ingredients that are readily available at any farmers market, natural foods store or your local grocer. Many of these recipes include dairy products, so while not vegan, these ingredients can easily be swapped out with vegan ingredient substitutions.

Budget-friendly, time-friendly and ease of use, makes this a perfect addition to your vegetarian cookbook collection.

Bon Veggie Appetit!

Gina 'The Veggie Goddess' Matthews

Chapter 1 – Cream Soups

There is something about creamy, velvety soups, that makes them feel and taste oh so decadent to the palate. You are sure to enjoy these creamy soup creations indeed, for they are brimming with flavor, spice and everything nice.

Creamy Tomato Basil Soup

Ingredients:

4 large tomatoes (diced)
4 cups plain tomato juice
1 cup heavy whipping cream
½ cup butter (regular or vegan)
12-14 bay leaves

In a large saucepan over medium heat, combine the diced tomatoes and tomato juice. Simmer for 30 minutes, stirring frequently. Transfer the tomato mixture into a blender, toss in the bay leaves, and puree for 1-2 minutes. Return the puree into the saucepan, and over medium heat, stir in the heavy cream, butter and sea salt and pepper to taste. Heat and stir until the butter is melted, but do not let mixture come to a boil. Add an optional garnish of fresh dill or cilantro, and serve. Yields 4 servings.

Silky Smooth Carrot, Tomato and Cilantro Soup

Ingredients:

5 large carrots (peeled and thinly diced)
3 cans (28 ounce each) diced tomatoes (WITH juice)
1 cup vegetable broth
1 cup diced yellow onion
2 cloves fresh garlic (minced)
1 red chile pepper (seeded and diced)
2-3 tablespoons olive oil
1 cup heavy cream
1 large bunch chopped fresh cilantro (divided)
2 tablespoons balsamic vinegar

1 tablespoon raw sugar

1 tablespoon Worcestershire sauce

Heat the olive oil in a large saucepan, over medium heat. Add in the diced onion, carrots, chile pepper and garlic, and sauté for 5 minutes. Mix in ½ of the chopped cilantro, along with all the remaining ingredients, EXCEPT the heavy cream, and sea salt and pepper to taste. Bring mixture to a boil, reduce heat to low, and simmer for 30-35 minutes. Using a manual hand-held immersion blender, puree mixture until smooth. Stir in the heavy cream, and remaining ½ bunch of fresh chopped cilantro. Give the soup a good stir right before serving. Yields 6 servings.

Cheesy Leek and Veggie Soup

Ingredients:

1-1/2 pounds leeks (chopped)

1 large yellow onion (diced)

1 golden potato (peeled and diced)

1 carrot (peeled and thinly diced)

2 tablespoons olive oil

1 tablespoon butter (regular or vegan)

1-1/4 teaspoon dry mustard powder

2 teaspoons cornstarch

5-1/2 cups water (divided)

1 teaspoon raw sugar

1 vegetable bouillon cube

1 cup heavy whipping cream

¼ cup shredded Cheddar cheese

1/8 cup shredded Gruyere cheese

Melt the olive oil and butter in a large saucepan, over medium heat. Add in the chopped leeks, onion, potato and carrot, and sauté until vegetables are tender, about 10 minutes. In a small

mixing bowl, whisk together $\frac{1}{2}$ cup of the water with the cornstarch and mustard powder. Add this mustard mixture, along with the sugar, sea salt and pepper to taste, and the remaining 5 cups of water to the vegetables in the saucepan, and bring mixture to a boil over medium heat. Stir in the vegetable bouillon cube, reduce heat to low and simmer for about 1 hour, until mixture has reduced by half. Using a manual or electric hand-held mixer, puree mixture until frothy, but not completely smooth, and then return mixture once more to a boil. Remove from heat, and stir in the heavy cream and both of the cheeses, and stir until all cheese is melted. Serve with an optional garnish of fresh chopped dill, cilantro, or parsley. Yields 4 servings.

Cream of Potato Soup

Ingredients:

- 4 golden potatoes (peeled and cubed)
- 4 yellow onions (diced)
- 2 tablespoons flour (all-purpose)
- 2 tablespoons butter (regular or vegan)
- 3 cups milk (regular or non-dairy)
- 2 tablespoons fresh chopped parsley
- 1-1/2 tablespoons paprika

In a large pot of salted water, boil the cubed potatoes and onions until tender. Drain, and RESERVE 1 cup of the starchy water. Transfer potato, onion and starch water mixture into a blender, and puree until smooth. In the same saucepan, melt the butter over medium heat, and whisk in the flour to make a roux. Slowly pour in the milk, stirring continuously, until well blended. Once milk mixture is heated, add in the pureed potato mixture, chopped parsley, paprika and sea salt and pepper to taste. Reduce heat to low, and simmer for 10 minutes, stirring occasionally. Yields 6 servings.

Silky Sherry-Spiked Wild Rice Soup

Ingredients:

- 1 cup uncooked wild rice
- $\frac{1}{4}$ cup butter (regular or vegan)

1 yellow onion (diced)
2-1/2 cups diced fresh mushrooms (any variety)
½ cup diced celery
½ cup flour (all-purpose)
6 cups vegetable broth
2 cups half-and-half
2/3 cup dry sherry
½ teaspoon curry powder
½ teaspoon ground dry mustard
½ teaspoon paprika
½ teaspoon cumin
1 tablespoon fresh chopped parsley

Cook the wild rice according to package directions, and set aside when done. Melt the butter in a large saucepan, over medium heat. Add in diced onions and sauté until translucent, about 5 minutes. Stir in diced mushrooms and celery, and cook 2 minutes, while stirring continuously. Reduce heat to low, add in the flour and cook while stirring continuously, until mixture is bubbly. Gradually pour in the vegetable broth, increase heat to medium-high, and bring mixture to a boil. Boil and stir for 1-2 minutes. Reduce heat back to low, and stir in the cooked wild rice, half-and-half, sherry, curry, dry mustard, paprika, cumin and sea salt and pepper to taste. Cook and stir until all ingredients are well blended, and heated through. Pour into serving bowls, and garnish with the fresh chopped parsley. Yields 8-10 servings.

Curried Pumpkin Cream Soup

Ingredients:

1 can (29 ounce) pumpkin
1-1/2 cups half-and-half
4 cups vegetable broth
2-1/2 tablespoons butter (regular or vegan)

3 tablespoons flour (all-purpose)
2 tablespoons curry powder
2 tablespoons soy sauce
1 tablespoon raw sugar
4 tablespoons raw or roasted pumpkin seeds (for garnish)

Melt the butter in a large saucepan, over medium heat. Whisk in the flour and curry powder, until fully dissolved. Once mixture starts to bubble, slowly whisk in the broth, and continue cooking over medium heat until thickened. Once thickened, stir in the pumpkin, half-and-half, soy sauce, sugar and sea salt and pepper to taste. Pour into serving bowls, and garnish with the pumpkin seeds. Yields 6-8 servings.

Creamed Bean, Spinach and Potato Soup

Ingredients:

3 tablespoons olive oil
1 yellow onion (diced)
3 cloves garlic (minced)
1-1/3 quarts (42 ounces) vegetable broth
3 golden potatoes (peeled and diced)
2 teaspoons cumin
2 teaspoons coriander
1 can (15 ounce) garbanzo beans (rinsed and drained)
1 cup heavy cream
2 tablespoons tahini
2 tablespoons cornmeal
½ pound fresh spinach (chopped)
pinch of cayenne pepper

Heat the olive oil in a large pot, over medium heat. Add in the onions and garlic, and sauté until onions are translucent, about 5 minutes. Stir in the cumin and coriander. Pour in the vegetable broth and potatoes, and bring mixture to a boil. Reduce heat and simmer for 10 minutes. Add in the drained beans, and continue cooking until potatoes are tender. Meanwhile, in a mixing bowl, blend together the heavy cream, tahini and cornmeal. Once the potatoes are fork-tender, stir in the creamed mixture, along with the chopped spinach, cayenne, and sea salt and pepper to taste. Continue cooking just until spinach is limp, and heated through. Yields 6 servings.

Rich and Creamy Asparagus Soup

Ingredients:

1-1/2 pounds fresh asparagus (ends trimmed and diced)

1-1/2 cups diced yellow onion

6 tablespoons butter (regular or vegan)

6 tablespoons flour (all-purpose)

2 cups vegetable broth

4 cups milk (regular or non-dairy)

1 tablespoon fresh chopped dill

1 teaspoon sea salt

½ teaspoon ground black pepper

2 tablespoons tamari OR soy sauce

Heat the butter in a saucepan, over medium heat. Add in the onions, along with a pinch of sea salt, and sauté for 5 minutes, until onions are translucent. Sprinkle in the flour, and stir and cook for an additional 5-8 minutes. Pour in the vegetable broth, and continue cooking until mixture begins to thicken, about 8-10 minutes. Remove from heat and let cool slightly. Pour mixture into a blender, along with the 4 cups of milk (you'll need to work in batches) and puree each batch until smooth. Return the combined pureed mixture back into the saucepan, and over medium-low heat, add in the dill, sea salt, pepper and tamari. Heat gently, but do not allow soup to boil. While soup is warming, drop the diced asparagus pieces into a pot of boiling water, and cook until tender but still very green, about 2 minutes. Drain the asparagus, reserve a handful of pieces for garnish, and add the rest into the soup. Transfer into serving bowls, and top with an optional 1-2 dices of cooked asparagus. Yields 6 servings.

Creamed Red Pepper and Feta Soup

Ingredients:

2 large red bell peppers
2-1/2 tablespoons olive oil
1-1/2 cups diced red onion
1-1/2 cups thinly diced celery
2 cloves fresh garlic (mined)
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon cayenne pepper
1 teaspoon sea salt
3 tablespoons sour cream
3 ounces Merlot wine
¾ cup milk (regular or non-dairy)
¼ cup soy sauce
2 tablespoons lemon juice
8 ounces feta cheese (finely crumbled)
mint leaves for garnish (optional)

On your grill, or in your oven, broil the red bell peppers, turning frequently, until skin is mottled and blackened. Allow to cool, and then peel, remove seeds and cut into 1 inch pieces.

