



Chapter 5 • Nourishing Soups

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**Miso Ginger Soup
with Soba Noodles**

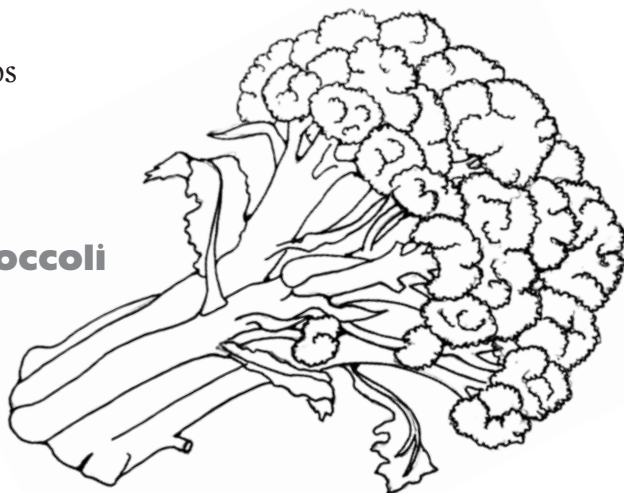
Basic “Creamy” Vegetable Soup with Broccoli

- ½ tablespoon olive oil
- 1 cup chopped onion
- ½ cup chopped carrot
- 1 cup chopped potato (scrubbed or peeled)
- 3 – 4 cups chopped broccoli, florets and peeled stems
- 3 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- ½ – ¾ cup dairy or non-dairy milk (optional)
- 1 teaspoon sea salt
- 2 tablespoons fresh dill, chopped, or 1 teaspoon dried

1. Heat the olive oil in a 2-quart sauce pan. Add the chopped onions and sauté until tender, about 5 to 7 minutes, stirring every so often.
2. Add the carrots, potatoes, and broth, stock or water to the onions along with half the sea salt. Bring to a boil, reduce the heat to low, and simmer, covered, about 10 minutes or until the vegetables are almost tender. Add the broccoli and continue cooking just until it is tender, another 5 minutes or so.
3. Let the soup cool slightly, then working in batches carefully purée it in a blender until smooth and velvety.
4. Return the soup to the saucepan and stir in enough milk of your choice to make it the right thickness for you, along with the dill. Taste and adjust the seasonings, adding enough sea salt to suit your taste buds.

Makes 7 – 8 cups

broccoli



Do Ahead

All of the vegetables for this soup can be washed and chopped up to two days ahead of time. Store the potatoes covered in cold water to prevent browning and keep everything in your refrigerator until you are ready to cook.

Variations

You can use this basic recipe to make a variety of creamy vegetable soups. Try substituting any of the following for the broccoli: 1 bunch asparagus, trimmed and chopped; 3 cups chopped cauliflower; 3 cups chopped zucchini or other summer squash, or ten ounces fresh spinach leaves (1 bunch cleaned well). If you are using the spinach, add it at the very end of the cooking and just let it wilt before puréeing your soup.

Tips

- If you are puréeing a soup, don't worry about chopping your ingredients into small pieces. They will take a bit longer to cook if they are larger but you will save yourself some time and effort and, once the soup is puréed, it won't matter how big the pieces were!
- For soups that won't be puréed, use your food processor to help with the chopping. Cut vegetables into chunks, maybe 2" or so in size. Place in the processor and use the on/off pulse to chop them until they are the size that you want, from a rough chop to minced.

Carrot Soup with Ginger & Cashews

Do Ahead

- The onions, carrots and ginger can all be prepared up to two days ahead of time and stored in your refrigerator.
- The soup can be cooked in the morning and then left, covered, on your stove to cool. Then purée later, reheat what you want to eat and refrigerate or freeze the rest.
- If you have a food processor, use it to slice the carrots very thinly. This will help them cook more quickly and save your energy as well.

Tips

- Consider keeping organic bottled lime and lemon juice on hand in your refrigerator so that it's easy for you to add these bright flavors to your cooking.
- Be careful when blending hot soup. Start blending on the lowest setting, increase the speed slowly, and don't fill the blender more than halfway. Hot food will expand under the pressure of the blender.

6 cups carrots, peeled or scrubbed and sliced

8 cups Immune Broth, Chicken Bone Broth,
or vegetable or chicken stock, or water

1 ½ teaspoons sea salt

1 tablespoon olive oil

1 ½ cups chopped onion

4 tablespoons fresh ginger, peeled and minced

¼ cup orange juice

1 tablespoon lime juice

¾ cup raw cashews

¼ cup cilantro, minced

1. Put the carrots, water and sea salt in a large saucepan and bring to a boil. Turn the heat down to a simmer, partially cover, and cook the carrots until they are very tender, about twenty minutes.
2. While the carrots are cooking, heat the olive oil in a skillet and sauté the onion and ginger over medium heat until they are tender but not browned. This should take 5 to 7 minutes. Stir occasionally to keep the onions from sticking.
3. When the carrots are tender, add the sautéed onions and ginger, orange juice, lime juice and cashews. Cook for 5 more minutes to blend the flavors. Let the soup cool slightly.
4. Carefully purée the soup in batches in a blender until very smooth, adding a bit more liquid as needed to make the soup the thickness you want. It should have a velvety texture.
5. Taste the soup and adjust the seasoning as needed, adding more sea salt and/or lime juice. Garnish with chopped cilantro and serve.

