

Vegetarian

A Soup For All Seasons



By Rich Gray

Table of Contents

Spring

Irish Potato Soup
Rustic Cabbage Soup
Cream of Spinach Soup
Potato and Broccoli Soup
Asparagus Soup
Cabbage Miso Soup
Baby Pea Soup
Herbed Potato Soup
Korean Bean Sprout Soup (Kongnamul Gook)
Caribbean Black Bean Soup
Borscht
Hot and Sour Soup
Curried Lentil Stew

Summer

Zucchini and Kale Vichyssoise
Moroccan-Spiced Cold Tomato Soup
Watermelon Gazpacho
Vichyssoise
Celery Pear Bisque
Zucchini Tomato Soup
Stuffed Pepper Soup
Chilled Cantaloupe Soup
Chilled Blueberry Soup
Chilled Cucumber Soup
Corn and Potato Chowder
Cream of Tomato Soup
Southwest Cheddar Corn Chowder

Autumn

Hungarian Mushroom Soup
Southwestern Pumpkin Soup

Winter Squash Soup

Mashed Potato Soup

Sweet Potato Soup

Portabella Stew

Eggplant and Vegetarian Sausage Stew

Minestrone Soup

Spicy Pumpkin Soup

Greek Lentil Soup (Fakes)

Mulligatawny Soup

Puree of Turnip Soup

Bean With Vegetarian Bacon Soup

Winter

Split Pea Soup

Red Lentil Soup with Sweet Potato, Carrot, & Apple

Roasted Sweet Potato and Apple Soup

Tofu Noodle Soup

Sweet Potato & Black Bean Soup

Silky Cauliflower Soup

Ribollita Soup

Cream of Mushroom Soup

Lentil Soup with Lemon

Tomato-Spinach Tortellini Soup

Tuscan White Bean With Kale Soup

Sweet and Sour Cabbage Soup

Roasted Garlic Soup

Introduction

So, about two years ago I started becoming obsessed with vegetarian soups. I'd been a more-or-less vegetarian for years, a foodie for decades both as a professional cook and as the owner of NorthEast Seasonings. Plus, winters get damn cold up here in northern Vermont. Soup is good.

About a year ago I got sick of pouring through my various stacks of recipes looking for a favorite soup and thought "I really should pull these into some easier to access format. Maybe sorted by season or something."

Voila. So that's the backstory, in a nutshell. Some things you may need or want to know as you're trying out these soups in your own kitchen:

-I mention vegetable stock a lot, and really enjoy and recommend Better Than Bullion's vegetable bullion.

-The puree factor. Many of the soups here are pureed. Stick blenders are great for this, but if you don't own one, a blender or food processor works just as well. But be careful! Hot soup flying through the air is pretty much pleasant for no one. Whirl stuff up in small batches, and if you use a blender, make sure you also use a towel to hold down the lid.

-Salt. I have a pretty low threshold for salt, so I use a lot less than what you may be used to. I've mostly avoided specific measurements for salt in these recipes (opting mostly for the vague "Salt and pepper to taste"), so add it to your own pallet's preference. You may find, like me, that the salt present in the vegetable stock will be enough.

-Crockpots. I don't mention crockpots a whole lot in these recipes, but you can certainly use them. I love mine. I will say that the stovetop methods for making soup (particularly sautéing vegetables to start) add a bit more taste than what you'll get using a crockpot, but I still use mine all the time, particularly for soups. And pasta sauces, but that's another book...

-Tofu. I recommend extra firm for the recipes here that call for tofu (unless otherwise noted).

-Images. The seasonal images that start each section are by painter Pieter Brueghel II (Brussels c. 1564-1637) and are

collectively called, appropriately, "The Four Seasons". The cover image is mine, and I believe the soup was a ribollita, which you can find in the Winter section.

-I think that's it for now. If you have any questions, drop me an email at soups@rwaynegrays.com and I'll try my best to answer them. And now, enjoy the soup!



Spring

[Irish Potato Soup](#)

[Rustic Cabbage Soup](#)

[Cream of Spinach Soup](#)

[Potato & Broccoli Soup](#)

[Asparagus Soup](#)

[Cabbage Miso Soup](#)

[Baby Pea Soup](#)

[Herbed Potato Soup](#)

[Korean Bean Sprout Soup](#)

[Caribbean Black Bean Soup](#)

[Borscht](#)

[Hot & Sour Soup](#)

[Curried Lentil Stew](#)

Irish Potato Soup

This is a pretty straight up potato soup, which really starts to shine when you start throwing toppings at it. Great for St. Patrick's Day!