Heat the olive oil in a saucepan, over medium heat. Add in the onions, garlic and celery, and sauté until tender, about 4-5 minutes. Stir in the cumin, coriander, cayenne pepper and sea salt, and toss to evenly coat the sautéed vegetables. Add in the sour cream, wine, milk, soy sauce, lemon juice, feta cheese and roasted diced red peppers, and stir well to blend. Remove from heat, and transfer in batches to a blender, and puree each batch until smooth. (Do not fill blender more than halfway, to prevent overflowing.). Return pureed soup to saucepan, and heat until warmed. Transfer to serving bowls, and garnish with mint leaves (optional). Yields 4 servings.

Lemony, Asparagus Yogurt Soup

Ingredients:

1 pound fresh asparagus (ends trimmed)
¾ cup diced yellow onion
1-3/4 cups vegetable broth (divided)
1 tablespoon butter (regular or vegan)
2 tablespoons flour (all-purpose)
1 teaspoon sea salt
¼ teaspoon ground black pepper
1 cup milk (regular or non-dairy)
½ cup plain yogurt (regular or non-dairy)
1-1/2 teaspoons lemon juice
¼ cup grated Parmesan cheese

Place the trimmed asparagus spears and onions into a pot with ½ cup of the vegetable broth, and boil until asparagus is tender. Remove cooked vegetables, and cut 8 asparagus tips, to set aside for garnish. Transfer the cooked asparagus and onion into a blender, puree until smooth, and set aside. Melt the butter in the same pot, and whisk in the flour, sea salt and pepper, being careful to not let the mixture brown or burn. Pour in the remaining 1-1/4 cups vegetable broth, and bring mixture to a boil. Reduce heat and stir in the vegetable puree, milk, yogurt, and lemon juice, and continue cooking until all ingredients are heated through. Transfer into serving bowls, top each with 2 reserved asparagus tips, and a sprinkle of grated Parmesan cheese. Yields 4 servings.

Smooth Coconut Carrot Soup

Ingredients:

3 large carrots (peeled and thinly diced)
1 red onion (diced)
1-1/2 teaspoons fresh grated ginger root

1-1/2 teaspoon curry powder

1-3/4 cup vegetable broth

1 can (14 ounce) coconut milk (regular or light)

shredded coconut for garnish (optional)

In a saucepan, simmer the carrots, onion, ginger and curry in the vegetable broth, until the carrots are soft, about 30 minutes. Remove from heat, and using a hand-held immersion blender, puree until smooth. Return saucepan to heat, stir in the coconut milk, and heat until soup is warmed through. Add sea salt and pepper to taste, and transfer into serving bowls. Top with an optional garnish of shredded coconut. If you want a slightly sweeter soup, you can add in 1-2 teaspoons of raw sugar, or a packet of stevia, to sweeten to taste. Yields 4 servings.

Creamy Spinach and Mascarpone Soup

Ingredients:

2 tablespoons olive oil

½ yellow onion (diced)

2 cloves fresh garlic (minced)

3 cups fresh spinach (chopped)

3 cups vegetable broth

1 cup Mascarpone cheese

Heat the olive oil in a large saucepan, over medium heat. Add in the onion and garlic, and sauté until onions become translucent, about 5 minutes. Add in the vegetable broth and spinach, and bring mixture to a boil. Reduce heat, cover and simmer for 15 minutes. Remove from heat, and using a hand-held immersion blender, puree until smooth. Return saucepan to heat, and stir in the mascarpone cheese. Cook and stir until cheese is thoroughly melted. Add sea salt and pepper to taste, and serve. Yields 3-4 servings.

Chilled Creamy Cucumber Soup

Ingredients:

3 tablespoons olive oil
5 large cucumbers (peeled and diced)
3-4 cloves fresh garlic (minced)
2 red onions (diced)
2-1/2 cups vegetable broth
1/4 cup fresh chopped dill
1 cup milk (regular or non-dairy)

Heat the olive oil in a large saucepan, over medium heat. Add in the cucumbers, onion and garlic, and sauté until onions are translucent, about 5 minutes. Pour in the vegetable broth, and simmer until cucumbers are completely softened, about 15 minutes. Remove from heat, and using a hand-held immersion blender, puree until smooth. Stir in the dill and sea salt and pepper to taste, and refrigerate until cold. Stir in the milk immediately before serving, along with an optional garnish of fresh chopped dill, or parsley. Yields 4 servings.

Creamed Squash and Carrot Soup

Ingredients:

3 tablespoons olive oil
1 large yellow onion (diced)
4-5 cloves fresh garlic (minced)
4 large carrots (peeled and thinly diced)
4 large celery stalks (thinly diced)
1 large butternut squash (peeled and cubed)
5 cups vegetable broth
2-1/2 tablespoons finely chopped fresh sage
1/2 cup milk (regular or non-dairy)

Heat the olive oil in a large saucepan, over medium heat. Add in the onion, garlic, carrots and celery, and sauté until onion becomes translucent, about 5 minutes. Stir in the cubed squash, vegetable broth and sage, and bring mixture to a boil. Reduce heat to low, and simmer for 25-30 minutes, until squash becomes soft. Remove from heat, and using a hand-held immersion blender, puree until smooth. Return saucepan to burner over medium heat, and stir in the milk. Cook for a final 5 minutes, add sea salt and pepper to taste and serve. Yields 6 servings.

Chapter 2 – Bean Based Soups

Black, brown, white or green, these bean soups deliver in both variety and taste. Beans are an excellent source of plant protein, are filling, and extremely budget-friendly. While boring and often tasteless on their own, combined with the right spices and accompanying ingredients, these bean soups pack a surprising amount of flavor.

Black Bean and Veggie Soup

Ingredients:

2 cans (15 ounce each) black beans (rinsed, drained and divided)
1 can (8.75 ounce) whole kernel corn (drained)
1 can (14.5 ounce) stewed tomatoes
4 cups vegetable stock
1 large red onion (diced)
2 large carrots (peeled and thinly diced)
2 cloves fresh garlic (minced)
2 teaspoons chili powder
1 teaspoon cumin
2 tablespoons olive oil
¼ teaspoon ground black pepper
½ teaspoon sea salt

Heat the olive oil in a large saucepan, over medium heat. Add in the onion, garlic and carrots, and sauté for 5-6 minutes. Stir in the chili powder and cumin, and sauté for an additional minute. Next, pour in the vegetable stock, 1 can of the beans, corn, black pepper and sea salt, and bring to a low boil. While stock is coming to a boil, combine the remaining can of beans along with the stewed tomatoes in a blender, and puree until smooth. Once smooth, add into the saucepan with the other ingredients, cover, reduce heat and simmer for about 15 minutes, or until carrots become tender. Yields 6-8 servings.

South of the Border Black Bean and Salsa Soup

Ingredients:

2 cans (15 ounce each) black beans (rinsed and drained)
1-1/2 cups vegetable broth
1 cup salsa (chunky style)

1 teaspoon cumin
1 teaspoon chili powder
2 tablespoons diced green onion
sour cream to garnish

Combine the drained beans, broth and salsa in a blender, and blend until smooth. Transfer into a saucepan, and stir in the cumin, chili powder and salt and pepper to taste. Heat and stir over medium heat, for 5-8 minutes. Pour into serving bowls, and sprinkle with the diced green onion. Serve with sour cream to garnish. Yields 4 servings.

Zesty Bean and Lentil Soup

Ingredients:

1 can (19 ounce) white kidney beans (rinsed and drained)
1 can (15 ounce) garbanzo beans (rinsed and drained)
1 cup red lentils
6 cups water
2 large yellow onions (diced)
3 cloves fresh garlic (minced)
2 teaspoons fresh grated ginger root
3 tablespoons olive oil
1 can (14.5 ounce) diced tomatoes (WITH juice)
½ cup diced carrots
½ cup diced celery
1-1/2 teaspoons cardamom
½ teaspoon cayenne pepper
½ teaspoon cumin
1 teaspoon garam masal (Indian spice blend)

Heat the olive oil in a large saucepan, over medium heat. Add in the onion, garlic and ginger, and sauté for 5 minutes. Stir in all the remaining ingredients, and sea salt and pepper to taste. Bring to a boil for 2-3 minutes, and then reduce heat and simmer for 90 minutes, or until lentils are tender. Yields 6 servings.

Hearty Vegan Black Bean Soup

Ingredients:

4 cans (15 ounce each) black beans (rinsed, drained and divided)
1 can (15 ounce) whole kernel corn
1 can (14.5 ounce) diced tomatoes (WITH juice)
4 cups vegetable broth
2 large carrots (peeled and thinly diced)
4 cloves fresh garlic (minced)
1-2 celery stalks (ends trimmed and diced)
1 large red onion (diced)
2 tablespoons olive oil
1-2 tablespoons chili powder (depending on how much 'heat' you like)
1 tablespoon cumin
¼ teaspoon ground black pepper

Heat the olive oil in a large saucepan, over medium heat. Add in the onion, celery, carrots and garlic, and sauté for 5-6 minutes. Stir in the chili powder, cumin and black pepper, and cook for an additional 1 minute. Pour in the vegetable broth, 2 cans of the beans and the corn, and bring to a low boil. While mixture is coming to a boil, combine the remaining 2 cans of beans, along with the diced tomatoes with juice in a blender. Blend until smooth, and then pour into the saucepan with the other ingredients. Once mixture has come to a boil, reduce heat to medium, and simmer for 15-20 minutes. Yields 6-8 servings.