Makes 8 – 10 cups

Cauliflower Potato Soup with Dill

You'll never miss the cream in this flavorful and richly satisfying Winter soup.

- 1 tablespoon olive oil
- 1½ – 2 cups onion, diced
- 2 cloves garlic, minced
- 1 small head cauliflower, cored and chopped (about 3 – 4 cups)
- ½ cup chopped carrots (scrubbed or peeled)
- 1 medium potato, diced, 1 – 1½ cups
- 1½ teaspoon sea salt
- ¼ teaspoon pepper
- 2 – 4 tablespoons fresh dill, chopped,
or 1 tablespoon dried dill weed
- ½ teaspoon ground mustard seed
- 4 cups Immune Broth, Chicken Bone Broth,
or vegetable or chicken stock, or water

1. Heat the olive oil in a medium saucepan. Add the onions and sauté for about 5 minutes until the onions are translucent. Add the garlic and cook for another minute.
2. Add the cauliflower, carrots, potatoes, sea salt, pepper, dill, mustard and stock or water. Bring everything to a boil, reduce the heat to low, and simmer for about 20 minutes, or until the vegetables are very tender.
3. Let the soup cool briefly, then purée it in batches until very smooth. The texture should be velvety.
4. Return the soup to the saucepan and heat.

Makes about 8 cups

Do Ahead

- You can prepare all the vegetables for this soup up to two days ahead of time. Wash and chop them, cover the potatoes in cold water, and store everything in your refrigerator.
- You can cook this soup in the morning, then turn it off, cover it, and let it cool for a few hours before puréeing.

Variations

The proportion of cauliflower, carrot and potatoes is very flexible in this recipe. You can leave out the carrot completely, or decrease the cauliflower and increase the potatoes depending on what you have on hand and how much you love cauliflower!

Tip

Be careful when blending hot soup. Start blending on the lowest setting, increase the speed slowly, and don't fill the blender more than halfway. Hot food will expand under the pressure of the blender.

Do Ahead

- The sweet potatoes can be peeled and chopped up to two days ahead of time.
- You can cook off the sweet potatoes and then refrigerate them up to a day ahead of time.
- You can prepare and cook off the pears up to a day ahead of time.

Golden Pear Soup

This simple soup yields an elegant, subtly sweet flavor that you won't be able to stop eating.

1 ½ pounds sweet potatoes, yams or butternut squash,
peeled and chopped

4 cups water or light vegetable stock

3" cinnamon stick

1 ¼ teaspoon sea salt

3 large pears, peeled, cored and sliced thin

2 tablespoons butter or olive oil

⅓ cup dry white wine

⅓ – ½ cup dairy or non-dairy milk

1. Place the sweet potatoes, water or stock, cinnamon stick and sea salt in a large pot. Bring to a boil, reduce the heat to low, and simmer, covered, until the sweet potatoes are tender, about 15 minutes. Remove the cinnamon stick.
2. While the sweet potatoes are simmering, melt the butter or olive oil in a large skillet or pot. Add the pears and sauté for 5 to 10 minutes. Add the wine, cover, and simmer for about 15 minutes more, or until the pears are very tender.
3. Add the pears to the sweet potatoes, then stir in the milk.
4. Cool the soup slightly, and then purée in batches until velvety smooth.
5. Return the soup to the pot, taste and adjust the seasonings as needed.

Makes about 8 cups



Pumpkin Curry Soup

- ½ tablespoon olive oil to sauté
- 1 cup chopped onion
- 1 15-ounce can coconut milk
- 2 cups cooked and mashed yam, winter squash or pumpkin, or 1 15-ounce can pumpkin or winter squash
- 2 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 1 – 1½ teaspoons yellow curry paste
- 1 teaspoon sea salt
- 2 tablespoons lime juice
- ½ – 1 tablespoon maple syrup
- ¼ cup cilantro, chopped

1. In a medium sized soup pot, sauté the onion in the olive oil until tender and translucent, about 5 minutes, stirring every so often.
2. Add the coconut milk, pumpkin, water, curry paste and sea salt, beginning with the smaller amount of curry paste. Bring the soup to a simmer and cook, slightly covered, for about 15 minutes to blend the flavors.
3. Blend the soup using an immersion blender, or carefully blend it in a blender.
4. Add the maple syrup and lime juice, and whisk to combine.
5. Now taste the soup. Add more curry paste (if you want more heat), maple syrup (if you want more sweet) or lime juice (if you want more zing).
6. Stir in the cilantro and serve.

