



CREAMY MUSHROOM BISQUE

4 servings

from [PCRM.org](https://www.pcrm.org)

Ingredients:

- 1 small onion, finely chopped
- 12 oz. mushrooms, sliced
- 2/3 c. old-fashioned oats
- ½ tsp. dried thyme
- 1 bay leaf
- 5 c. low-sodium mushroom broth
- Ground black pepper
- 2 T. dry sherry
- 2/3 T. reduced-sodium soy sauce
- Iodized salt

Directions:

1. Steam-fry onion in nonstick skillet over medium heat until soft but not browned, adding small amounts of water as needed to prevent sticking and burning. (Or place in a microwavable dish, cover, and microwave on high for 3 minutes.)
2. Place broth, bay leaf, thyme, and oats in a medium saucepan. Add onion and bring to a boil, then reduce heat to low, cover, and simmer for 20 minutes, or until oats are soft.
3. Meanwhile, steam-fry mushrooms in nonstick skillet over high heat, adding a sprinkle of salt and small amounts of water as needed to prevent sticking and burning. Cook until mushrooms release and reabsorb their liquid. Remove from heat and set aside.
4. When oats are soft, remove bay leaf and puree the soup until creamy with a hand-held blender or in batches in a blender or food processor.
5. Return the soup to the pan and add mushrooms, soy sauce, sherry, if using, salt, black pepper.

CREAMY ROASTED BUTTERNUT SQUASH SOUP

from oneingredientchef.com

Ingredients:

- 1 butternut squash, cubed
- 1 yellow onion, diced
- 2 cloves minced garlic
- 2 T. grated ginger
- ½ tsp. cardamom
- ½ tsp. nutmeg
- Salt/pepper, to taste
- 1 quart vegetable broth
- 1-2 T. fresh thyme
- 1-2 T. fresh sage
- 1 large grated potato
- 1/3 c. raw cashews, soaked in water for an hour
- 1 T. lemon juice
- Water, as needed

Directions:

1. Pre-heat oven to 375° F. Roast butternut squash: cut it in half lengthwise & place face down in ¼ inch water or cut into cubes & roast in a pan with some water. Cook until insides are soft (40-50 min.).
2. Put onion, garlic, ginger into a large pot with a splash of water and a generous dash of salt, pepper, dried nutmeg, and dried cardamom. Simmer for 5-8 minutes until the onions are soft and translucent.
3. Drain the cashews and blend with a cup of water to form a cream, along with a drizzle of lemon juice and some salt. Blend until totally smooth and set aside.
4. Add broth, thyme, sage, potato, and most of cashew cream (save a bit for garnish). Let simmer, covered, until the potato is cooked – and while the squash finishes cooking.
5. When the squash is soft in the center transfer it into the stockpot and blend. If too thick, add some water. For best results, simmer for another 10-20 min. for flavors to shine.

CHICKPEA NOODLE SOUP from Forks Over Knives

Ingredients:

- 1 carrot
- 2 stalks celery
- 1 small onion
- 10 cremini mushrooms
- 8 cups low-sodium vegetable stock
- 1 tsp yellow miso paste or tahini
- 1 tsp tamari
- ½ tsp turmeric
- dried oregano/basil + sea salt/dulce + bl. pepper
- 4 oz. whole wheat pasta
- 1 15-oz. can chickpeas

Directions:

1. Line a large soup pot with broth, about ¼ cup.
2. Add carrots, celery, and onion; sauté over high heat until onions are translucent, about 3 minutes.
3. Add mushrooms and more broth if necessary.
4. Continue to cook over high heat until the mushrooms are soft, about 3 minutes.
5. Add remaining broth, spices, turmeric, tahini, and tamari.
6. Cover and bring to a boil. Once boiling, add pasta and reduce heat to medium.
7. Cook for another 6 minutes, or until pasta is al dente (adjust time accordingly).
8. Stir in chickpeas and taste test. Add more miso or salt if necessary or desired.

BABY LIMA BEAN STEW modified from [Forks Over Knives](http://ForksOverKnives.com)

Ingredients:

- 7 c. low-sodium vegetable broth or water
- 3 medium sweet potatoes, diced
- 1 medium onion, diced
- 1½ c. mushrooms, diced
- 3 medium carrots, peeled and diced
- 3 stalks celery, diced
- 2 T.s fresh garlic, minced
- 2 c. frozen baby lima beans
- 2 star anise
- ½ tsp. ground nutmeg
- ½ tsp. ground allspice
- ½ tsp. ground cinnamon
- ¼ tsp. ground black pepper
- 2 14-oz. cans no-salt diced tomatoes with juice
- 3 T. lemon juice
- 4 T. tomato paste
- Sea salt to taste

Directions:

1. In a large pot, add all the ingredients.
2. Bring to a boil. Reduce to a simmer, cover pan, and cook for approximately 45 minutes until vegetables have softened, stirring occasionally.

PUMPKIN AND SWEET POTATO BISQUE 4 Servings

Ingredients:

- 2 cloves minced garlic
- 1 15-oz. can pumpkin puree
- 1 15-oz. can sweet potato puree
- ¼ cup tahini or peanut butter
- 2 cups water (more for thinner soup)
- 2 tsp. curry powder
- juice from ½ lime
- pepper to taste

Directions: Mix all ingredients a blender. After heating, top with wilted greens or peas.