

## WINTER SOUPS

January 1, 2025

### Sweet Potato, Peanut & Cabbage Soup modified from Moosewood Indonesian 4 servings

#### Ingredients:

- 1 T. ginger root, grated
- 2 garlic cloves
- 1½ tsp. cayenne pepper
- 1½ C. onion, chopped
- 2½ C. chopped cabbage
- 2½ C. diced sweet potatoes
- 4 C. vegetable broth
- ½ C. natural peanut butter
- 1 C. chopped tomatoes (optional)
- Salt & pepper to taste
- 1 T. soy sauce
- 1 oz. bean sprouts
- 1 T. cilantro leaves, chopped
- 1 T. scallions, sliced thinly
- 1 tsp. mint or basil, chopped

#### Directions:

1. Water sauté ginger, garlic & cayenne for a few minutes; then add onions & salt. Cook until onions soften about 5 minutes.
2. Stir in cabbage, sweet potatoes, and 3½ C. of broth. Cover; bring to boil, then turn down heat and simmer for 15 minutes.
3. Whisk together peanut butter and remaining broth; add soy sauce and tomatoes. Cook 5 more minutes.
4. Puree ingredients in a blender.
5. Serve, topped with cilantro, scallions, mint or basil and sprouts.

### Carrot & Red Pepper Soup from *Eat Right, Live Longer* by Neal Barnard, MD 4 servings

#### Ingredients:

- 1 onion, chopped
- 6 carrots, thinly sliced
- 2 C. water or vegetable stock
- 2 red bell peppers
- 2 C. soy milk
- 2 tsp. lemon juice
- 2 tsp. balsamic vinegar
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

#### Directions:

1. Place onion and carrots into a pot with water or stock and simmer, covered, over medium heat until the carrots can be easily pierced with a fork, about 20 minutes.
2. Roast bell peppers by placing them over an open gas flame or directly under the broiler until the skin is completely blackened. Place in a bowl, cover, and let stand about 15 minutes. Slip the charred skin off with your fingers, then cut the peppers in half and remove the seeds.
3. Blend carrot mixture and bell peppers in a blender or food processor in several small batches.
4. Add some of soy milk to each batch to facilitate blending. Return to the pot and add lemon juice, vinegar, salt, and black pepper. Heat until steamy.

**5-Minute Pumpkin Tahini Soup** from [Blue Zones](#) 2 Servings

Ingredients:

- 1 clove garlic
- 1 can pumpkin puree
- 1/4 C. tahini
- 1 C. water
- 1 tsp. curry powder
- 4 C. kale
- Salt/pepper to taste

Directions:

1. Peel and mince garlic. Add to a pan along with the pumpkin, tahini, water, and curry. Mix and heat until warm. Season with salt and pepper to taste.
2. Wash the kale and chop it into bite-sized pieces. Heat kale until wilted, either in microwave or briefly in a hot pan. Season with salt and pepper to taste.
3. Pour the soup into a bowl. Add wilted kale in the middle. Sprinkle fresh black pepper on top.

**Moroccan-Spiced Sweet Potato Soup** modified from [Vitamix](#) serves 4

Ingredients:

- 1 medium yellow onion, peeled, cut into large chunks
- 3 garlic cloves, peeled, smashed
- 1 tsp. cumin seeds
- 1 tsp. coriander seeds
- 1/4 tsp. black peppercorns
- 2 tsp. paprika
- 2 sweet potatoes, cooked, halved
- 3 1/2 C. vegetable broth
- 1/2 tsp. salt, optional

Directions:

1. Water sauté onions & garlic; cook until translucent, 2-3 minutes. Add all spices, cooking until aromatic, 3-4 minutes.
2. Put cooked mixture into high-powered blender along with sweet potatoes, broth, and salt.
3. Start the machine on lowest speed, then quickly increase to its highest speed. Blend for 4-5 minutes or until steam can be seen from vented lid plug.

**Curried Red Lentil Soup** from [CNS](#)

Ingredients:

- 1 large Vidalia onion, chopped
- 3-4 stalks celery, chopped
- 3 3/4 C. red lentils, rinsed
- 1 T. cumin
- 3/4 tsp. turmeric
- 1 1/2 tsp. coriander
- 2 tsp. kosher salt, or to taste
- 1 tsp. black pepper
- 1 tsp. curry or spicy curry
- 8 C. low-sodium vegetable broth
- Juice of one lemon (approx. 1/4 c.)

Directions:

1. Add all ingredients except the lemon juice to a large soup pot. Bring to boil, then reduce heat to simmer.
2. Cover and cook for 75 minutes, stirring occasionally, until lentils cook down to a smooth creamy soup.