

# Soup Recipes

*from the PACSW Kitchens*



# Carrot Soup with Thai Curry

*Prep Time: 10 minutes. Cook Time: 30 minutes.*



## Ingredients

- 8 carrots peeled and chopped
- 2 shallots sliced
- 1 white onion diced
- 1/2 tsp salt or to taste
- 8 cloves garlic sliced
- 2 tsp Thai red curry paste
- 4 tablespoons butter
- 1 cup heavy cream
- 6 cups vegetable broth

## Preparation

1. In a large saucepan, melt the butter over medium heat. Add in the shallots and onions and saute for about 5 minutes. Season with a little salt. Add in the garlic and Thai red curry paste and saute for just another minute or two to allow the flavors to be released.
2. Add in the carrots and vegetable stock and bring to a boil. Reduce heat and simmer until the carrots are soft, about 20 minutes.
3. Use a hand blender to puree the soup, or puree in batches in a food processor or

blender. After the soup has been pureed, return to a low heat and add in the heavy cream. Taste and add salt if necessary. Hold soup warm to serve.

***Enjoy!***

Recipe provided by Lily Dimitrova

# Carrot Soup with North African Spices



*Eat this soup on cold winter days with good friends!*

## Ingredients

- 1 Medium Sized Onion, Sliced.
- 2 Garlic Cloves, chopped.
- 2 teaspoons fresh ginger, grated.
- 2 pounds carrots, thinly sliced.
- 1 medium sized potato (sweet or white), thinly sliced.
- 1 1/2 teaspoons cumin & coriander seeds toasted and ground.
- 5 cups of chicken or vegetable broth, kept warm in a separate pot
- Olive oil, cayenne pepper, salt & black pepper to taste
- Sour cream, bacon, cilantro or thyme for garnish.

**1** Begin by prepping the ingredients to make cooking easier.

Once ready, heat a good glug of olive oil in the bottom of a heavy stock pot.

Add the onion and a pinch of salt and cook down for about five minutes until the onions take on a golden hue.

**2** Add the onion and a pinch of salt and cook down for about five minutes until the onions take on a golden hue.

Add the garlic, ginger, cumin, coriander and cayenne and continue to cook for about two minutes over low heat. If this begins to stick to the pot add a tiny spoonful of broth.

**3** Add carrots, potato and half of the chicken broth. Bring to a slight boil and then place the lid on top and cook for about twenty minutes or until the carrots and potato are soft.

Add the remainder of the stock and emulsify with a hand emulsifier or blend in blender. We like to use the handheld emulsifier to keep clean up easier. You can add a splash of orange juice at the very end to intensify the flavor. If you like your soup on the thick side add a little less stock.

**4**

Serve and garnish with thyme, bacon, sour cream or cilantro.

# Lemony Lentil Soup

Prep time: 10 minutes. Cook time: 25 minutes. Serves 4



**1 Sauté the veggies.** Heat oil in a large stockpot over medium-high heat. Add onion and carrots and sauté for 5 minutes, stirring occasionally, until the onions are soft and translucent. Add garlic and sauté for 1 more minute, stirring occasionally, until fragrant.

**2 Simmer.** Stir in the vegetable (or chicken) stock, lentils, corn, cumin, curry powder (plus saffron & cayenne, if using) until combined. Continue cooking until the soup reaches a simmer. Then cover & cook for 15 minutes, stirring occasionally, until the lentils are completely tender.

**3 Blend (optional).** Using either a hand blender or traditional blender, puree the soup until it reaches your desired consistency. (If using a traditional blender, please see notes.)

**Season.** Stir in the lemon zest & juice until combined. Taste and season the soup with a generous pinch or two of fine sea salt & black pepper, as needed.

**Serve.** Serve warm, garnished with an extra fresh lemon slice if desired

*Traditional blender: Exercise caution as hot liquids expand when blended. Do soup in 2 batches. Once blended to your preferred consistency, return to stockpot & continue with recipe.*

## Ingredients

1 tablespoon olive oil  
1 medium white onion, peeled and diced  
2 medium carrots, diced  
5 cloves garlic, peeled and minced  
6 cups vegetable or chicken stock  
1 ½ cups red lentils, rinsed and picked over  
2/3 cup whole-kernel corn  
2 teaspoons ground cumin  
1 teaspoon curry powder  
(optional) pinch each of saffron and cayenne  
Zest and juice of 1 small lemon  
Fine sea salt and freshly-cracked black pepper

