

SUMMER SOUPS

Plant-Based Pittsburgh July 2021

CORN SOUP *modified from Real Simple*

Ingredients:

- 8 ears corn
- 2 leeks, white/green parts chopped
- 3 scallions, white/light green parts chopped (save sliced dark green parts for serving)
- 2 cloves chopped garlic
- ¼ cup dry white wine
- 3 sprigs thyme
- 1 dried bay leaf
- 6 cups water
- ¼ cup miso
- salt/pepper to taste

1. Cut corn from cobs
2. In saucepan, water sauté leeks and scallions until soft (2-4 min.). Add garlic and wine, cooking 1-2 minutes. Add cobs, bay leaf, thyme, and water. Bring to boil, then cover and reduce heat to medium to simmer 20 minutes. Remove cobs, thyme, bay leaf; add corn kernels and cook 5-6 minutes.
3. Ladle half of mixture into blender with miso; blend until smooth and return to pot.
4. To serve, top with sliced scallions.

ZUCCHINI, CORN, and BLACK BEAN SOUP *from Forks Over Knives app*

Ingredients:

- 32 oz almond milk
- 2 medium russet potatoes
- 1 medium onion
- 2 stalks celery
- 2 cloves garlic
- 2 cups fresh corn
- 1 15oz. can no-salt-added black beans
- 1 medium zucchini
- 1 tsp snipped fresh thyme
- 2 tbsp sherry vinegar
- sea salt
- freshly ground black pepper

1. In a 4-qt. Dutch oven combine almond milk, potatoes, onion, celery, and garlic. Bring to boiling; reduce heat. Simmer 10-12 minutes or until potatoes are tender, stirring occasionally.
2. Stir in corn, beans, zucchini, and thyme. Return to boiling; reduce heat. Simmer 10 minutes or until zucchini is tender. Stir in vinegar and season with salt and pepper.

GAZPACHO *by Susan Greenberg*

Ingredients:

- 2-3 lbs. tomatoes, roughly chopped
- 1 cucumber, peeled/diced
- 2-3 slices stale bread, torn in small pieces
- 1 sweet pepper, cut up
- 1 red onion, coarsely diced
- 3-4 cloves garlic (or more), minced
- 1/3 C. red wine vinegar
- 6 oz. can tomato paste + 3 C. water
- 1 T. flax seeds
- 1 T. nutritional yeast
- dash tabasco or Sriracha sauce
- salt/pepper to taste

1. Combine all ingredients; process in food processor, leaving some texture.
2. Chill to marry flavors; taste improves overnight. Add more liquid if consistency seems too thick.
4. Topping: chopped herbs of choice (mint, oregano, basil, etc.)