No-Cook, Cold Bean Gazpacho

Ingredients:

2 cans (15 ounce each) navy beans (rinsed and drained)
3 large tomatoes (diced)
2 large celery stalks (thinly diced)
5 green onion spears (diced)
1 large green bell pepper (diced)
1 large cucumber (peeled and diced)
2 cloves fresh garlic (minced)
3 tablespoons olive oil
6 tablespoons red wine vinegar
1 can (46 ounce) tomato juice or V8
2 tablespoons fresh chopped parsley
1 tablespoon fresh chopped basil
½ tablespoon fresh chopped oregano
1 teaspoon cumin

In an extra large mixing bowl, combine all ingredients, and sea salt and pepper to taste. Stir well for 1-2 minutes, until all ingredients are well blended. Cover, and chill for 6 hours before serving. Serve with an optional garnish of fresh chopped cilantro. Yields 4-6 servings.

Spinach and Bean Medley Soup

Ingredients:

4 cans (14.5 ounce each) vegetable broth
1 package (10 ounce) frozen chopped spinach (thawed and drained)
1 can (15 ounce) pinto beans (WITH liquid)
1 can (15 ounce) black beans (WITH liquid)

1 can (15 ounce) dark red kidney beans (rinsed and drained)
1 can (15 ounce) light red kidney beans (rinsed and drained)
1 can (15 ounce) northern OR navy beans (rinsed and drained)
1-2 cloves fresh garlic (minced)
¼ cup olive oil
3 tablespoons fresh chopped parsley
2-3 tablespoons fresh chopped thyme

Combine all ingredients in a large stock pot, and bring to just BELOW a boil. Reduce heat, and simmer for 30 minutes. Add sea salt and pepper to taste, and serve. Yields 10-12 servings.

Thick and Zesty Bean and Corn Soup

Ingredients:

2 cans (15 ounce each) cream-style corn
1 can (28 ounce) vegetarian baked beans
½ cup diced red onions
½ cup thinly diced celery
1 cup vegetable broth
¼ teaspoon chili powder
½ teaspoon garlic powder
2 tablespoons fresh chopped cilantro

Combine all ingredients in a large saucepan, and bring mixture to a boil over medium heat. Reduce heat, cover and simmer for 30 minutes. Add sea salt and pepper to taste, and transfer into serving bowls. Evenly top each bowl with the fresh chopped cilantro. Yields 6-8 servings.

Easy Butter Bean Soup

Ingredients:

1-1/2 cups thinly diced celery
1 cup thinly diced carrots
3/4 cup diced yellow onion
2-3 cloves fresh garlic (minced)
3 tablespoons olive oil
3 tablespoons flour (all-purpose)
4 cups vegetable broth
2 cans (16 ounce each) butter beans (drained)
1 can (14 ounce) diced tomatoes (WITH liquid)
1 tablespoon fresh chopped basil
fresh chopped parsley to top

Heat the olive oil in a large saucepan, over medium heat. Add in the celery, carrots, onion and garlic, and sauté until onions are translucent, about 5 minutes. Stir in the flour, and cook for 1 minute to fully dissolve. Add in the remaining ingredients, and bring mixture to a boil. Reduce heat, and simmer for 30 minutes. Add sea salt and pepper to taste, and serve garnished with some of the fresh chopped parsley. Yields 6 servings.

Curried Red Bean Soup

Ingredients:

2 cups dry red beans
6 cups water
2-1/2 tablespoons olive oil
1 yellow onion (diced)
3-4 cloves fresh garlic (minced)
2 large celery stalks (thinly diced)

2 large carrots (thinly diced)
2 teaspoons curry powder
sour cream to garnish (optional)

Soak the red beans in the 6 cups of water overnight. Drain, replace with fresh water in a large saucepan, and bring beans to a boil. Skim off the foam that floats to the top, reduce heat and simmer for 1 hour, or until beans become tender. Heat the oil in a skillet, over medium heat. Add in the onion, garlic, celery and carrots and sauté for 5-7 minutes, until tender. Into the pot of beans, stir in the sautéed vegetables, curry and sea salt and pepper to taste. Add more water if necessary, cover, and simmer an additional 30 minutes until beans are soft. Transfer to serving bowls, and garnish with a dollop of sour cream (optional). Yields 6 servings.

Three Bean and Pasta Soup

Ingredients:

3 quarts vegetable broth
1 can (28 ounce) diced tomatoes (WITH liquid)
1 can (15 ounce) black beans (rinsed and drained)
1 can (15 ounce) kidney beans (rinsed and drained)
1 can (15 ounce) garbanzo beans (rinsed and drained)
4 large carrots (peeled and thinly diced)
4 large celery stalks (ends trimmed and thinly diced)
1 cup diced yellow onion
1 green bell pepper (diced)
1 red bell pepper (diced)
8 cloves fresh garlic (minced)
1-1/2 teaspoon oregano
1-1/2 teaspoon thyme
1-1/2 teaspoon basil
1 cup dry small variety pasta (elbow, spiral, penne, etc.)

3 tablespoons balsamic vinegar

Combine all ingredients in a large pot, EXCEPT the pasta and vinegar, and bring mixture to a boil. Reduce heat, loosely cover, and simmer until carrots are tender but firm, while stirring occasionally. Stir in the pasta, and continue to simmer until pasta is tender, about 10-15 minutes. Remove from heat, and stir in the balsamic vinegar, along with sea salt and pepper to taste.

Robust Bean and Barley Soup

Ingredients:

1 yellow onion (diced)
2 large celery stalks (thinly diced)
2 large carrots (thinly diced)
3 cloves fresh garlic (minced)
3 tablespoons olive oil
8 cups vegetable broth
1 cup uncooked pearled barley
1 cup canned white kidney beans (rinsed and drained)
1/3 cup tomato paste
1 teaspoon Italian spice blend
3 large bay leaves
2 tablespoons fresh chopped parsley to top

Heat the olive oil in a large pot, over medium heat. Add in the diced onion, celery, carrot and garlic, and sauté for 5 minutes. Stir in the remaining ingredients, EXCEPT for the parsley, and bring mixture to a boil. Reduce heat to medium-low, and simmer until barley is soft and fluffy, about 1 hour. Remove the bay leaves, add sea salt and pepper to taste, and transfer into serving bowls. Garnish with the fresh chopped parsley. Yields 6-8 servings.

Beans and Greens Soup

Ingredients:

- 1 cup diced yellow onion
- 1 large carrot (thinly diced)
- 2 large celery stalks (thinly diced)
- 3-4 cloves fresh garlic (minced)
- 3 tablespoons olive oil
- 3 cups vegetable broth
- 1 can (15 ounce) any variety white bean (rinsed and drained)
- 2 cups finely chopped Swiss chard
- ½ cup whole kernel corn (off the cob or thawed frozen)
- 1/3 cup uncooked macaroni pasta
- 2 teaspoons Italian seasoning blend
- 2 large bay leaves

Heat the olive oil in a large saucepan, over medium heat. Add in the onion, carrot, celery and garlic, and sauté until onions are translucent, about 5 minutes. Add in all remaining ingredients, and bring mixture to a boil over medium heat. Reduce heat and simmer for 10-12 minutes, until both pasta and chard are tender. Remove the bay leaves, add sea salt and pepper to taste, and transfer into serving bowls. Yields 4 servings.

Chapter 3 – Hearty and Savory Soups

When you're looking for some 'stick-to-your-ribs' soup meals, these are definitely what you're looking for. Each of these soup recipes is formed around a hearty staple ingredient, and then expanded with a little bit of this, and a little bit of that, resulting in some very hunger and taste satisfying vegetarian meals in a bowl.

Vegetable, Bean and Barley Soup

Ingredients:

2 quarts vegetable broth
1 cup uncooked barley
1 can (15 ounce) garbanzo beans (rinsed and drained)
1 can (14.5 ounce) diced tomatoes (WITH juice)
1 large zucchini (peeled and thinly diced)
2 large carrots (thinly diced)
2 large celery stalks (thinly diced)
1 large yellow onion (diced)
3 fresh bay leaves
2 cloves fresh garlic (minced)
1 teaspoon raw sugar
1 teaspoon sea salt
½ teaspoon ground black pepper
2 tablespoons fresh chopped parsley
1 teaspoon curry powder
1 teaspoon paprika
1 teaspoon Worcestershire sauce

Combine all the ingredients in a large saucepot, and bring to a boil. Reduce heat, cover and let mixture simmer for 90 minutes over medium-low heat. Stir thoroughly every 15 minutes. This soup is very thick, so check to see if you'd like to add in any additional broth or water after 60 minutes of cooking time. Remove bay leaves before serving. Yields 8 servings.

Hearty Baked Potato Soup

Ingredients:

6 large potatoes, any variety (peeled and cubed)

4 cups milk (regular or non-dairy)

1 cup sour cream

1/3 cup flour (all-purpose)

1/3 cup butter (regular or vegan)

Boil the potatoes in a large pot of salted water until tender. Drain, and set aside. Heat the butter in a saucepan, over medium heat. When butter is melted, whisk in the flour, and continue stirring until mixture starts to thicken. It's important to keep stirring, to prevent mixture from burning. Gradually add in the milk, and continue cooking and stirring over medium heat for about 3 minutes. Next, whisk in the sour cream, and once sour cream is well blended, add in the cooked potatoes. Add sea salt and pepper to taste, and cook for an additional 3-5 minutes. Yields 4-6 servings.

Thick and Tasty Potato and Bean Stew

Ingredients:

1 can (15 ounce) any variety of white beans (drained – liquid reserved)

4 medium potatoes, any variety (peeled and cubed)

1-1/2 cups milk (regular or non-dairy)

1-1/2 cups water

½ yellow onion (diced)

2 cloves fresh garlic (minced)

¼ cup butter (regular or vegan)

¼ cup flour (all-purpose)

pinch of cayenne pepper

pinch of ground cloves

pinch of ground dry mustard

Melt the butter in a large saucepan, over medium heat. Whisk in the flour, and once the flour is incorporated, stir in the onion and garlic. Saute until onions become soft, about 4-5 minutes, stirring frequently to prevent burning. Add in the cubed potatoes, and cook and stir until the potatoes are well coated with the roux mixture. Add in all the spices, the reserved bean liquid, milk, water, and sea salt and pepper to taste. Bring mixture to a boil, reduce heat and simmer for 25-30 minutes, or until potatoes become tender. If the soup becomes too thick, add in some extra milk or water to the pot. Add the beans to the soup, and cook an additional 10 minutes. Serve with an optional garnish of fresh chopped parsley. Yields 4 servings.

