

Recipes from Stephanie

Hearty Pea Soup

1 tbsp. olive oil
1 onion, dice
1 bay leaf
1 tsp. celery seed
1 & ½ cups split peas, rinse with cold water
¼ cup pot barley, rinse with cold water
10 cups cold water
2 tsp. kosher salt
Ground fresh pepper to taste
2 tsp. dried basil
2 tsp. dried thyme
2 carrots, chopped
4 stalks celery, diced
½ cup chopped parsley

1. Along with the bay leaf and celery seed, sauté onion in oil until soft.
2. Stir in peas, barley and add the cold water and bring to a boil.
3. Simmer on low heat, covered, for about 1 hour and 30 minutes.
4. Add the salt, pepper, vegetables, and herbs.
5. Turn heat down to low and simmer another 30 to 45 minutes, or until peas, barley and vegetables are soft.
6. Thin with additional water if needed and adjust seasonings.

Easy Minestrone Soup

1 tbsp. olive oil
1 onion, finely chopped
1½ cup chopped celery
2 large cans diced tomatoes
½ large can tap water (approximately)
½ cup chopped parsley
2 bay leaves
1 tsp. oregano
2 tsp. basil
½ tsp rosemary (if you use fresh rosemary triple amount)
Dash garlic powder
Salt and fresh ground pepper to taste
1 cup carrots chopped or diced
1 cup zucchini cut in 1" pieces
1 cup eggplant cut in 1" pieces
1 cup French green beans, if available, cut in 1" pieces

1. Sauté onion and celery in hot oil until soft. Add the canned tomatoes, water, parsley, and seasonings. Simmer the soup while you prepare vegetables.
2. Add the vegetables and cook over low heat until vegetables are cooked. About 30-45 minutes.
3. Adjust seasonings and add more water if needed.

Red Lentil Soup

1 tbsp. olive oil
1 onion, diced
1 cup red lentils; soaked and rinse with cold water
½ cup brown rice; soaked and rinse with cold water
1 litre box of vegetable stock or homemade veggie stock
2 cups water or homemade vegetable stock
½ tsp. Cumin
Salt to taste
Ground fresh pepper to taste

1. Soak the red lentils and brown rice in cold water for 20 minutes and then rinse.
2. Sauté onion in oil until soft and translucent.
3. Add the box of vegetable stock and water or additional vegetable stock.
4. Simmer for a few minutes.
5. Add lentils, rice and cumin and simmer on low heat for about 30 to 60 minutes, until rice and lentils are soft.
6. Add more water or stock if needed if the soup is too thick.
7. Add the salt and pepper to taste.

Tomato Soup

- 1 tbsp. olive oil
- 1 medium onion, chopped
- 2 stalks of celery, chopped
- 1 carrot, grated
- 1 large can of diced tomatoes
- 1 litre of hot vegetable stock (store bought or homemade)
- ¾ tsp. oregano
- 1 & ½ tsp. basil
- Salt to taste (if using boxed vegetable stock you may not need any salt)
- Ground fresh pepper to taste

1. Sauté the chopped onion, celery and grated carrot in oil until onion is soft.
2. Add oregano, basil, and canned tomatoes to the pot and simmer gently for 15 minutes. At this point, if you want a smooth, creamy texture, puree the soup in a blender, food processor or use a blending stick.
3. Add the hot vegetable stock, and bring to a boil.
4. Add more vegetable stock or water if needed.
5. Simmer on low heat for 5 minutes.
6. Add the salt and pepper to taste.