Makes 5½ – 6 cups

Do Ahead

This soup doesn't have much prep, but you can chop the onions and cilantro a day ahead of time.

Tip

Be careful when blending hot soup. Start blending on the lowest setting, increase the speed slowly, and don't fill the blender more than halfway. Hot food will expand under the pressure of the blender.

Do Ahead

You can prepare the onions, ginger, beets and yams up to two days ahead of time.

Variations

If you don't like beets, or don't have any on hand, substitute three cups of washed, stemmed and chopped greens for the beets. You can use kale, collards, mustard greens, chard – whatever is available.

About Ginger

Ginger is perhaps the most life supporting of the spices and has been used for over two thousand years. Not only incredibly delicious, ginger is both antioxidant and antibacterial. Ginger is helpful in treating colds and flu, sore throats, inflammation, nausea, migraines, digestive problems, circulation and arthritis.

Lentil Soup with Beets & Coconut Milk

This gorgeous fuschia soup has a delicate flavor. Packed with nutrition, the spices aid digestion.

1½ cups French green lentils

5 cups Immune Broth, Chicken Bone Broth,
or vegetable or chicken stock, or water

4" piece kombu seaweed

1 small sweet potato or yam, peeled and diced

1 medium beet, shredded

1 can coconut milk

1 tablespoon olive oil

½ cup minced onions or leeks

1 tablespoon fresh ginger, minced or grated

1 tablespoon ground coriander

1 tablespoon ground fennel seeds

1 teaspoon ground cumin

½ teaspoon ground turmeric

1 teaspoon sea salt

3 – 4 tablespoons fresh cilantro, chopped

1. Rinse the lentils and place them in a saucepan with the kombu and water. Bring to a boil, reduce the heat, and simmer until the lentils are tender, about 15 to 20 minutes.
2. Add the yam, beets and coconut milk and continue simmering, stirring occasionally, until the beets and yams are tender, about 5 minutes.
3. While the lentils are cooking, sauté the onion and ginger until the onion is translucent and tender. Add the spices and sea salt and cook over low heat, stirring, for 3 more minutes.
4. Add the onion mixture to the lentils and continue to simmer for 5 to 10 minutes. Taste and add sea salt as needed.
5. Garnish the soup with chopped cilantro and serve.

Makes 2 – 2½ quarts

Miso Soup with Sea Vegetables, Shiitake Mushrooms & Greens

6 large dried shiitake mushrooms, soaked in 4 cups hot water or broth for 30 minutes (save the water)

¼ ounce arame sea vegetable, soaked in hot water for 10 minutes, then drained

2 cups kale, collard or mustard greens, stemmed and chopped

2 tablespoons miso paste

1 teaspoon minced garlic and/or 1 teaspoon minced ginger (optional)

1 – 2 teaspoons tamari

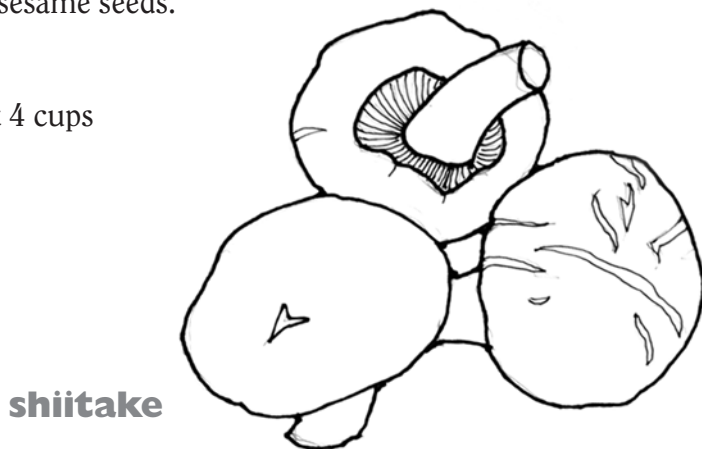
1 teaspoon umeboshi plum paste

1 or 2 green onions, very thinly sliced

1 or 2 teaspoons toasted sesame seeds

1. Drain the mushrooms and reserve the soaking water. Slice them thinly, discarding the stems.
2. Bring the mushroom soaking water (minus any debris or dirt – strain through cheesecloth or a fine mesh sieve) to a boil in a medium saucepan. Add the sliced shiitakes and the chopped kale.
3. Reduce the heat and simmer for 3 to 5 minutes until the kale is bright green.
4. Remove the soup from the heat and stir in the arame, miso, garlic and/or ginger, tamari and the umeboshi paste. Taste and adjust the seasonings.
5. Garnish the soup with a sprinkling of sliced green onions and toasted sesame seeds.

Makes about 4 cups



shiitake

Do Ahead

- Soak the shiitakes, then drain, reserving the soaking water. Refrigerate both the mushrooms and water for up to two days.
- Prepare the kale and green onions up to two days ahead of time.