Thick and Zesty Split Pea Soup

Ingredients:

3 cups dry green split peas
6 cups water
4 cloves fresh garlic (minced)
1/3 cup + 2 tablespoons olive oil
3 tablespoons fresh chopped parsley
2 teaspoons paprika
1 teaspoon cumin
1 red chili pepper (seeded and diced)

Heat the 2 tablespoons of olive oil in a large saucepan, over medium heat. Add in the garlic, and sauté until garlic becomes lightly browned. Add in all the remaining ingredients, and sea salt and pepper to taste. Bring mixture to a boil, reduce heat to low, and simmer for about 55-60 minutes, stirring occasionally so that the peas don't stick to the bottom of the saucepan. Once the peas become tender, mash them with a wooden spoon, or potato masher, until smooth. Add in additional water if needed, to reach desired consistency. Yields 6-8 servings.

Potato, Tomato and Cabbage Soup

Ingredients:

4 cups water

3 large potatoes, any variety (peeled and diced)
½ head of green cabbage (cored and finely chopped)
1 can (28 ounce) diced tomatoes (WITH juice)
3 large celery stalks (diced)
1 large yellow onion (diced)
3 cloves fresh garlic (minced)
¼ cup butter (regular or vegan)
2 vegetable bouillon cubes
½ cup tomato paste
1-2 teaspoons hot sauce
1-1/2 teaspoons Italian seasoning blend
3 large bay leaves

Melt the butter in a large saucepan, over medium heat. Add in the diced onion, potatoes, celery and garlic, and sauté until onions become translucent, about 5 minutes. Pour in the 4 cups water, and stir in the vegetable bouillon into liquid until dissolved. Bring mixture to a boil, and continue cooking at a boil, until the potatoes become fork tender, about 4-6 minutes. Add in the remaining ingredients, reduce heat to medium, and simmer for 15-20 minutes, stirring occasionally during cooking. Remove the bay leaves, add sea salt and pepper to taste, and serve. Yields 8 servings.

Autumn Butternut Squash Bisque

Ingredients:

1 tablespoons olive oil
1 tablespoon butter (regular or vegan)
½ cup diced yellow onion
¾ cup finely diced carrots
4 cups peeled and cubed butternut squash
3 cups vegetable broth

pinch of nutmeg

pinch of cinnamon

½ cup heavy cream

Heat the olive oil and butter in a large saucepan, over medium heat. Add in the onion, and saute until onion is translucent, about 4-5 minutes. Add in the vegetable broth, carrots, squash, nutmeg and cinnamon, and bring mixture to a boil. Reduce heat to low, and simmer until vegetables are tender. To smooth out the texture of the soup, you can either transfer the soup into a blender and puree for 30-60 seconds, or use a hand-held immersion blender. After pureeing, stir in the heavy cream and heat on medium temperature for about 5 minutes, being careful to NOT let soup come to a boil. Transfer into serving bowls, and garnish with an optional sprinkle of more nutmeg or cinnamon. Yields 4 servings.

Broccoli Walnut Soup

Ingredients:

2 tablespoons olive oil

2 cloves fresh garlic (minced)

1 red onion (diced)

1 cup white wine

1 quart (32 ounces) almond milk

2 vegetable bouillon cubes

1 small head broccoli (cut into small florets)

½ cup walnuts (crushed)

1 tablespoon raw honey

2 tablespoons soy sauce

2 tablespoons cornstarch

¼ cup cold water

3 tablespoons toasted sesame seeds

Heat the olive oil in a saucepan, over medium heat. Add in the garlic and onion, and sauté until onion becomes translucent, about 5 minutes. Pour in the wine, and continue to cook over medium heat for 4-5 minutes. Add in the almond milk, and cook while stirring until milk is heated through. Stir in the vegetable bouillon and broccoli, and cook until broccoli is fork tender, about 8 minutes. Add the walnuts, honey and soy sauce, and reduce heat to medium-low. In a small mixing bowl, whisk together the cornstarch with the $\frac{1}{4}$ cup cold water, and stir into the simmering soup to thicken. Once soup has thickened to desired consistency, transfer into serving bowls, and top with the toasted sesame seeds. Yields 4 servings.

Party-Saver Artichoke and Mushroom Soup

(I've added this potluck sized recipe, for those who need a 'go-to' vegetarian recipe, to bring to a party, potluck, or any larger-sized gathering.)

Ingredients:

4 cans (14 ounce each) quartered artichoke hearts (thinly diced)

1 cup olive oil

3 pounds shallots (thinly diced)

2 large red onions (diced)

4-5 cloves fresh garlic (minced)

$\frac{3}{4}$ cup flour (all-purpose)

$\frac{1}{2}$ cup rice vinegar

1 gallon water

12 vegetable bouillon cubes

1-1/2 teaspoons sea salt

$\frac{3}{4}$ teaspoon ground black pepper

$\frac{3}{4}$ teaspoon cayenne pepper

$\frac{1}{2}$ teaspoon nutmeg

3-1/2 tablespoons fresh chopped thyme

6 dried Portobello mushrooms (rehydrated in water)

3 pounds any variety small mushroom (thinly sliced or diced)

3 pounds carrots (peeled and thinly diced)

$\frac{3}{4}$ cup capers

$\frac{3}{4}$ cup fresh chopped parsley

Heat the olive oil in an extra large pot, over low heat. Add in the shallots, onions and garlic, and sauté over low heat for 12-15 minutes. Stir in the flour, and cook for 1 minute. Stir in the rice vinegar, and cook until vinegar evaporates, about 2-3 minutes. Add in the water, vegetable bouillon, sea salt, black pepper, cayenne, nutmeg, thyme and diced artichokes, and continue to simmer for 25-30 minutes.

Dice up the rehydrated Portobello mushrooms, along with the fresh diced mushrooms and carrots, and cook for an additional 15 minutes. Remove from heat, and stir in the capers, parsley and sea salt and pepper to taste and serve. Yields 40 servings. (If you need to bring a dish somewhere, you can always transfer the cooked soup into a couple large crock pots, as well as cut the recipe in half, or relative to the amount of people you need to serve.)

Stick-to-Your-Ribs Potato, Carrot, Apple and Lentil Soup

Ingredients:

$\frac{1}{4}$ cup butter (regular or vegan)

2 large sweet potatoes (peeled and cubed)

3 large carrots (diced)

1 large red apple, any variety (peeled and diced)

1 yellow onion (diced)

$\frac{1}{2}$ cup dry red lentils

1 teaspoon fresh grated ginger root

$\frac{1}{2}$ teaspoon ground black pepper

1 teaspoon sea salt

$\frac{1}{2}$ teaspoon cumin

$\frac{1}{2}$ teaspoon chili powder

½ teaspoon paprika

4 cups vegetable broth

plain yogurt to top

Melt the butter in a large saucepan, over medium heat. Add in the diced potatoes, carrots, apples and onion, and sauté until the onions are translucent, about 5-7 minutes. Stir in all the remaining ingredients, EXCEPT the yogurt, and bring mixture to a boil. Reduce heat to medium-low, cover and simmer for 30 minutes, or until both the vegetables and lentils are tender. Bring soup to a boil one more time, reduce heat and simmer for a final 10 minutes. You may add water as desired, to thin the soup consistency. Transfer into serving bowls, and top with a dollop of plain yogurt. Yields 4 servings.

Peas, Pasta and Veggie Soup

Ingredients:

2-1/2 tablespoons olive oil

1-2 cloves fresh garlic (minced)

1 large carrot (peeled and thinly diced)

2 large celery stalks (ends trimmed and thinly diced)

1 yellow onion (diced)

2 cups vegetable broth

2 cups vegetable juice OR water

1 can (16 ounce) diced tomatoes (WITH liquid)

½ teaspoon basil

¼ teaspoon oregano

1 can (15.85 ounce) peas (drained)

½ cup dry macaroni shaped pasta

grated Parmesan cheese to top

Heat the olive oil in a large saucepan, over medium heat. Add in the garlic, carrot, celery and onion, and sauté until onion is translucent, about 5 minutes. Stir in the vegetable broth, vegetable juice, tomatoes, basil, oregano, peas, and seasalt and pepper to taste, and bring mixture to a boil. Reduce heat, and simmer for 10 minutes. Add in the uncooked pasta, and continue to simmer until pasta is tender, about 10-15 minutes. Transfer into serving bowls, and top with the grated Parmesan cheese. Yields 6 servings.

Split Pea and Potato Soup

Ingredients:

16 ounces dried split green peas
10 cups vegetable broth OR water
1 large yellow onion (diced)
4-5 cloves fresh garlic (minced)
2 teaspoons curry powder
1 teaspoon sea salt
½ teaspoon ground black pepper
3 large carrots (thinly diced)
3 large celery stalks (thinly diced)
3 golden potatoes (peeled and diced)
3 large bay leaves

Combine the dried split peas with the 10 cups of broth OR water, onion and spices in a large saucepan, and bring mixture to a boil, over medium-high heat. Reduce heat, and simmer uncovered for 1 hour. Stir in the carrots, celery, potatoes and bay leaves, cover, and simmer for an additional 45 minutes. Remove bay leaves, adjust sea salt and pepper to taste, and serve. Yields 10-12 servings.

