

Slow Cooker Beef Barley Soup

Ingredients:

*1 pound cubed stew beef
1/2 onion diced
2 carrots diced
1 stalk celery diced
1 cup sliced mushrooms
1 clove garlic minced
4 cups beef or chicken broth
2 cups water
1/2 cup barley
1/2 teaspoon thyme
salt and pepper*

Dust beef in flour, then brown in 1 Tablespoon oil over medium heat. Add onions and garlic. Chop vegetables and add to slow cooker with broth and water. Stir in beef and spices. Cover and set the cooker on low 8 - 10 hours. Serve and enjoy.

[Split Pea and Potato Soup](#)

Ingredients:

*1/2 leek rinsed well and sliced
1 carrot diced
1 celery diced
4 button mushrooms sliced
Oil for sauteing
1 cup dried split peas
1 diced unpeeled potato
1/2 cup brown or wild rice
5 cups water or broth
salt, pepper, paprika to taste*

Heat oil over medium heat. Saute leek, carrot, celery and mushrooms 5 minutes. Add potato and bay leaf and cook for another 5 minutes. Add split peas, rice and water or broth and simmer covered for 30 to 60 minutes. Add seasonings and cook for another 10 minutes, until peas are soft. Serve with crusty bread for a complete meal.

[Sweet Potato Stew](#)

Ingredients:

1 Tablespoon olive oil

1 small onion chopped
2 cloves garlic minced
2 cups chicken or vegetable broth
1 14.5 ounce can diced tomatoes
1 tablespoon ginger minced
2 medium sweet potatoes peeled and diced
1 1/2 cups broccoli chopped
2 cup chopped kale
1/4 cup almond butter
cilantro and avocado for garnish
1/4 teaspoon salt
1/4 teaspoon crushed red pepper
1 cup cooked couscous

Heat oil in saucepan or dutch over. Saute onion and garlic until soft, but not brown. Add broth, canned tomatoes, ginger, red pepper, salt and sweet potato. simmer until potatoes are tender, about 20 minutes. Then add broccoli and kale and almond butter and cook for another 5 to 10 minutes, until creamy. Serve over couscous and top with avocado slices and cilantro.

Sweet Potato and Carrot Soup

Ingredients:

4 sweet potatoes peeled and cubed
2 russet potatoes peeled and cubed
2 carrots sliced
4 cups vegetable or chicken broth
2 Tablespoons canola oil
1 medium sweet red pepper
1 small onion chopped
2 pieces of candied ginger chopped
2 cloves garlic minced
½ teaspoon allspice
½ teaspoon dried red pepper flakes
1 medium tomato diced
1 small can tomato sauce
1 cup canned coconut milk
1 Tablespoons peanut butter

Cook potatoes and carrots in broth 20 minutes. Saute pepper, onion, and garlic in oil, then add ginger and spices and heat for a minute. Add to soup and cook for 20 minutes,

then whisk peanut butter with coconut milk and stir into soup. Simmer 5 minutes. Serve with homemade croutons.

To make croutons, cube a crusty bread, mix with some olive oil, then spring with salt. Bake at 325 degrees until crispy (about 20 minutes,) stirring once or twice.

[Beef and Apple Chili](#)

Ingredients:

- 1 Tablespoon oil
- 1/2 medium onion chopped
- 2 cloves garlic chopped
- 1 pound ground beef
- 1 14.5 oz can crushed tomatoes
- 1 14.5 oz can kidney beans or other beans of your choice
- 1 cup chopped apples
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 Tablespoon cider vinegar
- 1 Tablespoon brown sugar
- 1 teaspoon cumin
- 1 cup beef or chicken broth
- 1/2 teaspoon cinnamon

Heat oil and saute onion and garlic. Add ground beef and cook until browned. Add all ingredients to slow cooker and cook on high for 4-6 hours. Garnish with cheese if desired.