Recipe provided by Gale Sheean-Remotto

*Growing up, I hated eggplant, but this soup changed my mind! If you hate the texture of eggplant, this recipe may turn you into a convert, too. Enjoy!*

# Mom's Eggplant Soup

## Ingredients

*2 eggplants, grilled & cubed*  
*2 medium onions, chopped*  
*8 cloves of garlic, roughly chopped*  
*3 cans stewed tomatoes*  
*3 cans low sodium non-fat chicken broth*  
*Olive oil*  
*Pepper*  
*Garlic Salt*  
*Red pepper flakes*

Heat olive oil (enough to coat bottom of pan) on medium heat.

Add onions & cook until translucent.

Add garlic, stirring until fragrant, 1-2 minutes

Add cubed eggplant and salt & pepper to taste. Sauté to blend flavors. Remove from heat.

Put all ingredients into a food processor or blender. Pulse until almost pureed.

Drain tomatoes; reserve liquid

Add cans of tomatoes, 1 at a time, pulsing

Add tomato liquid, as much as space allows without overfilling

Transfer to soup pot, add remaining tomato liquid & chicken broth. Add red pepper flakes to taste.

Heat on low to simmer. Stir often to prevent sticking & do not let soup boil. Heat for at least 30 minutes to blend flavors.

Recipe freezes well & is better the next day.

Enjoy with crusty bread!



# Cream of Mushroom Soup

Serves 6

*Easy & quick, this is a perfect weeknight meal!*

## Ingredients:

- 1 Garlic clove, minced
- 8 oz. Fresh mushrooms (any kind or combination), sliced
- 2 Tablespoons Onion, minced
- 2 Cups Chicken Broth
- 1 Cup Half & Half or Evaporated Milk
- 3 Tablespoons Flour, divided
- ¼ Teaspoon Nutmeg
- ¼ Teaspoon Pepper
- ½ Teaspoon Salt
- 2 Tablespoons Butter
- Optional: Splash of sherry

Recipe by Kari Stewart

**1** Melt butter in a large frying pan. Add onions, garlic, and mushrooms. Cook until onions are soft, and mushrooms have released their liquid.

Add sherry, if using. Scrape up any brown bits on the bottom of pan as it bubbles.

**2** Blend in 2 tbsp flour & stir

**3** Add chicken broth & heat until slightly thickened while stirring frequently.

In a separate measuring cup or bowl, mix half & half or evaporated milk with additional 1 tbsp of flour & seasonings. Add mixture to soup. Heat to thicken while stirring frequently.

**4** Top with a drizzle of olive oil, chives, fresh grated parmesan and/or bacon.

Optional: Use an immersion blender to puree soup to your desired consistency

# Quick & Easy Spicy Chicken Tortilla Soup



**1 Sauté.** Heat oil in a large soup pot or Dutch oven over medium-high heat. Add onion, garlic, & jalapeno and cook until tender. Add shredded chicken and remaining soup ingredients to the pot.

**2 Simmer.** Bring to a boil and reduce to a simmer for 25 minutes

**3 Season.** Carefully taste broth and add salt, pepper and more lime, as needed.  
**Serve.** Serve hot with tortilla strips, chopped avocado, fresh cilantro, and lime wedges.

## Ingredients

- 1 Rotisserie Chicken, shredded
- 1 Tablespoon Oil
- 1 Onion, medium size, finely chopped
- 3 Garlic cloves, minced
- 1 Jalapeno pepper, diced (remove seeds if you want it less spicy)
- 1 Teaspoon Ground Cumin
- 1 Teaspoon Chili Powder
- 20 oz Crushed Tomatoes
- 32 oz Chicken Broth
- 14 oz Black Beans, drained & rinsed
- 14 oz Corn, drained & rinsed
- 1 Lime, juiced
- Salt & Pepper to Taste

