



AUTUMN VEGETABLE SOUP

This is a very adaptable soup that welcomes whatever vegetables are on hand. Try different grains or pastas; vary the herbs; use just a few vegetables or small amounts of many kinds. Vary the quantity of vegetables and grains to make a thicker or thinner soup.

Serves 4

1/2 cup onion chopped

2 cloves garlic minced

In soup pot sauté onion in 1 Tablespoon olive oil over medium heat until soft. Add garlic and sauté 1 minute.

1/2 cup each kale, cabbage, carrots, red or green sweet pepper chopped

1/2 teaspoon each salt, dried basil, dried oregano

1/8 teaspoon pepper

Add and sauté a little, then turn heat down to low, cover pan, and let cook about 5 minutes, stirring occasionally.

2 cups bean cooking liquid or vegetable broth

1 cup tomato juice

3/4 cup cooked beans

1/2 cup corn

2 teaspoons dried instant barley

2 teaspoons alphabet or orzo pasta

1 1/2 tablespoons red cooking wine (optional)

Add and bring to a gentle boil and simmer about 15 minutes.

1/2 cup tomatoes chopped

1 tablespoon fresh parsley chopped

Add tomatoes and parsley, simmer another few minutes.

Nancy Brubaker, Lancaster, Pennsylvania

From *Simply in Season* by Mary Beth Lind and Cathleen Hockman-Wert
Mennonite Cookbook

<http://www.worldcommunitycookbook.org/>



Vegetarian Black Bean Soup

Portions: 20

Ingredients:

- 1/3 gallon dry black beans (plus water to cook as needed)
- 1 tablespoon olive oil
- 1 gallon water
- 2 tablespoons salt
- 3 cups red onion
- 3 cups green bell pepper
- 1 tablespoon dry basil
- 1 tablespoon dry oregano
- 1 tablespoon course ground black pepper
- 2 tablespoons cumin
- 1 chipolte pepper minced (use canned in adobe sauce)
- 3 tablespoons fresh minced garlic
- 2 /12 pounds diced tomatoes (canned)
- 1 pound fresh sweet corn
- 1 cup tomato puree

Instructions:

1. Clean the ears of corn and spray with a non stick vegetable spray, season with salt and pepper. Place the corn on a hot grill and grill until the corn kernels begin to char slightly, remove. Once the corn has cooled cut the corn kernels from the cob and reserve.
2. Sort and wash the black beans, place the beans in a large stock pot and cover with water (1.5 gallons). Cook the beans on simmer for 90 minutes or until the beans begin to soften. Once the beans are fully cooked strain the beans and reserve.
3. In a large stock pot heat the olive oil over a medium flame, add garlic, onion and green pepper and saute for 10 minutes.
4. Add all the dry herbs, spices and seasonings including the chipolte pepper and continue to saute for anther 5 minutes.
5. Add half the black beans and 2 quarts of water and reduce heat to a simmer.
6. Take the remaining black beans and the remaining 2 quarts of water and puree them in a blender. Once the beans are pureed combine with the soup.
7. Add the tomato paste and roasted corn, cook for an additional 10 minutes. Adjust seasonings as needed with salt and pepper if needed.

Recipe by Brian Johnson
At www.TechSoup.org



Vegetable Noodle soup

Portions: Lots

Ingredients:

3 T olive oil
1 cup onion chopped
1 cup celery chopped
1 cup carrot chopped
3 cloves garlic
1 lb Italian ground sausage (omit if you want the soup vegetarian)
1 28 oz can of tomatoes
1 box (32 oz) of stock (I like beef but chicken or veggie would work)
3 bay leaves
1 tsp oregano
1/2 tsp thyme
1 cup beans (I like to use fava or lima)
1/2 lb macaroni
1 bunch kale
Parmesan cheese

Instructions:

1. Brown Sausage in skillet, drain and put aside.
2. In big stock pot pour olive oil in pan and heat at medium heat. Add chopped onion, celery, carrot and garlic. Cook until softened about 10 minutes.
3. Add browned sausage tomatoes and stock. Add spices and beans. Bring to simmer and let simmer at least 30 minutes. (at this point the soup can be refrigerated for use at later time).
4. 30 minutes before serving add noodles (add water if needed). 5 minutes before serving add kale.
5. Salt and pepper to taste. Serve with grated parmesan cheese on top.

Comments:

I made this soup the other day and it was fabulous. It is kind of like minestrone I think. I didn't really follow any one recipe, but a few that I had seen on cooking shows and in books. I had fava beans and kale in the fridge, but I am sure you could substitute any hardy bean and hardy green and it would taste just as good. I also used spicy Italian sausage and like the spice, but next time would like to try sweet Italian sausage.

Recipe from www.TechSoup.org