Leftover Rice and Tomato Soup

Ingredients:

2 cups leftover cooked brown or white rice
1 can (28 ounce) diced or stewed tomatoes (WITH liquid)
2 cups tomato sauce
1 large yellow onion (diced)
2-1/2 tablespoons olive oil
2 tablespoons flour (all-purpose)
1 tablespoon Italian spice blend
4 cloves fresh garlic (minced)
fresh chopped parsley for garnish (optional)

Heat the olive oil in a large saucepan, over medium heat. Add in the onions and garlic, and sauté until onions are translucent, about 5 minutes. Stir in the flour and cook for 1 minute, being careful not to burn the flour. Add the tomatoes in their liquid, tomato sauce, cooked rice and the Italian spice blend. Simmer for 15 minutes over medium heat, stirring frequently. Add sea salt and pepper to taste, and transfer into serving bowls. Sprinkle each soup bowl, with an optional garnish of fresh chopped parsley. Yields 4 servings.

Chapter 4 – Stews and Chowders

When you combine creamy with hearty, you get a diverse world of flavorful stews and chowders that will please even the non-soup lovers in your household. These easy to prepare stew and chowder recipes are perfect for busy moms, students and working individuals, who are looking to prepare a hearty meal, without the hassle of a lot of time-consuming kitchen steps, or mess.

Tangy Tomato Lentil Stew

Ingredients:

3 large tomatoes (diced)
1 cup dry lentils
1 quart water (32 ounces)
1 vegetable bouillon cube
1 large yellow onion (diced)
1 large carrot (thinly diced)
1 large green apple (peeled and diced)
½ cup peas (can also use frozen/thawed or canned/drained)
1-2 cloves fresh garlic (minced)
2 tablespoons olive oil
¼ cup barbeque sauce
½ teaspoon paprika

In a large saucepan, combine the water, vegetable bouillon cube and lentils. Bring to a boil, immediately reduce heat, and simmer for 20 minutes. Add in the tomatoes, onion, garlic, apple, peas, barbeque sauce, olive oil, paprika, and sea salt and pepper to taste. Stir well to blend, and simmer for an additional 20-25 minutes. Yields 4 servings.

Fisherman's Creamy Corn Chowder

Ingredients:

1 can (14.75 ounce) corn (cream-style with juice)
3 golden potatoes (peeled and diced)
1-1/2 cups evaporated milk
1 yellow onion (diced)

1 teaspoon paprika

Boil potatoes in a pot of salted water until tender. Drain, and return cooked potatoes to pot. Add in the remaining ingredients, and sea salt and pepper to taste. Cook over medium heat for about 10 minutes, and serve with an optional garnish of fresh chopped parsley. Yields 4 servings.

Cheesy Broccoli Chowder

Ingredients:

1 head broccoli (cut into small-sized florets)
1 package (2 ounce) dry cauliflower soup mix
4 cups water
½ cup milk (regular or non-dairy)
1-1/2 cups shredded Cheddar cheese (divided)

In a saucepan, combine the 4 cups water and soup mix, and cook over medium heat while stirring, until mixture is well blended. Add in the broccoli florets, and simmer for 10 minutes. Once the broccoli is tender, transfer mixture into a blender, and blend until smooth. Return mixture to saucepan, and over medium heat, stir in the milk. Once mixture is heated, add in 1 cup of the shredded cheese and stir until cheese is fully melted. Transfer into 4 serving bowls, and top with the remaining ½ cup shredded cheese. Yields 4 servings.

Spicy Red Lentil and Spinach Chowder

Ingredients:

2 cups dry red lentils
1-1/2 cups frozen chopped spinach
1 can (28 ounce) diced tomatoes (WITH liquid)
1-1/2 cups diced red onion
2 cups water

1-2 tablespoons olive oil
2 teaspoons dried basil
1-1/2 teaspoons ground cardamom
1 teaspoon cumin
½ teaspoon cayenne pepper
½ teaspoon curry powder

Heat the olive oil in a large saucepan, over medium heat. Add in the diced onion, and sauté until soft, about 4-5 minutes. Add in all remaining ingredients, add sea salt and pepper to taste, and bring mixture to a boil. Cover, reduce heat to low and simmer for 25-30 minutes, stirring occasionally until lentils are tender. Remove from heat, and use a manual or electric hand mixer, to blend soup until creamy. Yields 4-6 servings.

Mediterranean-Style Stew

Ingredients:

3 tablespoons olive oil (divided)
1 cup diced red onion
2 cups diced green bell pepper
2-3 cloves fresh garlic (minced)
1-1/2 cup diced mushrooms (any variety)
1 small eggplant (peeled and cut into 1 inch cubes)
1 can (28 ounce) diced tomatoes (WITH liquid)
¾ cup sliced black olives
1 can (15 ounce) garbanzo beans (rinsed and drained)
1 tablespoon fresh chopped rosemary
1 cup chopped fresh parsley
crumbled feta cheese for garnish (optional)

Heat 2 tablespoons of the olive oil in a skillet, over medium heat. Stir in the onions and green pepper, and sauté for 5 minutes. Add in the remaining 1 tablespoon olive oil, along with the garlic, diced mushrooms and eggplant. Cook while stirring occasionally, until eggplant is tender but not mushy, about 8 minutes. Stir in the tomatoes with liquid, olives, garbanzo beans and rosemary, and cook an additional 5-8 minutes. Stir in fresh chopped parsley, and transfer into serving bowls. Garnish with crumbled feta cheese (optional). Yields 4 servings.

Zesty Bean Stew

Ingredients:

1 cup dry pinto beans

1 cup dry black beans

1 cup dry garbanzo beans

2 tablespoons olive oil

1 yellow onion (diced)

4 cloves fresh garlic (minced)

1 teaspoon cumin

1 can (14.5 ounce) diced tomatoes (WITH liquid)

2 cups whole kernel corn (may also use frozen/thawed or canned/drained)

½ teaspoon cinnamon

pinch of cayenne pepper

Combine ALL the dry beans in a large mixing bowl, cover with water, and let soak overnight. Drain the beans, place them in a large pot and add enough fresh water to cover. Bring to a low boil, and continue cooking at a low boil for about 1 hour, or until beans are tender. You may need to add more water during the cooking process, so check every 15 minutes. Heat the olive oil in a skillet over medium heat. Add in the onion and garlic and sauté for 4-5 minutes, before adding in the cumin, and sauté for another 1 minute. Add the onion mixture, along with the diced tomatoes in their liquid into the pot of beans, and simmer over medium-low heat for 20 minutes. Stir in the corn, cinnamon and cayenne pepper, and simmer an additional 15 minutes. Add sea salt and pepper to taste, and serve. Yields 6 servings.

Tomato, Bean and Sage Stew

Ingredients:

1 can (28 ounce) diced tomatoes (WITH liquid)
½ cup white wine
3-4 cloves fresh garlic (minced)
3 tablespoons olive oil
1-3/4 teaspoons sage
½ teaspoon ground thyme
¼ teaspoon ground black pepper
1 large bay leaf
1 can (15 ounce) any variety white bean (WITH liquid)

Heat the olive oil in a large pot, over medium heat. Add in the garlic and sauté until lightly brown, about 3-4 minutes. Pour in the wine, and cook for another 1-2 minutes. Add in the tomatoes with their liquid, the sage, thyme, black pepper, bay leaf, and sea salt and pepper to taste. Bring mixture to a boil, immediately reduce heat to low, and simmer for 20-25 minutes. Stir in the beans with their liquid, and simmer for an additional 20 minutes, or until stew is thickened. Remove bay leaf before serving. Yields 4 servings.

Curried Potato, Bean and Veggie Stew

Ingredients:

3 tablespoons olive oil
1 teaspoon cayenne pepper
1 yellow onion (diced)
2 tablespoons curry powder
1 quart (32 ounces) vegetable broth
3 large golden potatoes (peeled and cubed)
2 packages (10 ounces each) frozen cooked yellow squash

½ head cauliflower (cored and cut into small florets)

2 cans (15 ounce each) garbanzo beans (rinsed, drained and fork mashed)

8 ounces plain yogurt

2 tablespoons fresh chopped cilantro

Heat the olive oil in a large saucepan, over medium heat. Add in the onion and sauté until translucent, about 5 minutes. Stir in the curry powder, vegetable broth and potatoes, and bring mixture to a boil. Reduce heat to medium-low and simmer for 20 minutes, or until potatoes are tender. Add in the squash and cauliflower, and continue cooking an additional 30 minutes. In a bowl, fork mash the drained beans, and add them to the pot during the last 5 minutes of cooking time. Stir in sea salt and pepper to taste, and transfer into serving bowls. Top each bowl with a dollop of the yogurt, and a sprinkle of the chopped cilantro. Yields 6-8 servings.

Cheesy Cauliflower Chowder

Ingredients:

1 large head of cauliflower (cut into florets and divided)

3 tablespoons butter (regular or vegan)

1 yellow onion (diced)

1-2 cloves fresh garlic (minced)

4 cups vegetable broth

pinch of nutmeg

1-1/2 cups milk (regular or non-dairy)

2 cups shredded white Cheddar cheese (divided)

In a large pot of salted water, boil or steam HALF of the cauliflower florets until fork tender. Drain, and set aside. In the same pot, melt the butter over medium heat. Add in the onion and garlic, and sauté until onions are translucent, about 5 minutes. Pour in the vegetable broth, the UNCOOKED remaining half of the cauliflower florets and nutmeg, and bring mixture to a boil. Once the cauliflower is cooked tender, reduce heat, and using a hand-held immersion blender, puree until cooked cauliflower becomes smooth. Pour in the milk, and once mixture starts to bubble, stir in the previously cooked cauliflower florets, along with 1-1/2 cups of the cheese. Stir over reduced heat until cheese is thoroughly melted, and soup has thickened. Add sea salt and

pepper to taste, and transfer into serving bowls. Top bowls evenly with the remaining $\frac{1}{2}$ cup of shredded cheese. Yields 4 servings.

Chapter 5 – Light and Figure-Friendly Soups

Whether you are watching your weight, or just wanting to eat something on the lighter side, these light and figure-friendly soup recipes will help you do both. And, while these soups are definitely lighter in calories and fat, they certainly aren't light on flavor. So, you can enjoy the taste without expanding your waist.