[White Bean and Sweet Potato Stew](#)

Ingredients:

- 3 Tablespoon olive oil
- 1 onion chopped
- 4 carrots diced
- 3 stalks celery chopped
- 1 large sweet potato peeled and diced
- 1 (14.5 oz) can diced fire roasted tomatoes
- 4 cups chicken broth
- 1 (15.5 oz) can cannellini beans rinsed
- 1/3 cup kale leaves chopped or baby kale
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

3 sprigs fresh thyme
1/4 teaspoon crushed red pepper flakes
1/2 teaspoon cumin
1 Tablespoon apple cider vinegar

In soup pot or dutch oven heat olive oil and saute onion, carrots and celery until they begin to soften. Add salt, pepper, cumin and red pepper flakes and cook for another minute. Add stock, tomatoes and spices. Bring to a boil and simmer for 30 minutes. Add kale and cook until kale is tender, about 15 - 20 minutes. Remove from heat, remove thyme and add vinegar. Serve, sprinkled with fresh Parmesan.

White Bean Soup

Ingredients:

2 Tablespoons olive oil
½ cup diced cooked ham
2 carrots sliced
1 clove garlic minced
1 small shallot chopped
2 - 15-ounce cans cannellini or other white beans
4 cups broth
1 cup baby spinach or kale
Salt and pepper to taste

In heavy pot heat 1 Tablespoon oil, then add ham. Cook over medium heat until lightly browned, about 10 minutes. Remove. Add remaining oil onion and carrots and cook until slightly softened, about 10 - 12 minutes. Add garlic and cook 1 minute. Add beans, broth and simmer for 30 minutes. Salt and pepper to taste. Blend slightly with an immersion blender, then reheat with spinach or kale leaves about 5 minutes until wilted. Serve warm.

Chicken and Sweet Potato Stew

Ingredients:

1 ½ pounds boneless chicken breasts cubed
3 Tablespoons oil
1 small onion chopped
2 cloves garlic minced
1 Tablespoon fresh ginger peeled and chopped
1 teaspoon ground coriander
½ teaspoon cumin
¼ teaspoon turmeric
¼ teaspoon cinnamon
4 cups chicken broth
1-14.5 ounce can diced tomatoes
1 sweet potato peeled and cubed

2 cups chopped spinach, kale or other greens
1 orange or yellow pepper chopped
1/3 cup peanut butter
Salt and pepper
2 cups cooked rice

In a heavy soup pot heat 1 Tablespoon oil and brown half of chicken. Remove and repeat for remaining chicken. Set aside and keep warm. Add 1 Tablespoon oil. add onion and saute until softened, then add garlic, ginger and spices and cook for 30 seconds. Then add canned tomatoes with juices, broth, and remaining ingredients, including chicken. Cover and simmer for about 30 - 45 minutes until chicken is cooked through. Stir in peanut butter and cook until smooth. Season with salt and pepper. Serve over rice.

Easy Sweet Potato and Kale Soup

Ingredients:

2 Tablespoons olive oil
2 Tablespoons curry powder
1 teaspoon sea salt
1 medium onion diced
2 carrots peeled and chopped
2 celery stalks chopped
1 large yam, unpeeled and diced into 1 inch cubes
1 can garbanzo beans drained
1 can coconut milk
1 can crushed or diced tomatoes
4 cups water
3 cups chopped kale.

In a dutch oven or heavy soup pot heat oil and saute onions, carrots, celery and salt about 5 minutes until soft, but not brown. Add curry powder and stir for 30 seconds. Add remaining ingredients, except kale. Bring to a boil and simmer until sweet potato is soft, about 15 - 20 minutes. Add chopped kale and cook until wilted, about 30 seconds.
Makes 4-6 hefty servings.