Ingredients:

4 tablespoons butter

1 onion, sliced thin

3 leeks, sliced thin

3 large baking potatoes, peeled and cut into $\frac{1}{4}$ inch slices

5 cups vegetable stock

Salt and pepper to taste

Toppings: shredded cheddar cheese, fake bacon bits, chopped chives

Directions:

Melt butter in a deep pot and cook onion and leek over low heat for 15 minutes, stirring occasionally. Add the potato and cook for an additional 15 minutes. Add the remainder of the ingredients and simmer for 30 minutes, or until the potato is tender.

Process with a stick blender or in a food processor and return to the pot. Cook until the soup is heated through, and serve with optional toppings.

Rustic Cabbage Soup

This soup is as delicious and satisfying as it is simple.

Ingredients:

1 tablespoon olive oil

Pinch of salt

3 medium potatoes, cubed

4 cloves garlic, minced

½ large yellow onion, sliced thin

5 cups vegetable stock

1 can white beans, drained and rinsed (cannellini works great for this)

½ medium cabbage, cored and sliced into ¼ inch ribbons

Salt and pepper to taste

Olive oil and Parmesan cheese for garnish

Directions:

Heat the oil in a deep pot, add the salt and potatoes, and cook, covered, over medium high heat until the potatoes start to brown a bit, about five minutes. Stir a couple of times during this period to make sure the potatoes don't get too dark.

Stir in the garlic and onion and cook for two minutes. Add the stock and beans and bring to a simmer. Stir in the cabbage and cook for 10 minutes or so, until the cabbage softens and the potatoes are done. Adjust the seasonings and serve in bowls with a drizzle of olive oil and a fair grating of Parmesan.

Cream of Spinach Soup

This thick creamy soup is easy to make and uses few ingredients. If you decide to go with fresh spinach, destem the leaves and chop up a couple of large handfuls of the fresh in place of the frozen spinach.

Ingredients:

1 ½ cup vegetable stock

1 package frozen chopped spinach (10 oz., or similar amount fresh)

¼ onion, minced

3 tablespoons butter

¼ cup flour

3 cups milk

Salt and pepper to taste

Directions:

In a medium saucepan, add the stock, spinach, and onion. Bring to a boil and cook until the spinach is tender.

In a separate pan, melt the butter over medium heat and stir in the flour. Cook this roux for about two minutes, stirring frequently, until it starts to brown slightly and takes on a bit of a nutty smell. Whisk in the milk, season with salt and pepper, and cook for a few minutes, stirring constantly, until thickened. Stir in the spinach mixture, heat, and serve.

Potato and Broccoli Soup

This is a healthy and hearty pairing of two vegetables that are usually solo stars of their own soups. You can add a more creamy element to this by adding a little half & half at the end.

Ingredients:

2 tablespoons butter

1 onion, chopped

2 cloves garlic, minced

2 medium to large bunches of broccoli, stems peeled and diced, tops cut into small florets

4-5 potatoes, peeled and cut into cubes

3 cups vegetable stock

3 cups water

Salt and pepper to taste

½ cup grated Parmesan (1/4 cup to be used as garnish)

Directions:

Melt the butter in a large pot and cook the onion for about five minutes, or until it turns translucent. Add the garlic, broccoli stems, potatoes, broth, water, and seasonings, and bring to a boil. Reduce the heat to a simmer and cook until the vegetables are tender, about 10 minutes.

Puree the soup with a stick blender or in batches in a blender/food processor and then return it to the pot. Add the broccoli florets and cook, at a simmer, until they are tender. This should take about five minutes. Stir in half the Parmesan cheese and serve in bowls with the rest of the Parmesan as garnish.

Asparagus Soup

This is about as "Spring soup" as it gets! Consider replacing the onion with equal parts minced shallots and leeks to really give this a flavor boost.

Ingredients:

1 ½ pounds fresh asparagus

4 cups vegetable stock

2 tablespoons butter

½ onion, chopped

1 clove garlic, minced

Salt and pepper to taste

¼ cup heavy cream

1/8 cup Parmesan for garnish

Directions:

Rinse the asparagus and cut off the very top tips of each spear (about an inch). Cut off the bottom woody stems of the spears and reserve. Cut the rest of the spears into 1-inch lengths.