Bikini Ready Fruit Soup

Ingredients:

- 1 pint blueberries (reserve some on the side, for garnish)
- ½ cantaloupe (peeled, seeded and diced)
- ½ honeydew melon (peeled, seeded and diced)
- 1 large green apple (peeled and diced)
- 1 large peach (pitted and diced)
- 6-8 large strawberries (hulled and chopped)
- ¼ cup cream of coconut
- 2 teaspoons raw honey
- 2 tablespoons fresh-squeezed lime juice
- 1 teaspoon nutmeg

In a blender, combine the diced peach, strawberries, apple, cantaloupe and honeydew, and pulse fruit until chunky, about 10-20 seconds. Pour in the cream of coconut, honey, lime juice and nutmeg, and puree until smooth. Divide fruit soup evenly between 8 serving bowls, and top each bowl with a few of the fresh blueberries. Yields 8 servings.

Carrot Celery Soup

Ingredients:

- 2 cups vegetable broth
- ½ cup dry white wine
- ½ cup diced yellow onion
- 2 carrots (thinly diced)
- 1 large celery stalk (thinly diced)
- 2 tablespoons olive oil

½ teaspoon dried tarragon

Heat the olive oil in a saucepan, over medium heat. Add in the onions, and sauté until translucent, about 5 minutes. Stir in the diced carrots, celery and tarragon, and cook an additional 5-7 minutes, until carrots are tender. Pour in the vegetable broth and wine, and bring mixture to a boil. Reduce heat to low, and simmer for 15 minutes. Add sea salt and pepper to taste, and serve. Yields 2 servings.

Tangy Chilled Avocado Soup

Ingredients:

2 large, ripe avocados (peeled, pitted and diced)

1 large tomato (diced)

½ red onion (diced)

1 green bell pepper (diced)

¼ cup fresh-squeezed lemon juice

1 quart (32 ounces) plain tomato juice (divided)

1-1/4 cups plain yogurt (divided)

¼ cup diced fresh chives

pinch of cayenne pepper (optional)

In a blender, combine the diced avocado, tomato, onion, green bell pepper and lemon juice, and puree until smooth. Pour in 1 cup of the tomato juice, and blend for another 15-20 seconds. Transfer into a large mixing bowl, and stir in the remaining tomato juice, 1 cup of the yogurt, cayenne (optional) and sea salt and pepper to taste. Stir well to blend, cover and refrigerate for at least 3 hours before serving. Divide soup into serving bowls, and top each bowl with the diced chives, and a dollop of the remaining ¼ cup of yogurt. Yields 4-6 servings.

Curried Potato, Apple and Leek Soup

Ingredients:

3 leeks (chopped)
¾ cup diced potato (any variety)
2 green apples (peeled and diced)
3 cups vegetable broth
¼ cup plain yogurt
1-1/2 tablespoons butter (regular or vegan)
2 teaspoons curry powder

Melt the butter in a saucepan, over medium heat. Whisk in the curry powder, and once dissolved, add in the leeks, potato and apples and cook for 5 minutes, stirring frequently. Add in the vegetable broth, and bring mixture to a boil. Cover, reduce heat and simmer for 20-25 minutes. If you prefer a creamier version of this soup, you can transfer mixture into a blender and puree until smooth, or use a handheld immersion blender. Add sea salt and pepper to taste, and serve with a dollop of the plain yogurt. Yields 4 servings.

Zesty Chilled Gazpacho

Ingredients:

6 large, ripe tomatoes (finely diced)
2 large cucumbers (peeled and finely diced)
1 red onion (finely diced)
1 large green bell pepper (finely diced)
1 jalapeno pepper (seeded and finely diced)
1 tablespoon balsamic vinegar
1 tablespoon olive oil
1 teaspoon sea salt
juice of 1 large lemon
¼ cup finely chopped fresh dill

In a large mixing bowl, combine all the ingredients EXCEPT for the fresh chopped dill, add sea salt and pepper to taste, and stir well to blend. Spoon HALF of the mixture into a blender, and puree until smooth. Return the puree to the mixing bowl, along with the fresh dill, and stir for at least 1 minute, to thoroughly combine all ingredients. Cover bowl, and refrigerate for a minimum of 2-3 hours before serving.

Elderberry and Apple Soup

Ingredients:

½ pound green apples (peeled, cored and diced)
5 ounces elderberries (may substitute with blueberries)
1 quart (32 ounces) water (divided)
1-1/2 teaspoons cornstarch
peel of 1 large fresh lemon
raw sugar or stevia (to taste)

In a saucepan, combine the elderberries with 2 cups (16 ounces) of the water, and bring to a boil. Reduce heat to low, and simmer for 10 minutes. Remove from heat and pour into a blender. Puree until ultra smooth, and then return mixture to the saucepan. In a small mixing bowl, whisk together the cornstarch with 1 tablespoon of the fruit puree, and then whisk the cornstarch mixture into the fruit puree in the saucepan, to thicken. In a separate saucepan, bring the remaining 2 cups (16 ounces) of water and diced apples to a boil. Drop in the lemon peel pieces, reduce heat to low, and simmer for 10 minutes. Remove the lemon peel, and combine the apple mixture with the berry mixture. Sweeten with sugar or stevia to taste, and serve. Yields 4 servings.

No Cheese French Onion Soup

Ingredients:

4 cups vegetable broth
1 cup dry sherry
4 yellow onions (cut into thin rings)

6 cloves fresh garlic (minced)
1 tablespoon flour (all-purpose)
½-¾ teaspoon ground black pepper
4 slices French-style bread (toasted)

In a large saucepan, heat the dry sherry over medium heat until bubbling. Stir in the onions, reduce heat to low, and while stirring occasionally, cook for 20-25 minutes, or until the onions start to become pasty. Add in the garlic and sauté for 3-4 minutes, or until garlic starts to brown. Stir in the flour, and cook while stirring continuously for 2 minutes. Pour in the vegetable broth and bring the mixture to a boil. Reduce heat and simmer for 20-25 minutes. Add sea salt and pepper to taste, and transfer into serving bowls. Top each bowl of soup with a slice of the toasted French-style bread. Yields 4 servings.

Fresh and Tangy Zucchini Tomato Soup

Ingredients:

1 large zucchini (peeled and diced)
1-2 cloves fresh garlic (minced)
3 tablespoons olive oil
1 can (14 ounce) vegetable broth
1 tablespoon dried tarragon
8 large, ripe tomatoes (quartered)
1 medium red onion (diced)
1 tablespoon diced red or green chile pepper
1 tablespoon fresh chopped dill

Heat olive oil in a skillet, over medium heat. Add in the diced zucchini and garlic, and sauté until lightly browned, and then remove from heat. In a blender, or food processor, combine the tomatoes, onion and chile pepper, and puree until a smooth but slightly chunky in consistency. Transfer the tomato puree into a large saucepan, along with the vegetable broth, tarragon, dill and sea salt and pepper to taste. Bring mixture to a boil. Reduce heat to low, stir in the set aside zucchini and garlic mixture, cover and simmer for 45 minutes. Yields 4-6 servings.

Chilled Cinnamon Fruit Soup

Ingredients:

5 cups water
4 ounces prunes (pitted)
2 pounds green apples (peeled and diced)
1 large cinnamon stick (please make sure you're NOT using a potpourri cinnamon stick!)
2 tablespoons potato flour
2 cups half-and-half cream (regular or reduced-fat for an even lighter version)
½ cup raw sugar
½ cup white grape juice
2-3 tablespoons golden raisins

Place the prunes, along with the 5 cups water in a large pot, and allow the prunes to soak in the refrigerator overnight (or at least 8 hours). Cook the soaked prunes in the same saucepan with the soaking water over medium heat, covered for approximately 1 hour, or until soft, and then allow mixture to cool. In a separate saucepan, cook the diced apples over a medium heat, stirring occasionally, until softened, about 10-20 minutes, depending on the size of the apple dices.

Puree the cooled pitted prunes, along with the remaining cooking water, in a blender until smooth, and then return to the saucepan. Add in the softened apples, the cinnamon stick, potato flour and half-and-half. Stir well, and then bring mixture to a boil. Once it reaches a boil, stir in the sugar, reduce heat to medium-low, and add in the grape juice and raisins. Loosely or partially cover the saucepan, and simmer until all ingredients are thoroughly heated, and then remove from heat. Once cool enough to handle, transfer into a large bowl, and refrigerate for a minimum of 2-3 hours, removing any remaining cinnamon stick before serving. Yields 4-6 servings.

Garden of Greens Soup

Ingredients:

2 large zucchini (peeled and diced)

2 large celery stalks (thinly diced)
1 yellow onion (diced)
2 golden potatoes (peeled and diced)
 $\frac{3}{4}$ cup dried split peas
6 cups vegetable broth
2 large bay leaves
1 head of broccoli (cut into small florets)
4 cups chopped fresh spinach
1 tablespoon fresh chopped basil

In a large saucepan, combine together the vegetable broth, onion, celery, potatoes, dried split peas and bay leaves. Bring mixture to a boil, reduce heat to low, and simmer covered for 1 hour, stirring occasionally. Remove the bay leaves, and add in the zucchini, broccoli, basil and sea salt and pepper to taste, and simmer for an additional 15 minutes, or until broccoli is tender. Turn off heat, and stir in the fresh chopped spinach. Soup will be somewhat chunky. If you prefer a creamier consistency, use a hand-held immersion blender, and puree until soup reaches desired smooth consistency. Yields 6 servings.