Tips

- This soup is very alkalizing and we recommend it whenever you are feeling a bit under the weather.
- If dried shiitakes are not available, replace them with a cup of fresh shiitakes, stemmed, sliced and sautéed. Use 4 cups Immune Broth or Chicken Bone Broth, or vegetable or chicken broth instead of the mushroom soaking water.

About Miso

Miso is a fermented soy food that has been eaten in Japan and China for many centuries. While it was once thought that soy was the reason for the low rates of heart disease, breast and prostate cancer in these countries, recent evidence indicates that it is the consumption of traditional fermented soy products (usually eaten every day) that are providing the real benefits.

Fermented foods like miso, tempeh, yogurt, kefir, and sauerkraut help build a healthy ecosystem in the digestive tract. This in turn supports your ability to absorb nutrients from the food you eat, as well as boosting your immunity. Other benefits of miso include:

- Miso is alkalizing and strengthening to the immune system.
- High in antioxidants, miso protects from free radicals that cause signs of aging and other health problems.

Do Ahead

- Steps 1 and 2 can be done up to a day ahead of time.
- The onions, ginger, carrots, bok choy and scallions can be prepared up to two days ahead of time.

Tip

If you reheat this soup, do so very gently. If the soup comes to a simmer, the beneficial enzymes in the miso will be destroyed. Alternately, omit the miso, adding miso to taste to each portion as you eat the soup.

- Miso helps maintain nutritional balance providing protein, vitamins B₁₂, B₂, E, and K, tryptophan, choline, dietary fiber, linoleic acid and lecithin.
- Miso helps reduce the risk of breast, prostate, lung, and colon cancers.
- Miso protects the body against radiation.

Be sure to choose *unpasteurized* miso which has been aged for at least 6 months in order to get the most benefit, and once you add miso to a dish, do not let it come to a boil as this will destroy the healthy bacteria.

The simplest miso soup can be made by heating a cup of Immune Broth or Chicken Bone Broth and whisking in up to a tablespoon of miso.

Miso Ginger Soup with Soba Noodles

- 4 ounces soba (buckwheat) noodles
- 8 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 3 or 4 dried shiitake mushrooms or 1 cup of fresh shiitakes, stemmed and sliced
- 4" piece kombu seaweed
- 1 tablespoon extra virgin olive oil
- 1 teaspoon sesame oil
- 1 onion, peeled and thinly sliced
- 2 carrots, peeled, cut in half lengthwise and then sliced thinly on the diagonal
- 2 tablespoons minced fresh ginger
- 1 small head bok choy or a small bunch mustard or collard greens, thinly sliced
- 2 tablespoons mirin
- ¼ cup miso
- 1 bunch scallions, trimmed and sliced thinly on the diagonal
- 2 tablespoons lemon juice

1. Put broth or water in a large pot with the shiitake mushrooms and the kombu. Bring everything to a boil. Simmer for five minutes, then add the soba noodles and cook until the soba is tender.
2. Put a colander inside a large bowl. Pour the soup into the colander, saving the stock in the bowl. Return the stock to your pot. Rinse the noodles under cold water and set aside. Thinly slice the shiitakes and set aside.
3. In a large skillet, heat the olive and sesame oil over medium heat. Add the onions and sauté until they are tender and golden, 15 to 20 minutes. Add the carrots and ginger and cook for about five more minutes. Add the mirin to the skillet and cook for a minute or two.
4. Bring your broth back to a boil. Add the onion and carrot mixture along with the greens and the sliced shiitakes. Cook for about five minutes until everything is tender. Turn off the heat.
5. In a small bowl, combine the miso with about ½ cup of the warm broth, whisking to make a smooth mixture. Add the miso to the soup and stir to combine well. Let the soup cool for about 15 minutes, then add the noodles, scallions and the lemon juice to taste.

Makes about 2 quarts

Black Bean Chili with Butternut & Greens

Do Ahead

- Cook the beans up to a day ahead of time, then cool, drain and refrigerate.
- Prepare the onions, butternut and greens up to two days ahead of time: wash the vegetables, chop as instructed, and store in the refrigerator.