Bring the stock to a boil in a deep pot and add the woody stems. Reduce to a simmer and cook for 30 minutes. Remove the woody stems.

Add the tips of the asparagus to the broth and blanch for two minutes, then remove them with a strainer and place them in an ice bath. Drain and reserve for use as a garnish.

In a separate pan, melt the butter and cook the onion until translucent. Add the garlic and cook for an additional minute. Then add the chopped asparagus and salt/pepper and cook for a couple of minutes. Add the stock and cook until the asparagus is tender, about 20 minutes.

Puree the soup with a stick blender or in a blender in batches. Return to the pot and adjust the seasonings, then bring back up to medium heat. Add the heavy cream and reserved asparagus tips and warm through, about three minutes.

Serve in bowls with Parmesan cheese sprinkled on top.

Cabbage Miso Soup

Punch up the taste and nutritional value with this cabbage miso soup. Miso is a fermented soybean paste - my rural local supermarket stocks it (it comes in something that looks like a toothpaste tube), so yours probably does as well. Basically, the darker the miso is, the stronger the flavor.

Ingredients:

6 cups vegetable stock
4 cups cabbage, chopped
2 celery ribs, sliced
1 onion, thinly sliced
1 carrot, thinly sliced
8 cloves garlic, 4 minced and 4 sliced
1/3 cup miso
Sesame oil (optional)

Directions:

Add the stock, vegetables, and sliced garlic to a deep soup pot and bring to a boil. Reduce the heat to a simmer, cover, and cook for about 20 minutes, or until the vegetables are tender.

Turn off the heat and stir in the chopped garlic. Dissolve the miso in a bit of the soup stock and pour back into the pot, stirring well. Serve in bowls with a few drops of sesame oil as garnish (optional, but recommended).

Baby Pea Soup

If your sole exposure to pea soup as come in the form of split peas (which we've also included in the Winter section), prepare to be wow'd, both by the simplicity and the taste of this soup. While the recipe calls for frozen peas, fresh would obviously be preferable if you have them.

Ingredients:

2 pounds frozen green peas

4 tablespoons butter

3 ½ cups vegetable stock

1 onion, chopped

Salt and pepper to taste

½ cup sour cream for garnish

Directions:

Add the first four ingredients to a medium sauce pan (add a little extra stock if the peas aren't completely covered) and simmer for 10 minutes, or until the onions are soft. Puree the soup with a stick blender or in batches in a blender or food processor. Return to the pan and adjust the seasonings. Serve in bowls with dollops of sour cream for garnish.

Herbed Potato Soup

A very simple herbed potato soup that will put you in the St. Patrick's Day mood. If you want more flavor, replace the water with vegetable stock (you can also wait until the end and stir in some vegetable bullion).

Ingredients:

2 potatoes, peeled and diced

2 cups water

1 onion, chopped

1 stalk celery, chopped

1 clove garlic, minced

¼ cup butter (1/2 stick)

¼ cup flour

½ teaspoon thyme

¼ teaspoon rosemary, crushed

Salt and pepper to taste

1 ½ cups milk

Parmesan to garnish

Directions:

Cook potatoes in water over medium heat until tender. In a large sauce pan, sauté the onion, celery, and garlic in the butter until the onions are translucent. Stir in the flour, herbs, and seasonings, and cook for a couple of minutes, stirring occasionally. Slowly stir in the milk and bring to a boil. Cover and cook for two minutes, then add the potatoes and cooking liquid. Heat through and serve with a healthy sprinkling of Parmesan.

Korean Bean Sprout Soup (Kongnamul Gook)

This light, Asian soup is good as is, or add the optional red pepper flakes five minutes before turning off the heat to kick it up a notch. Rumor has it that this is supposed to be good for hangovers.

Ingredients:

1 tablespoon sesame oil
2 cloves garlic, minced
2 tablespoons soy sauce
3 cups soybean or mung sprouts
6 cups vegetable stock
Salt and pepper to taste
1 tablespoon Korean red pepper flakes (optional)
Scallions/chives for garnish

Directions:

In a deep pot, heat the sesame oil and sauté the garlic and soy sauce over medium heat for a couple of minutes. Add the bean sprouts and stock and bring to a boil. Reduce the heat to a simmer and cook for 30 minutes. If you want it spicy, add the Korean red pepper flakes five minutes before turning off the heat.

