

 COOKING SHOW #115 - SOUP & SALAD

# Arizona White Bean Stew

## INGREDIENTS

- 1 yellow onion, diced
- 3 ribs celery, diced
- 4 garlic cloves, minced
- 1 1/2 teaspoons ground cumin
- 2 teaspoons paprika
- 1/2 teaspoon dried thyme
- black pepper, to taste
- 2 15 oz. cans white beans, drained and rinsed
- 2 cups frozen shredded potatoes (hash browns)
- 4 cups veggie broth
- 1 15 oz. can diced tomatoes
- 3 tablespoons tomato paste
- 1 handful fresh parsley
- 1 lemon, juiced

## METHOD

Add the onion, celery, and garlic to a large dutch oven or soup pot and sauté for 3-5 minutes over medium-high heat, adding veggie broth or water as needed to keep from sticking.

Add the cumin, paprika, thyme, and black pepper and continue to sauté for a couple more minutes.

Next, add the beans, potatoes, and veggie broth. Stir and bring back to a simmer and allow to cook until the potatoes are tender for a few more minutes.

Finally, add the diced tomatoes and tomato paste and continue simmering. When ready to serve, stir in the fresh parsley and lemon juice. Enjoy!



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# Lemon Chickpea Orzo Soup

## INGREDIENTS

- 1 yellow onion, diced
- 3 carrots, diced
- 4 garlic cloves, minced
- 1/2 teaspoon black pepper
- 8 cups veggie broth
- 1 cup whole wheat orzo
- 2 15 oz. cans chickpeas, drained and rinsed
- 1/4 cup tahini
- 2 large lemons, juiced
- 1-2 handfuls fresh kale or spinach, chopped
- 1-2 tablespoons fresh dill, chopped

## METHOD

Add the onion, carrots, garlic, and black pepper to a large dutch oven or stock pot. Sauté for about 5 minutes over medium-high heat, adding veggie broth or water as needed to keep from sticking.

Next, add the veggie broth, orzo, and chickpeas. Stir and bring to a boil, then reduce the heat to medium-low and simmer for about 7-8 minutes to allow the orzo to cook.

Finally, stir in the tahini, lemon juice, greens, and dill. Cook for about a minute or two just to allow the greens to cook.

Serve and enjoy!

### Chef's Notes

This soup is also delicious with 2+ cups of cooked brown rice instead of the orzo. Keep in mind you will want to reduce the veggie stock amount too.



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# Hungarian Mushroom Soup

## INGREDIENTS

- 1 yellow onion, diced small
- 1 medium zucchini, diced small
- 1 large carrot, diced small
- 2 ribs celery, diced small
- 2 medium russet potatoes, diced small
- 1 lb. mushrooms, sliced thin
- 3 garlic cloves, minced
- 3 tablespoons smoked paprika
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped
- black pepper, to taste
- 1/2 teaspoon ground nutmeg
- 5 cups veggie broth
- 1 cup soy milk
- 1 lemon, juiced + zest

## METHOD

Add the onion, zucchini, carrot, celery, potatoes, mushrooms, and garlic to a large dutch oven or stock pot. Sauté for 5 minutes over medium-high heat, adding veggie broth or water as needed to keep from sticking.

Add the paprika, dill, parsley, and black pepper, along with a bit more veggie stock and cook for another minute.

Pour in the veggie broth and soy milk. Mix well and bring up to a boil, then reduce the heat to medium-low and simmer until all of the veggies are tender.

Finally, add the lemon juice and zest to the pot, give it a stir, and enjoy.

### Chef's Notes

For a blended version, just ladle all or some of the soup into the blender, process until smooth, and return to the pot.

For a creamier, richer version, blend the soy milk with 1/4 cup or so of raw cashews before adding to the pot.



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# Asian Napa Cabbage Salad

## INGREDIENTS

### Dressing

- 5**    **tablespoons rice vinegar**
- 5**    **deglet dates, soaked**
- 1**    **tablespoons tamari (optional)**
- 1"**   **nub fresh ginger**
- 3**    **garlic cloves**
- black pepper, to taste**

### Salad

- 8**    **oz. fresh green beans**
- 6-8** **cups napa cabbage, chopped/shredded**
- 1**    **cup shredded carrots**
- 4-5** **scallions, sliced**
- 1/4** **cup dry roasted peanuts, chopped**
- 1**    **tablespoon fresh cilantro, chopped**
- 1**    **8 oz. can water chestnuts, drained and chopped**

**black sesame seeds, to serve**

## METHOD

To prepare the dressing, add all the ingredients to a high-speed blender and blend until smooth, adding a little date soaking water as needed to reach your desired consistency.

To prepare the salad, boil the green beans for 3-5 minutes, drain, then rinse with cold water to cool. Add the green beans to a bowl with the remaining salad ingredients and the dressing. Toss the salad well and top with black sesame seeds to serve.



### Chef's Notes

I enjoy the napa cabbage bright and crispy. If you'd prefer a softer texture, you can massage the cabbage with your hands before adding to remaining ingredients.

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# Ribboned Zucchini Salad

## INGREDIENTS

### Dressing

- 1/3 cup hemp hearts**
- 2 tablespoons lemon juice**
- 1/2 teaspoon ground cumin**
- 1/4 teaspoon ground turmeric**
- 1 garlic clove**
- black pepper, to taste**
- 2 deglet dates, soaked 15 minutes**

### Salad

- 2 zucchini**
  
- 1 1/2 cups cooked brown or green lentils**  
**OR**
- 1 15 oz. can lentils, drained and rinsed**
  
- 1 pint cherry tomatoes, quartered**
- 1 green onion, sliced**

### Chef's Notes

If you prefer shorter, more bite-sized ribbons of zucchini, give them a little chop before adding to the bowl.

## METHOD

To prepare the dressing, add all the ingredients to a high-speed blender and blend until smooth, adding a little of the date soaking water if needed to reach your desired consistency. Set aside.

To prepare the salad use a vegetable peeler or mandolin to make long ribbons of zucchini. Add the zucchini ribbons, lentils, tomatoes, and green onion to a large mixing bowl.

Drizzle on the dressing a little at a time and toss well. You might have a little leftover dressing. Serve and enjoy on its own or with one of our attached soups!