Refreshing and Light Watermelon Gazpacho

Ingredients:

6 cups seeded, diced watermelon (reserve $\frac{1}{2}$ cup for garnish)
2 large, seedless cucumbers (peeled and finely diced)
2 tablespoons olive oil
3 tablespoons fresh chopped mint leaves
2 tablespoons fresh grated ginger root
2 red bell peppers (finely diced)
1 small red onion (finely diced)
1 small jalapeno pepper (seeded and finely diced)
 $\frac{1}{4}$ cup fresh-squeezed lemon juice

3 tablespoons raw honey

½ cup pineapple juice

Chopped mint leaves for garnish

In a large mixing bowl, combine all the ingredients and stir well to blend. Working in batches, you'll be pureeing the mixture in a blender until smooth. Fill your blender no more than ¾ full for each batch, and puree each batch for 30 seconds. Mixture should be well blended, but still have some texture to it. Transfer back into the mixing bowl, cover and refrigerate for 1-2 hours before serving. Garnish each serving bowl with a few small dices of reserved watermelon, and a couple mint leaves. Yields 6-8 servings.

Miso and Spinach Soup

Ingredients:

2-1/4 cups water

2 ounces firm tofu (cut into small diced-sizes pieces)

½ cup diced shitake mushroom

1 tablespoon light miso paste

2 teaspoons barley miso paste

½ cup fresh chopped spinach (you may substitute with bok choy)

1 large green onion spear (diced)

In a saucepan, bring the water to a boil over medium heat. Ladle out ½ cup of the boiling water, and reserve in a mixing bowl. Add in the diced tofu, reduce heat slightly and cook for 2-3 minutes. Add in the chopped spinach and cook until spinach is tender, about 1-2 minutes, and then remove from heat. In the mixing bowl with the reserved ½ cup boiling water, whisk in both of the miso pastes until well blended, and then add into the saucepan with the other ingredients. Give the soup a good stir to blend, transfer into 2 serving bowls, garnish with the diced green onion and serve. Yields 2 servings.

Curried Carrot Soup

Ingredients:

2-1/2 tablespoons olive oil

1 yellow onion (diced)

1 tablespoon curry powder

2 pounds carrots (thinly diced)

4 cups vegetable broth

added water as needed

2 tablespoons fresh chopped dill

Heat olive oil in a large saucepan, over medium heat. Add in onion and sauté until translucent, about 5 minutes. Stir in the curry and chopped carrots, and toss until carrots are evenly coated. Pour in the vegetable broth and simmer over medium heat until carrots are soft, about 20-30 minutes depending on thickness of the pieces. You may add additional water as needed during cooking. Add sea salt and pepper to taste, and serve. If you prefer a creamy texture soup, use a hand-held immersion blender, and puree until desired consistency. Transfer into serving bowls, and garnish with fresh chopped dill. Yields 4-6 servings.

Chapter 6 – Flavors From Around the World Soups

Whenever you're having a taste for international cuisine, these flavors from around the world soup recipes will transport your taste buds in no time flat. From all corners of the globe, these recipes deliver their own unique flavor and spice signature, and, are perfect for entertaining discriminating guests, for serving a romantic dinner for two, or anytime you're craving exotic international flavors.

Moroccan Chickpea Stew

Ingredients:

- 1 can (14.5 ounce) chickpeas (rinsed and drained)
- 1 large bunch of kale (ribs removed and chopped)
- 1 cup tomato sauce
- 1 cup golden raisins
- 1 can (14.5 ounce) dice tomatoes (WITH juice)
- 3 golden potatoes (peeled and diced)
- ½ cup fresh chopped cilantro
- 2 tablespoons olive oil
- 1 small yellow onion (diced)
- 2 cloves fresh garlic (minced)
- 2 teaspoons cumin
- 2 teaspoons coriander
- ½ teaspoon cayenne
- ½ teaspoon curry
- 1 teaspoon garam masala (Indian spice blend)

Heat the olive oil in a large saucepan, over medium heat. Add in the onion and garlic, and sauté for 5 minutes. Whisk in the cumin, coriander, cayenne, garam masala, curry and sea salt and pepper to taste. Whisk until mixture becomes fragrant, about 1-2 minutes. Next, add in the diced potatoes, diced tomatoes, tomato sauce and raisins. Pour just enough water into the saucepan to cover all of the ingredients, cover and simmer for 15 minutes, or until potatoes are tender. Add in the chickpeas and kale, and cook and stir until the kale becomes wilted, about 3-4 minutes. Remove from heat, sprinkle with the fresh chopped cilantro, and serve. Yields 4 servings.

Mexican Tortilla Soup

Ingredients:

4 cans (14 ounce each) vegetable broth
1 package (16 ounce) frozen pepper and onion stir fry vegetable mix
1 can (28 ounce) can diced tomatoes
1 can (11 ounce) whole kernel corn (drained)
3 cans (4 ounce each) chopped green chile peppers (drained)
2-4 cloves fresh garlic (minced)
3 tablespoons olive oil
3 tablespoons ground cumin
12 ounces tortilla chips (use strips instead of the triangle shaped chips)
1 cup shredded Monterey cheese
1 large avocado (peeled, pitted and diced)

Heat the olive oil in a large saucepan, over medium heat. Add in the pepper-onion stir fry vegetable mix, garlic, cumin, and sea salt and pepper to taste. Cook while stirring for 5-7 minutes, until vegetables are tender. Pour in the vegetable broth, tomatoes and chile peppers, and bring to a boil. Reduce heat, and simmer over medium-low heat for 30 minutes. Stir in the corn, and cook for an additional 5 minutes. Transfer into serving bowls, and top with the diced avocado and tortilla strips. Yields 8-10 servings.

African Peanut Soup

Ingredients:

8 cups vegetable broth
2/3 cup natural peanut butter (crunchy)
½ cup uncooked brown rice
2 yellow onions (diced)
2 large red bell peppers (diced)
4 cloves fresh garlic (minced)
3 tablespoons olive oil

1 can (28 ounce) diced tomatoes (WITH juice)

¼-½ teaspoon chili powder

Heat olive oil in a large saucepan, over medium heat. Add in the diced onions, diced red peppers and garlic, and sauté for about 5 minutes, until onions become translucent and peppers are tender. Add the tomatoes with juice, vegetable broth, chili powder, and sea salt and pepper to taste. Reduce heat to low, and simmer uncovered for 30 minutes. Stir in the rice, cover and simmer for an additional 15-20 minutes, or until rice is tender. Lastly, stir in the peanut butter and stir well to blend. You may serve with an added optional garnish, of fresh peanuts, sprinkled on top of each soup bowl. Yields 8-10 servings.

Cold Dutch Berry Soup

Ingredients:

½ cup uncooked barley

6 cups water

½ cup raw sugar

1 package (10 ounce) frozen raspberries

½ cup dark raisins

1 cup pitted cherries (chopped)

In a large bowl, soak the barley in the 6 cups of water overnight. Do NOT drain. In a large saucepan, simmer the barley over low heat for 1 hour. Add in the sugar, raspberries and raisins, and simmer another 30 minutes. Lastly, add in the chopped pitted cherries and simmer for an additional 15 minutes, or until soup becomes thick. Remove from heat, and once cooled slightly, put soup in the refrigerator to chill for at least 3 hours before serving. Yields 4 servings.

Mama Celeste Italian Minestrone

Ingredients:

1-½ quarts (48 ounces) vegetable broth

1 can (15 ounce) cannellini beans (WITH liquid)
¼ cup uncooked elbow macaroni pasta
1 large zucchini (peeled and diced)
2 large carrots (thinly diced)
1 leek (chopped)
2 large celery stalks (thinly diced)
½ cup diced yellow onion
1 pound tomatoes, any variety (diced)
¾ cup diced fresh green beans
3 tablespoons olive oil
1 tablespoon chopped fresh thyme
1 teaspoon ground oregano

Heat the olive oil in a large saucepan, over medium heat. Add in the diced leek, carrots, zucchini, green beans, onion and celery. Cover saucepan with tight fitting lid, reduce heat to low, and cook for 15 minutes, stirring occasionally during cooking. Add in the vegetable stock, tomatoes, thyme and oregano. Bring mixture to a boil, re-cover, reduce heat to low and simmer for 30 minutes. Lastly, stir in the beans with their liquid, and the uncooked pasta. Simmer for an additional 10 minutes, or until pasta is cooked al dente. Add sea salt and pepper to taste, and serve. Yields 4 servings.

Polynesian Coconut and Lentil Soup

Ingredients:

2-1/2 cups water
1-1/2 cups dry red lentils
¾ cup coconut milk (regular or light)
½ cup diced red onion
1 clove fresh garlic (minced)
½ inch of fresh ginger root (grated)

½ cup shredded coconut

1 tablespoon curry powder

Combine the water and lentils in a saucepan, and bring to a boil over medium heat. Stir in the diced onion, ginger and garlic. Cover, reduce heat and simmer for 30 minutes, until lentils are tender. In a blender, combine the shredded coconut and coconut milk, and blend until smooth and thick. Pour coconut liquid into the lentil mixture, add the curry, sea salt and pepper to taste, and cook an additional 15 minutes. Add an optional garnish of shredded coconut on top of each soup bowl. Yields 4 servings.

German Winter Stew

Ingredients:

3 large golden potatoes (peeled and cubed)

½ head of green cabbage (cored and chopped)

½ cup yellow onion (diced)

1 can (15 ounce) white kidney beans (rinsed and drained)

3 cups water

1 can (12 ounce) beer (divided)...you can use any kind of beer, but a lager is recommended.

1-2 cloves fresh garlic (minced)

2 tablespoons spicy brown mustard

1 tablespoon paprika

In a large pot, combine the potatoes and onion with the 3 cups of water, and bring to a boil. Reduce heat to low, and add in the cabbage and mustard. SLOWLY pour in ½ (6 ounces) of the beer (it will foam up for a little bit, when first added), and once the mixture has settled, cover and simmer for 15 minutes, stirring occasionally. Add in the drained beans, the remaining beer, garlic, paprika, and sea salt and pepper to taste. Cook for an additional 5-10 minutes, adding any extra water if necessary. Yields 4 servings.