Adjust the seasonings and serve in bowls with scallions or chives for garnish.

Caribbean Black Bean Soup

This spicy version gives an island flair to your standard Black Bean soup. Omit the jalapeno peppers to ease up a bit on the heat.

Ingredients:

2 cans (15 oz.) black beans, drained
1 tablespoons olive oil
1 red onion, chopped
2 jalapenos, seeded and minced
1 tablespoon fresh ginger, minced
2 cloves garlic, minced
 $\frac{1}{4}$ teaspoon ground allspice
 $\frac{1}{4}$ teaspoon dried thyme
4 cups water or vegetable stock
1 sweet potato, peeled and cubed
 $\frac{1}{2}$ tablespoon dark brown sugar
1 teaspoon salt
 $\frac{1}{2}$ bunch green onions, sliced thin
 $\frac{1}{2}$ cup cilantro leaves, chopped
1 lime, wedged (optional, for garnish)

Directions:

Heat oil in a deep pot and cook onion until soft and translucent, about 10 minutes. Add the jalapenos, ginger,

garlic, and spices. Cook, stirring frequently, for another three minutes.

Add the beans and water and bring to a boil. Reduce heat, cover, and simmer until the sweet potatoes are tender, about a half hour.

Blend one cup of the bean mixture and return to the pot. Stir in the green onions and cilantro and serve with lime wedges.

Borscht

This is fantastic with beets, but if you're not a huge fan of them, you can easily substitute potatoes or squash.

Ingredients:

2 tablespoons olive oil
1 pound beets, peeled and cut into matchsticks
2 onions, cut in half and sliced thin
1 carrots, peeled and cut into matchsticks
2 cloves garlic, minced
 $\frac{3}{4}$ pound white cabbage, thinly sliced
5 cups vegetable stock
2 teaspoons dill
1 bay leaf
1 teaspoon caraway seeds (optional)
Salt and pepper to taste
Sour cream or yogurt for garnish
Chopped chives for garnish

Directions:

Heat the oil in a deep sauce pan and add the beets, onions, and carrot. Sauté until the vegetables are soft, about five minutes. In the last minute, add the minced garlic.

Add the cabbage, vegetable stock, dill, bay leaf, and caraway seeds to the vegetables and bring to a boil. Reduce the heat and simmer for 20-25 minutes, or until the vegetables are tender.

Adjust the seasonings and serve in bowls with optional dollops of sour cream or yogurt and a sprinkling of chives.

Hot and Sour Soup

Textured vegetable protein takes the place of chicken breast in this classic Asian soup. Note: you can use regular tofu, but silken tofu is really the way to go with this soup.

Ingredients:

2 carrots, cut into strips

½ onion, cut into strips

1 tablespoon oil

4 cups vegetable stock

2 tablespoons soy sauce

6 ounces bamboo shoots, cut into strips

6 ounces mushrooms, sliced

½ cup reconstituted TVP (1/4 cup TVP + 1/4 cup water, let set for 10 minutes)

½ cup cornstarch

½ cup water

2 eggs, beaten

4 ounces white vinegar

6 ounces silken tofu, cut into strips

Directions:

Sauté the carrots and onion in the oil in a deep pan for several minutes. Add the stock, soy sauce, bamboo shoots, mushrooms, and TVP. Let cook until the vegetables are tender.

In a separate bowl, combine the cornstarch and water. Add this a little at a time to the soup until it reaches the desired thickness.

Add the eggs and cook, stirring, until they are done, about one to two minutes.

Turn off the heat, add the vinegar and tofu, and stir to combine.

Curried Lentil Stew

While lentils show up several times in this collection, this curry-based lentil stew is a great option for fans of the spice blend. You can make it even heartier by adding some sliced vegetarian sausage to it (add it when you first add the vegetables).

Ingredients:

2 tablespoons olive Oil
4 carrots, peeled and chopped
3 celery ribs, chopped
1 onion, chopped
1 potato, chopped
2 tablespoons curry powder
7 cups of vegetable stock
1 pound lentils, picked over and rinsed
1 15-ounce can diced or crushed tomatoes
8 ounces fresh or frozen spinach, chopped
Salt and pepper to taste

Directions:

Heat oil in a deep pot and add the carrots, celery, onion, and potato. Sauté until the vegetables just start to get tender, around 10 minutes, then add the garlic and curry powder. Continue to sauté, stirring for two to three minutes.