### Additional Toppings:

- Tortilla strips
- Chopped avocado
- Fresh cilantro
- Lime wedges

- Sour cream
- Shredded cheese
- Hot Sauce

Recipe by Meli Amescua



# Mom's Tuscan Bean Soup

*Serve with crusty bread!*

## Ingredients

- 1 Medium Onion, chopped
- 1 or 2 cloves Garlic, finely chopped
- Olive oil
- ½ Cup White Wine
- Italian sausage (any type of sausage or spice level)
- 49 oz. Chicken broth
- 1 Cup Celery, chopped
- 2 Cups Carrots, peeled & chopped
- 2 Cups Zucchini, chopped
- 2 Cans White Beans, juice & all (Mom prefers cannellini)
- 1 Can chopped Tomatoes, juice included
- 1 Tablespoon fresh Basil, rub between palms before dropping in
- 1 ¼ Cup dry Pasta, (Mom prefers farfalle, but gluten-free or whole wheat work well, too)
- Grated Parmesan

1 Cook onion and garlic with olive oil in a soup pot. Add sausage, broken up or chopped. Cook until sausage is browned. Add white wine and simmer for five minutes.

2 Add the rest of the ingredients to the pot. Bring to boil and then reduce to a simmer for 20-25 minutes.

3 Serve with grated parmesan. Nom Nom

**Notes:** Mom doesn't add salt or pepper because the ingredients include it. Please add to your taste.

4 I have tried this with chicken Italian sausage, turkey Italian sausage, pork Italian sausage, and Beyond Meat hot Italian sausage (this one is best with Better Than Bouillon seasoned vegetable broth). They all worked! I would add some red pepper flakes depending on the spiciness of the sausage.

**Recipe provided by Jackie DiOrio**

# 5-Star Red Lentil Soup with Lemon

Prep time: 15 minutes. Cook time: 45 minutes. Serves 4



*Enjoy served with rice or naan and a glass of white wine!*

**1 Sauté.** In a large pot or Dutch oven, heat 3 tablespoons oil over high heat until shimmering. Add onion & garlic. Sauté until golden, about 4 minutes. Stir in tomato paste, cumin salt, black pepper & chili powder or cayenne. Sauté for 2 minutes longer.

**2 Simmer.** Add broth, 2 cups water, lentils & carrots. Bring to a simmer, then partially cover pot, and turn heat to medium-low. Simmer until lentils are soft, about 30 minutes. Taste & add salt if necessary.

**Blend (optional).** Using an immersion blender, puree the soup to your preferred consistency. Soup should be somewhat chunky

**3 Season.** If serving 4, stir in lemon zest, lemon juice & cilantro. If serving 1 or 2, add juice, zest, & cilantro to bowls according to taste.

**Serve.** Serve warm, topped with Oaktown Spice Lemon Sea Salt flakes.

## Ingredients

3 tablespoons Olive Oil  
1 large Onion, chopped  
2 cloves Garlic, minced  
1 tablespoon Tomato Paste  
1 teaspoon ground Cumin  
¼ teaspoon Kosher salt, more to taste  
¼ teaspoon ground Black Pepper  
Generous pinch Chile Powder  
1 quart Chicken or Vegetable broth  
2 cups Water  
1 ½ cups Red Lentils, rinsed  
4 medium to large Carrots, diced  
Zest and juice of 1 small lemon  
3 tablespoons chopped Fresh Cilantro

*Optional:* Oaktown Spice Cyprus Citron  
Lemon Salt to finish

Recipe by Blaze Farrar

*A healthy one-skillet meal that's quick & easy to prepare, yet elegant enough for company!*

# Tuscan Portobello Stew

*Prep : 20 minutes. Cook : 20 minutes. Servings: 4*

## Ingredients

*2 large portobello mushrooms, coarsely chopped  
1 medium onion, chopped  
3 garlic cloves, minced 2 tablespoons olive oil  
1/2 cup white wine or vegetable broth  
1 can (28 ounces) diced tomatoes, undrained  
2 cups chopped fresh kale*

*1 bay leaf  
1 teaspoon dried thyme  
1/2 teaspoon dried basil  
1/2 teaspoon dried rosemary, crushed  
1/4 teaspoon salt  
1/4 teaspoon pepper  
2 cans (15 ounces each) cannellini beans, rinsed and drained*

1. In a large skillet, sauté the mushrooms, onion and garlic in oil until tender. Add the wine or broth. Bring to a boil; cook until liquid is reduced by half.
2. Stir in the tomatoes, kale and seasonings. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes.
3. Add beans; heat through. Discard bay leaf.



# Contributors

*Amy Vrizuella*

*Blaze Farrar*

*Gale Sheean-Remotto*

*Jackie DiOrio*

*Kari Stewart*

*Lily Dimitrova*

*Marisa Strong*

*Meli Amescua*