

Nancy Rice

From: Nancy Rice
Sent: Tuesday, February 06, 2018 5:14 PM
To: 'Nancy Rice'
Subject: Indian Lentil Soup

Indian Lentil Soup

2 C lentils
5 C hot water
1 C onion chopped
1 C carrots chopped
½ C celery chopped
4 cloves fresh garlic minced
½ tsp fresh ginger, minced
1 bay leaf
1 C diced tomatoes
1 ½ T tomato paste
2 tsp salt
¼ tsp cumin, ground
Pinch cayenne pepper
1/3 C fresh parsley

Rinse lentils. Sauté onion, carrots and celery in oil until tender. Add garlic and ginger and sauté one more minute. Add lentils to mixture and bay leaf and bring to a boil. Reduce heat, cover and simmer about 20 minutes. Add tomatoes, tomato paste, salt, cumin, cayenne and simmer 10 minutes more until lentils are soft. Remove bay leaf and stir in parsley before serving.

From Tastefully Vegan Cookbook

CREAM OF BROCCOLI SOUP

INGREDIENTS

2 pounds of broccoli with stems

½ medium onion roughly chopped

1 small potato, scrubbed and roughly chopped

1 teaspoon garlic powder

3 tablespoons fresh lemon juice (1 or 2 lemons)

1 tablespoon finely chopped fresh dill

Sea salt

INSTRUCTIONS:

1. Cut the broccoli into large pieces keeping the florets separate from the stems.
2. Place the stems in a large soup pot and add the onion potato, onion ,garlic powder and 3 cup of water. (or veg broth) Bring to a boil over high heat. (Water some times take flavor away)
3. Reduce the heat and cook for 10 mins.
4. Add the broccoli florets and peas to the pot cook until very tender about 15 mins.
5. transfer the soup to a blender in batches if necessary, and blend till smooth.
6. Return the soup to a pot Add water if necessary ,so that the soup is some what thick stir in lemon juice, dill and salt to taste.

This a 30 min meal

Vegetable Soup With Beans

Ingredients

1 ½ cups sliced carrots (about 2)
2 - 15 ounce cans diced tomatoes
1 chopped bell pepper of choice – I like yellow
1 cup chopped celery
1 ½ cups chopped onions
1 cup frozen green peas, thawed
1 can beans of choice, rinsed and drained
1 can corn
1 large potato, diced
Any other fresh vegetables of choice, one cup each
2 cloves garlic, minced
1 teaspoon basil
½ teaspoon onion powder
½ teaspoon garlic powder
1 tablespoon Braggs Liquid Aminos or more to taste
1 tablespoon nutritional yeast or more to taste
1 tablespoon chicken like seasoning or more to taste
Any other herbs of spices of choice
Salt and pepper to taste

Place all ingredients in a large pot. Add enough water to cover. Heat to boiling. Reduce to simmer for 30 minutes.