

Soups & Stews

Winter Beef & Veggie Stew

Ingredients:

3 lb beef chuck, cut into 1 ½ inch cubes
½ cup flour (wheat or quinoa)
Sea salt and ground pepper (about ½ tsp salt)
5 tbsp butter
¼ cup red wine vinegar
2 yellow onions
1 parsnip, peeled and sliced
1 carrot, peeled and sliced
2 cups beef stock
1 cup red wine
¼ cup tomato paste
2 cloves garlic, minced
1 bay leaf
4 sprigs parsley
1 sprig fresh sage or ½ tsp dried sage
¾ lb tender young carrots, peeled
7 oz fresh pearl onions, blanched and peeled

Prep Time: 15 minutes

Cook Time: 2 hours

Yield: 6 servings

* You can add potatoes or any other root vegetables to this wonderful recipe. Simply slice them and add when you add the parsnip and carrot.

Directions:

1. Place the flour in a large bowl or zip-lock bag and season with salt and pepper. Coat the beef in batches
2. Over medium-high heat, heat 4 tbsp butter. Add the beef in batches and brown evenly on all sides. Transfer to a bowl and set aside.
3. Add the vinegar to the pot and scrape the brown bits from the bottom with a wooden spoon. Reduce the heat to medium and add the remaining butter.
4. Add the yellow onions and sauté until well browned (10 min). Add the parsnip and large carrot and sauté until tender (5 min). Add the stock, browned beef and any accumulated juices, wine, tomato paste, garlic, bay leaf, parsley and sage. Stir to mix well.
5. Reduce heat to low, cover and simmer, stirring occasionally, until the meat is almost fork tender, about 1 ½ hours. Season to taste with salt and pepper.
6. Add the young carrots and pearl onions, return to a simmer, and cook until they are tender (15 min).
7. Ladle into soup bowls.
8. If not eating that day, you can let it cool slightly and refrigerate overnight. The next day, remove any excess fat from the top and reheat over medium heat. The flavors get even better.

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Green Lentil Soup

Ingredients:

1 cup green lentils
1 medium onion, diced
1 carrot, diced
1 stalk celery, finely chopped
4 cups spring water or vegetable stock
1 bay leaf
1/2 teaspoon sea salt
1 tablespoon chopped parsley
1 tablespoon olive oil
1 teaspoon basil
1 teaspoon rosemary
squeeze of lemon or 1 tablespoon umeboshi vinegar

Prep Time: 10 minutes

Cooking Time: 45 minutes

Yield: 5 servings

Directions:

1. Spread lentils on a flat surface and pick out any stones, then wash and drain them.
2. In a soup pot, warm the oil over medium heat.
3. Add onion and cook 5 minutes or until translucent.
4. Add carrot and celery and continue to sauté 3-5 minutes.
5. Spread lentils on top.
6. Add water and herbs. Bring to a boil, reduce the heat to low, cover and simmer for 45 minutes or until lentils are tender.
7. Add chopped parsley, salt, and a squeeze of lemon juice or umeboshi vinegar.
8. Simmer another 2 minutes and serve.

Variations:

Add a small piece of kelp/kombu seaweed.

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French Onion Soup

Ingredients:

4 onions, sliced into half-moons
whole-grain croutons or toasted bread
1 teaspoon oil, sesame or olive
4 cups beef broth
1-2 tbsp red wine
4-6 tbsp grated parmesan cheese

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Directions:

1. Sauté onions in oil until they start to brown.
2. Add broth and red wine, bring to boil. Lower the heat and simmer for 20 minutes.
3. Serve in oven-safe soup-bowls. Float a few croutons or toast on top of soup and 1-1 ½ tbsp parmesan cheese. Bake in oven at 450 degrees until cheese melts. Serve immediately.

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Winter Squash Stew

Ingredients:

1 winter squash, seeded, peeled, chopped
(butternut, acorn, pumpkin, delicata)
1 onion
2 cloves garlic
veggie or chicken stock
2 teaspoons curry powder
1 1/2 teaspoons cumin

Prep Time: 5 minutes

Cooking Time: 15 minutes

Yield: 4 servings

Directions:

1. Sauté finely minced onion and minced garlic in a splash of olive oil.
2. Place squash in a pot and fill with stock until just covered, then add spices, garlic and onion.
3. Boil until tender.
4. Mash or blend in blender until smooth and return to the pot to heat through.

Variations:

You can add chopped, fresh cilantro or parsley, and/or toasted pumpkin seeds for garnish.

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Clear Vegetable Broth With Noodles

Ingredients:

vegetable parts: onions, celery, carrots, cabbage,
garlic, parsley, cilantro, cut into small pieces
spring water to cover
udon noodles
tamari, Braggs aminos or Celtic Sea Salt
Pepper

Prep Time: 5 minutes

Cooking Time: 10-15 minutes

Yield: varies

Directions:

1. Boil vegetables in water for 5-10 minutes.
2. Remove the vegetables and add the udon noodles.
3. Cook 5-8 minutes or until done.
4. Add tamari to taste.

Variations:

Garnish with thinly sliced scallions and/or nori seaweed cut into strips or rectangles.
Season with ginger juice. While the noodles are boiling add some fresh vegetables cut into thin attractive pieces for added taste and a crunch.

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Simple Yummy Broccoli Soup

Ingredients:

2 bunches broccoli
2 large white sweet potatoes
2 cloves garlic, diced
1 red pepper, diced
2 tablespoons tamari, Braggs Aminos or soy sauce

Prep Time: 5 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Directions:

1. Cut off the florets of the broccoli so that you have almost no portion of the stalk and place in a separate bowl.
2. Cut the stalks of the broccoli and the sweet potato into small pieces.
3. Place in a medium pot and fill with water just until the veggies are covered and bring to a boil.
4. Cook until soft, about 10-12 minutes.
5. Remove broccoli and potato from the water and blend in blender.
6. Slowly add the water from the pot to your blender until you get a good soup consistency.
7. Add garlic and tamari, and blend.
8. Place soup back in the pot, add broccoli florets and red pepper.
9. Leave on low heat for 5-10 minutes. Serve hot with a little fresh ground pepper.

Variations:

This soup is great with a little parmesan cheese or organic cheddar sprinkled on top of your bowl. Soup is also a great place to use up leftovers. Toss in whole grains, beans or leftover veggies to give it a little extra kick.

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