Onion Lentil Soup

Ingredients

1 Tablespoon unsalted butter
1 Medium sweet onion peeled and sliced
2 teaspoons sugar
2 cloves garlic peeled and minced
1/4 teaspoon salt

1/2 teaspoon dried sage
1 cup dried brown lentils
1/8 cup tamari or soy sauce
4 cups water or broth
1 cup beer
1 bay leaf
Crusty bread and Swiss cheese for topping (optional)

In dutch oven or soup pot, melt butter and add onion, sugar and salt. Cook over medium low heat, stirring frequently so the onions don't burn. Cook about until brown and caramelized, about 20-30 minutes. Add garlic and cook for another minutes. Add lentils, sage and tamari/soy sauce, stirring for one minute. Add water/broth, beer and bay leaf. Bring to a boil, lower heat and simmer until lentils are soft 30 - 40 minutes. If desired, pour into oven safe bowls, add swiss cheese and bread and broil until cheese is melted.

[Spicy Coconut-Corn Crack](#)

Ingredients

4 medium potatoes, scrubbed and diced
8 cloves garlic
1 large white onion diced
2 cups vegetable stock
2 bags frozen corn
1 14oz can coconut milk
1 Tablespoon crushed red pepper flakes
1 teaspoon sea salt
1/2 teaspoon ground pepper
1/2 teaspoon grated fresh ginger
1 bay leaf
1 sprig fresh mint leaves chopped
1 Thai chili pepper chopped

1. Boil potatoes with garlic until tender, about 15 minutes. Drain and set aside. Remove and save garlic.
2. Saute onion in a little bit of oil, then add broth, reserved garlic, 1 bag corn, coconut milk, crushed red pepper, salt, black pepper, bay leaf and ginger. Bring to a simmer and cook about 8 minutes to blend flavors.
3. Remove from heat and cool for about 20 minutes. Remove bay leaf, then blend roughly with immersion blender. It should be chunky. Return to stove, stir in potatoes, bay leaf, remaining corn, fresh mint and chili pepper. Simmer and serve. You may garnish with additional mint and chili peppers.

Lentil Curry Dish

Ingredients

1 Tablespoon olive oil
½ chopped onion
1 clove garlic chopped
1 teaspoon fresh ginger grated
1 teaspoon curry powder
1 teaspoon cumin
1 cup lentils rinsed
2 cups water
8 ounces canned diced tomatoes
1 can coconut milk
1 cup spinach or kale
Salt and pepper
½ cup cashew nuts chopped and toasted on stove
Cooked couscous or rice

Cook lentils in water until soft for about 20 to 30 minutes. Heat oil in a skillet, add onion, garlic and ginger and saute 2 - 3 minutes. Stir in curry powder and cumin. Add coconut milk , cooked lentils and tomatoes. Cook for 5 minutes. Stir in greens, salt and pepper and cook until wilted. Serve over couscous or rice and top with toasted cashews.

White Borscht - Vegetarian

4 Beyond Meat Spicy Sausages
2 bay leaves
3 leeks
3 pounds potatoes peeled
1 medium onion diced
4 cloves garlic minced
½ cup margarine
4 ounce chunk of sourdough bread
1 teaspoon black pepper
½ cup sour cream or yogurt
Fresh dill

Cook sausage according to package directions. Bring 3 quarts of water to a boil. Add sausage and simmer for 25 minutes. Remove sausage, slice and set aside. Save water. Rinse and slice leeks in half, then cut into ½ inch pieces.

Square potatoes by cutting off ends and save scraps. Cut squared potatoes into 1 inch cubes.

In a large soup pot, melt margarine and add onion, garlic and a pinch of salt. Saute until soft, about 5 minutes. Add leeks and a pinch of salt and saute until moist and glossy, about 8 minutes.

Add sausage liquid, half the sausage, potato scraps and bread. Bring to a boil and simmer for about 10 minutes until bread is soggy. Remove bread to a bowl, along with a cup of liquid.

Add potato cubes and most of the remaining sausage to the pot and simmer for about 25 minutes.

Using a stick blender, puree the bread and liquid until foamy. Stir back into soup pot. Roughly puree soup. Whisk in sour cream or yogurt and fresh dill. Stir in remaining sausage pieces, Season with salt and pepper and serve hot.