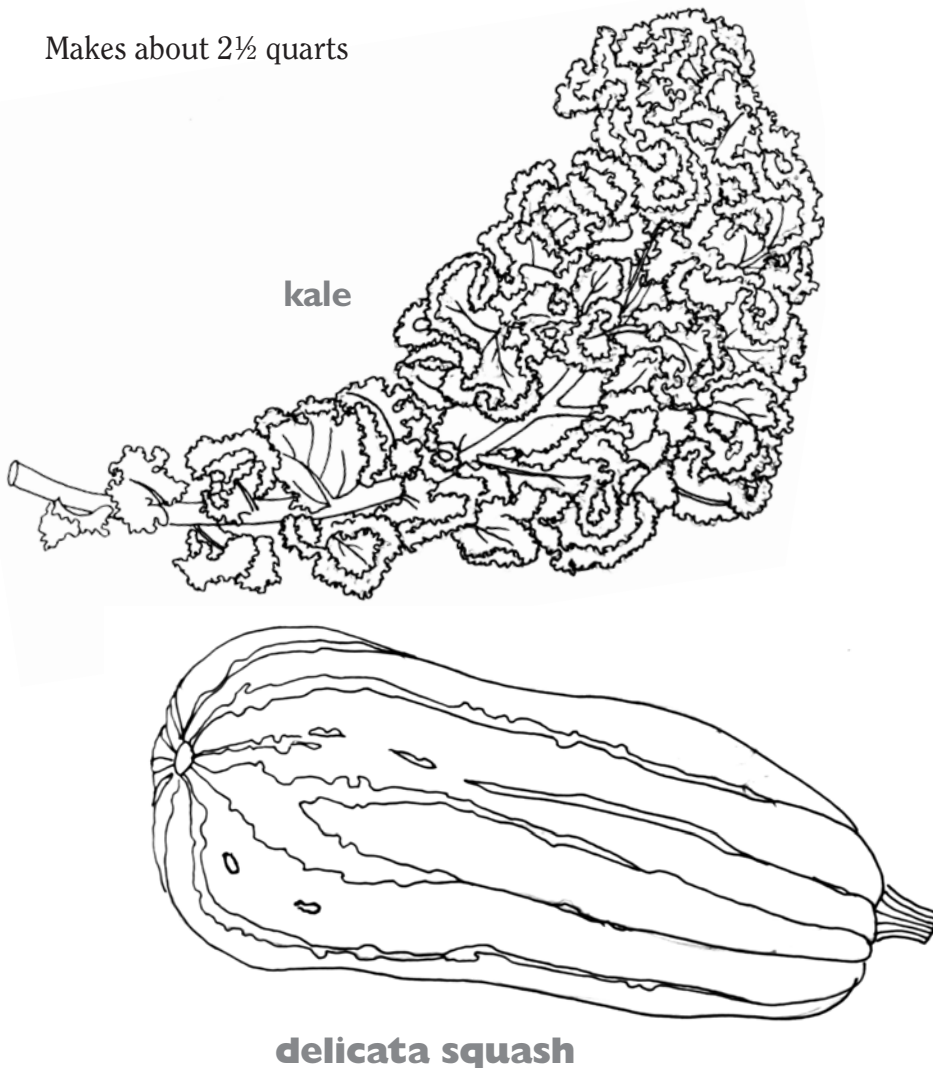
- 2 cups dried black beans, picked over and then soaked overnight, or 3 14-ounce cans black beans, drained and rinsed well
- 2 quarts water (if cooking black beans)
- 4" piece Kombu seaweed
- 1 teaspoon sea salt
- 2 tablespoons olive oil
- 2½ cups chopped onions
- 1 tablespoon minced fresh garlic
- 1 small butternut or delicata squash, peeled and diced ½", 2 – 3 cups
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2½ cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 1 14-ounce can diced tomatoes or 1½ – 2 cups fresh tomatoes, seeded and diced
- 1 bunch chard, kale or other greens, stems removed, washed well and chopped
- ¼ – ½ cup fresh cilantro, chopped

1. Drain the dried black beans, place in a medium to large saucepan and cover with 2 quarts of fresh water, kombu and 1 teaspoon sea salt. Bring to a boil, reduce the heat to low, partially cover and cook until the beans are tender, 30 to 45 minutes. (Bean cooking times can vary widely depending on how fresh the beans are. Check at 30 minutes and then every 5 minutes or so until the beans are completely cooked through and very tender.
2. In another large saucepan, heat the olive oil and then add the onions. Sauté, stirring occasionally, until the onions are golden, about 8 minutes.
3. Add the diced winter squash and the garlic and sauté for a couple minutes. Stir in the chili powder and cumin and sauté for 30 seconds.
4. When your beans are tender, drain, reserving the bean cooking water if you want to use it in your chili.

Black Bean Chili

5. Add the beans, $2\frac{1}{2}$ cups of the bean cooking liquid, broth, stock or water, and the diced canned tomatoes to the onion mixture. Bring everything to a boil, reduce the heat to a simmer, and cook uncovered until the squash is tender, about 15 minutes.
6. Stir in the greens and cook for about 5 minutes or until the greens are tender.
7. Season to taste with sea salt and pepper. If desired, stir in cilantro. If you like your chili spicier, add a bit of puréed chipotle chilies to taste or a dash of cayenne pepper.

Makes about $2\frac{1}{2}$ quarts



Tip

Winter Squash can be hard to cut. To make things easier, preheat your oven to 400° and bake the squash until you can pierce it with a fork but it is not yet totally soft. Let the squash cool, then peel, seed and dice.