Le' Garden Fresh French Spring Soup

Ingredients:

¼ cup butter (regular or vegan)
1 pound leeks (chopped)
1 cup diced yellow onion
2 quarts (64 ounces) water OR vegetable broth
3 large golden potatoes (peeled and cubed)
2 large carrots (thinly diced)
1 bunch fresh asparagus (ends trimmed and cut into 1 inch pieces)
1/3 cup uncooked white rice (long-grain)
½ pound fresh spinach (chopped)
1 cup heavy cream
1 tablespoon sea salt

Melt the butter in a large saucepan, over medium heat. Stir in the onions and leeks, and cook until onions are translucent, about 5 minutes. Add in water (or vegetable broth), potatoes, carrots, asparagus, rice and sea salt, and bring mixture to a boil. Reduce heat to low and simmer for 30 minutes, or until both the rice and vegetables are tender. Stir in the heavy cream and chopped spinach, and cook for an additional 5 minutes. Yields 8 servings.

Jammin Jamaican Vegetable Soup

Ingredients:

3 tablespoons olive oil
1 yellow onion (diced)
2 large celery stalks (thinly diced)
3-4 cloves fresh garlic (minced)
2 heaping tablespoons fresh grated ginger root
1 tablespoon raw sugar

2 teaspoons sea salt
¼ teaspoon ground turmeric
¼ teaspoon allspice
¼ teaspoon nutmeg
2 golden potatoes (peeled and cubed)
4 cups peeled, diced zucchini
6 cups vegetable broth
1 cup fresh chopped spinach
1 red bell pepper (diced)
pinch of cayenne pepper

Heat olive oil in a large saucepan, over medium heat. Add in the onion, celery, garlic, ginger and sugar, and sauté until onion is translucent, about 5 minutes. Stir in the sea salt, turmeric, allspice and nutmeg. Pour in the vegetable stock, along with the diced potatoes and zucchini, and bring mixture to a boil. Reduce heat to low and simmer for 10-12 minutes, or until potatoes are fork tender. Remove from heat and stir in the chopped spinach, cayenne, and add sea salt and pepper to taste. Transfer into serving bowls, and garnish with the diced red bell pepper. Yields 6 servings.

Traditional Tuscany Soup

Ingredients:

1 quart (32 ounces) vegetable broth
1 can (28 ounce) diced tomatoes (WITH liquid)
2 large carrots (thinly diced)
½ cup diced green beans
1 large celery stalk (thinly diced)
½ cup frozen pearl onions
2 cloves fresh garlic (minced)
1 tablespoon fresh chopped parsley

1 tablespoon fresh chopped basil
1 large bay leaf
1 vegetable bouillon cube
½ cup uncooked macaroni pasta
1 can (15 ounce) white kidney beans (rinsed and drained)
2 large zucchini (peeled and diced)

In a large saucepan, combine together the 1 quart vegetable broth, tomatoes with liquid, carrots, green beans, celery, onion, garlic, parsley, basil, bay leaf and vegetable bouillon cube, and bring mixture to a boil. Reduce heat, cover and simmer for 15 minutes. Stir in the uncooked macaroni pasta, drained kidney beans and zucchini, and bring mixture back to a second boil. Reduce heat to low, cover and simmer an additional 12-15 minutes. Remove bay leaf, add sea salt and pepper to taste, and serve. Yields 6 servings.

Hawaiian Mango Gazpacho

Ingredients:

2 cups finely diced ripe mango
2 cups orange juice
2 tablespoons olive oil
1 large, seedless cucumber (peeled and finely diced)
1 small red onion (finely diced)
2 cloves fresh garlic (minced)
1 jalapeno pepper (seeded and finely diced).....optional
3 tablespoons fresh-squeezed lime juice
2 tablespoons fresh chopped parsley
fresh chopped cilantro (for garnish)

In a blender, puree the diced mango, orange juice and olive oil until smooth. Transfer into a large mixing bowl, and stir in all the remaining ingredients, EXCEPT the cilantro. Add sea salt and

pepper to taste, and stir well to blend. Cover, and refrigerate for 3 hours before serving. Serve with a garnish of the fresh chopped cilantro. Yields 4 servings.

Filipino Coconut, Seaweed and Mushroom Soup

Ingredients:

6 cups water
2 vegetable bouillon cubes
4 cups diced mushrooms (any variety)
3 tablespoons dried wakame seaweed
3 tablespoons olive oil
3 cloves fresh garlic (minced)
2 cans (14 ounce each) coconut milk (regular or light)
¼ cup fresh chopped cilantro
juice from 1 large lime
1 teaspoon soy sauce

In a large saucepan, bring the water to a boil, and then dissolve in the 2 vegetable bouillon cubes. Add in the diced mushrooms, remove from heat and let stand for 20 minutes. Place the wakame in a mixing bowl with just enough warm water to cover, and let stand at the same time.

Heat the olive oil in a large saucepan, over medium heat. Stir in the garlic and sauté until lightly browned, about 3-5 minutes. Strain out the mushrooms from the broth (KEEP the broth), squeeze dry and add into the saucepan with the sautéed garlic. Cook and stir until the mushrooms are browned and tender, about 10-12 minutes. Drain the wakame, and squeeze out any excess water. Add the wakame into the pot, along with the vegetable broth, coconut milk, cilantro, lime juice and soy sauce, and bring entire mixture to a boil. Reduce heat to low, cover and simmer for 15-20 minutes, to allow flavors to build. Serve with an optional garnish of additional fresh chopped cilantro. Yields 8 servings.

African Safari Sweet Potato Soup

Ingredients:

2 tablespoons olive oil
1 yellow onion (diced)
2 cloves fresh garlic (minced)
1 tablespoon fresh grated ginger root
1-1/2 teaspoon cumin
1-1/2 teaspoon coriander
½ teaspoon cinnamon
¼ teaspoon ground cloves
3 ripe tomatoes (diced)
1-1/2 pounds sweet potatoes (peeled and diced)
1 large carrot (peeled and thinly diced)
4-1/2 cups water
1 teaspoon sea salt
¼ cup crushed peanuts (unsalted)
pinch cayenne pepper
2 tablespoons peanut butter (creamy style)
½ cup fresh chopped cilantro

Heat olive oil in large saucepan, over medium heat. Add in the onions and sauté until translucent, about 5 minutes. Stir in the garlic, ginger, cumin, coriander, cinnamon and cloves. Once all the spices are well incorporated add in the tomatoes, sweet potatoes and carrots, and continue cooking and stirring over medium heat for 5 minutes. Add the water and sea salt into the saucepan, and bring mixture to a boil. Reduce heat and simmer for 30 minutes. Using a hand-held immersion blender, puree soup until creamy. Whisk in the peanut butter, crushed peanuts, cayenne and sea salt and pepper to taste, and cook for an additional 5 minutes. Transfer into serving bowls, and garnish with the fresh chopped cilantro. Yields 4-6 servings.

Indian Bengali Dhal

Ingredients:

- 1 cup red lentils
- 3 cups water
- 1 yellow onion (cut into thin rings and divided)
- 4 cloves fresh garlic (minced)
- ½ teaspoon turmeric
- 1 large bay leaf
- 1 cup cherry tomatoes
- 2 whole Serrano chile peppers (leave whole)
- 2 tablespoons olive oil
- 2 tablespoons fresh chopped cilantro

Rinse the lentils in a strainer, and then add them to a saucepan along with the 3 cups of water over medium heat. Add in HALF of the onions, along with the garlic, turmeric, bay leaf, tomatoes and whole chile peppers (leaving them whole, to add flavor – they will be removed later). Bring mixture to a boil, and then reduce heat and simmer for 20 minutes, or until lentils begin to break apart and thicken. While lentils are cooking, heat the olive oil in a skillet over medium heat. Add in the remaining half of the onion and sauté until onions become very tender and browned, about 10-12 minutes, and then remove from heat. When lentils are done, remove the bay leaf and whole Serrano peppers, and stir in the skillet sautéed onions. Add sea salt and pepper to taste, and transfer into serving bowls. Garnish with the fresh chopped cilantro. Yields 4 servings.

Finnish Potato and Veggie Soup

Ingredients:

- 2 cups water
- 6 small red potatoes (peeled and cut into quarters)
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper

2-1/2 tablespoons butter (regular or vegan)

6 cups green onions (cut into 1 inch strips)

12-15 baby carrots

1-1/2 pound fresh green beans (ends trimmed and diced)

2 cups fresh peas (may use frozen/thawed or canned/drained)

2 cups half-and-half cream

3 tablespoons flour (all-purpose)

In a large saucepan, bring the 2 cups water to a boil. Add in the quartered potatoes, reduce heat and simmer until potatoes are fork tender, about 15 minutes. Stir in the sea salt, black pepper, butter, onions, carrots and green beans, and continue simmering until vegetables are tender, and then add in the peas. In a mixing bowl, whisk together the half-and-half and the flour until smooth, and then stir mixture into the soup pot. Cook while stirring continuously, until soup has slightly thickened. Yields 4 servings.

Additional Books by Author:

Easy Vegetarian Cooking: 100 – 5 Ingredients or Less, Easy and Delicious Vegetarian Recipes

Easy Vegetarian Cooking: 75 Delicious Vegetarian Casserole Recipes

Natural Foods: 100 – 5 Ingredients or Less, Raw Food Recipes for Every Meal Occasion

The Veggie Goddess Vegetarian Cookbook Collection: Volumes 1-4

Easy Vegan Cooking: 100 Easy & Delicious Vegan Recipes

Vegan Desserts: 50 Delectable Vegan Dessert Recipes

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About the Author

Gina ‘The Veggie Goddess’ Matthews, resides in sunny Phoenix, Arizona, and has been a lover of nature, gardening and, of course, vegetarian and vegan cuisine since childhood. ‘The Veggie Goddess’ strongly encourages home gardening, supporting your local farmers and organic food co-ops, animal rights, and sustaining and preserving the well-being of Mother Earth.