Indian Split Pea Soup with Kale

- 2 cups split peas, rinsed and picked over
- 2 quarts Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 4" piece kombu seaweed
- 1 tablespoon olive oil
- 2 cups chopped onion
- 1½ cups carrots, peeled or scrubbed, and sliced or cut into chunks
- 1 bunch kale, stems removed and leaves chopped, rinsed well
- 2 tablespoons minced fresh ginger
- 1½ tablespoons minced garlic
- 1½ teaspoons sea salt
- 1 teaspoon turmeric
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander

1. Combine the peas, kombu and water in a large pot and bring to a boil. Reduce the heat to low and simmer, covered, until the peas begin to break apart, about 40 minutes to an hour. Skim off and discard any foam that appears as the peas cook.
2. While the peas are simmering, sauté the onion in the olive oil until it is translucent, about 5 minutes. Add the ginger, garlic, carrots, sea salt and spices, and continue to sauté, stirring often, another 5 minutes or so.
3. Once the peas begin to break apart, add the onion and carrot mixture along with the chopped kale.
4. Continue to simmer the soup until the peas and vegetables are tender, about 20 more minutes.
5. Taste the soup and adjust the seasonings as needed.

Makes about 8 cups

Do Ahead

- The carrots, onion, ginger and kale can all be washed and chopped up to two days ahead of time.
- Up to a day ahead you can complete step 2, sautéing the vegetables and spices together. Refrigerate if you are not making the soup within a couple of hours.
- The peas can be cooked in the morning until they are almost tender, then turned off and covered until later in the day.

Tips

- Once the peas are tender, remove the kombu. If you like, mince it finely and return it to the soup.
- Use your food processor to chop the onions and slice the carrots.

Lima Bean & Turkey Soup

Do Ahead

- All the vegetables for this soup can be prepared up to two days in advance.
- Cook the beans and turkey, then remove the turkey and refrigerate both until you are ready to continue with the soup. Gently reheat the beans, add the turkey meat and vegetables and continue.

1 pound dried large lima beans, soaked overnight
 4" piece kombu seaweed
 1 turkey drumstick, or 4 – 8 ounces of diced cooked turkey
 2 quarts Immune Broth, Chicken Bone Broth,
 or vegetable or chicken stock, or water
 1 onion, peeled and diced
 4 stalks celery, diced
 4 carrots, peeled and diced
 1 14-ounce can diced tomatoes
 1 tablespoon minced garlic
 2 tablespoons olive oil
 2 tablespoons whole wheat, rice or other gluten-free flour
 ⅛ teaspoon paprika
 1 teaspoon dried marjoram
 ½ teaspoon dried thyme
 Sea salt and pepper to taste

1. Drain the beans and place them in a large pot. Add 2 quarts of broth or water, the kombu and the turkey drumstick, if using. Bring to a boil, reduce the heat to low, cover and simmer for 1 to 1½ hours, or until the beans are tender.
2. Remove the meat from the pot and let it cool slightly. Pull the meat off the bones and dice roughly. Discard the bones and excess fat.
3. Return the meat to the pot (or add the diced turkey) along with the carrots, celery, onions and tomatoes. Cover and continue to simmer until the vegetables are tender, about 30 minutes.
4. While the vegetables are cooking, heat the oil and garlic in a small saucepan just until the garlic starts to sizzle, about two minutes. Whisk in the flour and the spices. Cook about two minutes, stirring constantly and being careful not to allow the mixture to get too brown. Whisk in about 1 cup of broth from the soup and cook, whisking constantly, until the mixture is smooth and thickened, another couple of minutes.
5. Stir the flour mixture into the soup and simmer for another ten minutes. Taste and adjust the seasonings.

Makes about 4 quarts and freezes well

Split Mung Dahl

- 1 tablespoon coconut oil or ghee
- 1 large onion, minced, about 2 cups
- 2 tablespoons fresh garlic, minced, about 6 – 7 cloves
- 1 jalapeño chili, minced (optional)
- 1 – 2 tablespoons fresh ginger, minced
- 2 teaspoons turmeric powder

- 1¾ cups split, washed mung beans
- 2 zucchini, chopped
- 1 cup tomatoes, diced or 1 8-ounce can diced tomatoes, drained
- 7 – 8 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water

- 2 teaspoons coconut oil
- 2 teaspoons black mustard seeds
- 2 teaspoons cumin seeds
- 2 teaspoons coriander seeds
- ½ small bunch of cilantro, chopped

1. Heat the coconut oil in a large heavy-bottom pot. Add the onions and sauté for 15 to 20 minutes until they are caramelized and almost paste-like (this is important as it creates a nice sauce). Add the garlic, ginger, jalapenos (if you are using them), and turmeric. Continue to cook for a few more minutes, adding a bit of oil or water as needed to prevent sticking.
2. Rinse the beans and add them to the pot along with the zucchini. Cook, stirring often, for another 5 minutes.
3. Add the broth or water and the tomatoes, bring to a boil, then reduce the heat to a simmer and cook, covered, for about 1 hour, until the beans are soft.
4. Heat the remaining coconut oil over medium heat in a small skillet. Add the mustard, cumin and coriander seeds and cook until they are fragrant and beginning to pop, being careful not to burn them. Add the spices to the dahl along with the chopped cilantro.

Makes about 2½ quarts

Do Ahead

All of the vegetables can be prepared up to a day ahead of time.

About Mung Beans

Mung beans are one of the most cherished foods in the Indian ayurvedic system of healing because they are balancing to all constitutional types. They are nourishing and don't often cause the gas or bloating experienced with other beans.

Do Ahead

- Wash and chop the onions, carrots and celery up to two days ahead of time.
- Stem and slice the mushrooms, and sauté them off, up to a day ahead of time.
- Cook the barley up to a day ahead of time.
- Sauté the vegetables the night before or in the morning.

Tip

If you can find them, use a variety of mushrooms in this soup, including shiitakes, maitakes, trumpet royales, porcini and chanterelles. If all you can find are shiitakes and creminis, you'll still have a lovely and nourishing bowl of soup.

Mushroom Barley Soup

- ½ cup barley, soaked overnight
- 4" piece kombu seaweed
- ½ tablespoon olive oil
- 1 ½ cups chopped onion
- 2 teaspoons garlic, minced
- 2 carrots, peeled or scrubbed and diced
- 2 stalks celery, diced
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme
- 6 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 1 tablespoon tamari
- 1 tablespoons olive oil
- ¼ pound shiitake, maitake or trumpet royale mushrooms, stemmed and sliced
- ½ pound white or cremini mushrooms, stemmed and sliced
- 4 ounces cooked turkey or chicken, diced (optional)
- 2 – 4 tablespoons chopped fresh parsley

1. Place the barley and kombu in a small saucepan with 3 to 4 cups of water. Bring it to a boil, reduce the heat to a simmer and cook until the barley is tender, about 20 minutes. Drain, rinse and set aside.
2. In a soup pot, sauté the onion in the olive oil until it's translucent, 5 to 10 minutes. Add the garlic, carrots, celery, sea salt and thyme and sauté for another five minutes until the vegetables are beginning to be tender.
3. Add the broth or water and the tamari and bring the soup to a boil, reduce the heat, and simmer, partially covered.
4. Heat 2 tablespoons of olive oil in a large skillet over high heat. When the pan is hot, add the mushrooms and cook, stirring every minute or so, until they are tender and beginning to brown. Add them to the soup.
5. Add the barley and the optional chicken or turkey and simmer the soup for 15 to 20 minutes to blend the flavors. Taste and adjust the seasonings. Stir in parsley and serve.

Makes about 2½ quarts

Winter Minestrone with Barley

- 1 cup pearl barley
- 4" piece kombu
- 1 can white beans, drained and rinsed or ½ cup dry beans, soaked overnight and then cooked until tender
- 1 can kidney beans, drained and rinsed or ½ cup dry beans, soaked overnight and then cooked until tender
- 1 tablespoons olive oil
- 1 onion, chopped
- 2 carrots, peeled and roughly chopped
- 2 stalks celery, roughly chopped
- 1 fennel bulb, trimmed, cored and chopped
- 1 tablespoon garlic, minced
- 1 tablespoon each: chopped sage, rosemary and thyme, or 1 teaspoon of each, dried
- 1 teaspoon sea salt
- 4 – 6 cups Immune Broth, Chicken Bone Broth, or vegetable or chicken stock, or water
- 1 28-ounce can diced tomatoes with their juice, or 3 cups fresh tomatoes, chopped
- ½ small head cabbage, shredded, about 3 cups
- ½ cup chopped parsley

1. Bring 1 quart water to a boil, add the barley and kombu, cover, reduce the heat to low, and cook for about 20 minutes. Drain and set aside.
2. Warm the olive oil in a large pot and add the chopped onion. Cook over medium low heat for 5 to 10 minutes or until the onion is translucent. Add the carrots, celery, fennel and garlic, and continue sautéing for five minutes. Add the fresh or dried herbs and the sea salt and sauté for another 30 seconds.
3. Add the broth or water, tomatoes, cabbage, barley and the drained beans. Bring to a boil, stirring occasionally, and simmer for about 20 minutes or until the barley and the vegetables are tender.
4. Taste the soup and add sea salt as needed. Stir in the parsley and serve.

Makes about 3½ quarts and freezes well

Do Ahead

- The onion, celery, carrots, fennel and cabbage can be prepared up to two days ahead of time. Package the onion and cabbage separately. The celery, carrots and fennel can be packaged together.
- The barley can be cooked a day ahead of time. Drain, rinse and refrigerate.

Tip

To seed cucumbers, cut them in half lengthwise and then use a teaspoon to scrape out the seeds from each half.

Variation

You can also try this with goat yogurt, kefir or non-dairy milk instead of the regular yogurt.

“Cancer is, of course, a challenge – the surgeries, the myriad of medical appointments, the tremendous amount to learn in order to make wise decisions. Through this, the food has come every week – nothing I’d ever have likely prepared, but it has been absolutely delicious and we are just so very grateful.”

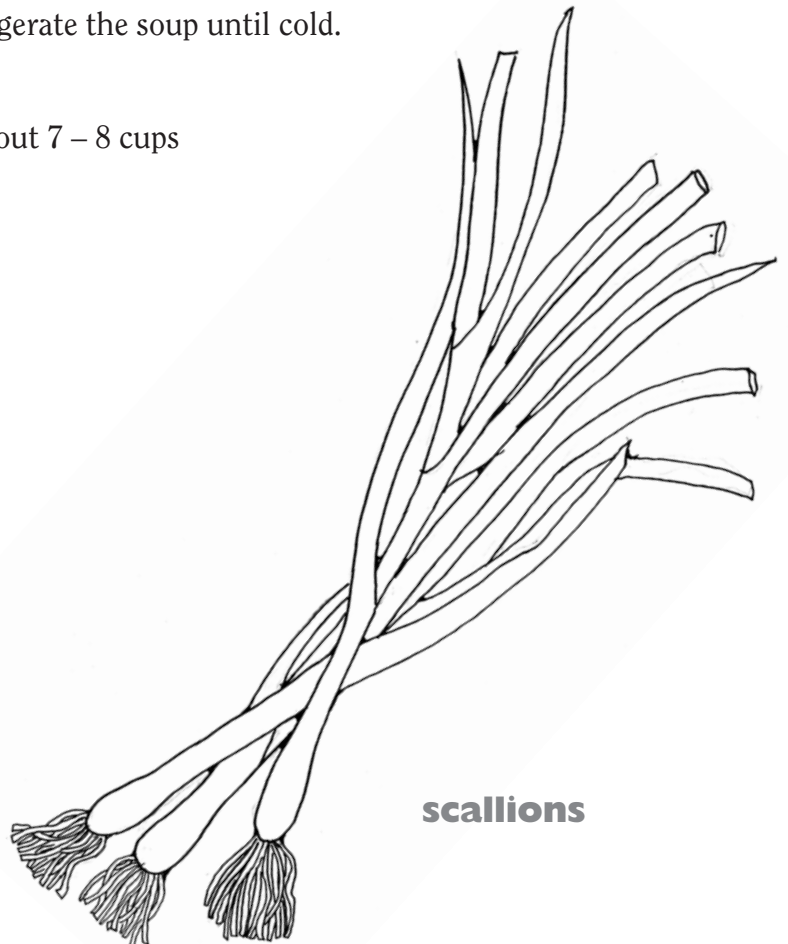
– Catherine

Chilled Cucumber Avocado Soup

- 3 cups cucumbers, peeled, seeded and sliced or roughly chopped
- 2 ripe avocados, peeled, pits removed
- 1 tablespoon chopped garlic
- ½ cup fresh chopped parsley
- 2 cups yogurt
- 1½ cups cold water
- ½ teaspoon sea salt
- ¼ cup minced fresh scallions (optional)

1. Working in two batches, blend the cucumbers, avocado, garlic, parsley, yogurt, water and sea salt until very smooth. Whisk the soup to combine, then taste and adjust the seasonings.
2. Stir in the minced scallions if desired.
3. Refrigerate the soup until cold.

Makes about 7 – 8 cups



scallions

Chilled Minted Zucchini Soup

1 teaspoon extra virgin olive oil
1½ pounds zucchini (about 5 small), sliced thin
½ teaspoon fresh minced garlic
3 cups water
¾ cup yogurt
¼ cup fresh mint leaves, washed, spun dry and minced
Sea salt and pepper to taste

1. In a medium-sized sauce pan, heat the olive oil over moderately high heat. Add about one-third of the zucchini and sauté, stirring occasionally, until golden. Add the garlic and sauté for another minute or two.
2. Add the rest of the zucchini and the water. Bring to a simmer and cook until the zucchini is very tender, about 15 minutes. Cool.
3. Carefully purée the soup in a blender. Whisk in the yogurt, mint and sea salt and pepper to taste. Taste and adjust the seasonings.
4. Chill, covered, until cold.

Makes 7 – 8 cups

Do Ahead

- The zucchini can be sliced up to two days ahead of time.
- Cook the soup in the morning. Turn it off and let it sit for a couple hours, covered, then purée.

Tip

Use your food processor to slice the zucchini.



I don't know how to fully express what a lifesaver the Ceres Project food was for me during my chemo. Having food already prepared, tasty food which I knew was good for me and helping me fight the cancer, made my life so much easier during an extremely difficult time. Having cancer sucks, but it has made me realize not only how much I am loved by my friends and family, but how loving and supportive this community is.

Malia MacDiarmid