Add the stock and lentils to the pot, partially cover, and bring to a boil. Once the stew is boiling, reduce the heat to a simmer and cook for about thirty minutes, stirring occasionally.

When the lentils are tender, stir in the tomatoes and spinach. Cook for several more minutes, add salt and pepper to taste, and serve.



Summer

[Zucchini & Kale Vichyssoise](#)

[Moroccan-Spiced Cold Tomato Soup](#)

[Watermelon Gazpacho](#)

[Vichyssoise](#)

[Celery Pear Bisque](#)

[Zucchini Tomato Soup](#)

[Stuffed Pepper Soup](#)

[Chilled Cantaloupe Soup](#)

[Chilled Blueberry Soup](#)

[Chilled Cucumber Soup](#)

[Corn & Potato Chowder](#)

[Cream of Tomato Soup](#)

[Southwest Cheddar Corn Chowder](#)

Zucchini and Kale Vichyssoise

It's hard to pass up on this when the garden is handing you zucchini left and right. And hey, it's served cold - perfect for when the temperature soars and you don't want to cook (just prepare it earlier in the day). This is a great, nutritious, and tasty take on traditional vichyssoise.

Ingredients:

Handful of kale, chopped
1 potato, peeled and cubed
1 small zucchini, cubed
½ small onion, diced
2 cups vegetable stock
1 tablespoon butter
1 tablespoon olive oil
½ cup half and half

Directions:

Sauté the first four ingredients for five minutes in the butter/oil combo. Add two cups of stock, cover, and simmer for 20 minutes, or until the potatoes are tender. Process in a blender or food processor, then chill completely in the refrigerator for a couple of hours. Whisk in the half and half just before serving. Garnish with chopped chives or green onion.

Moroccan-Spiced Cold Tomato Soup

Kick your cold tomato soup up a notch with this Moroccan-spiced version.

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 teaspoon paprika
 $\frac{1}{4}$ teaspoon ginger
 $\frac{1}{4}$ teaspoon cumin
 $\frac{1}{4}$ teaspoon cinnamon
1 16-ounce can of diced tomatoes
1 $\frac{3}{4}$ cups vegetable stock
2 teaspoons honey
2 tablespoons fresh parsley, chopped
2 tablespoons fresh cilantro, chopped
 $\frac{1}{2}$ teaspoon lemon juice
Salt and pepper to taste

Directions:

Add the olive oil to a deep pot. Cook the onion and spices, stirring occasionally, until the onion is softened and translucent. Add the tomatoes (with juice), broth, honey, and 1 tablespoon each of the parsley and cilantro to the pot and bring to a boil.

Let the soup cool, then stir in the lemon juice, the rest of the parsley and cilantro, and the seasonings. Serve cold.

Watermelon Gazpacho

If you rave about gazpacho, give this version a try. A little lighter and sweeter than traditional gazpacho, it's the perfect summer soup. And a great solution for "What am I going to do with all this watermelon???".

Ingredients:

1 large tomato
½ serrano or jalapeno pepper
2 cups cubed watermelon
1 teaspoon red wine vinegar
¼ cup olive oil
2 tablespoons red onion, minced
½ red pepper, diced
1 small cucumber, seeded and minced
2 tablespoons fresh dill, minced (plus more for garnish)
1 tablespoon fresh mint, minced
Salt and pepper to taste
¼ cup feta cheese, crumbled

Directions:

Puree the tomato, serrano, and ½ the watermelon in a blender. Add the vinegar and olive oil and pulse to combine. Add the rest of the ingredients - except for the feta cheese - and puree until smooth. To serve, pour into chilled bowls and sprinkle with dill, feta, and the remaining watermelon.

Note: an alternative, and chunkier, way to make this is to combine all the ingredients in a bowl, mix, then scoop out half and puree in a blender. Add the puree back to the bowl and mix well.

Vichyssoise

The king of chilled soups. You can make a lighter version of this by using half & half or even regular milk in place of the heavy cream.

Ingredients:

4 tablespoons butter

2 ½ pounds leeks, cleaned and sliced (white and pale green parts only)

2 ½ pounds baking potatoes, cubed

6 cups vegetable stock

1 ¾ cups heavy cream

¼ teaspoon pepper

Chives (for garnish)

Directions:

Melt the butter in a deep pot and add the leeks. Cook for about 10 minutes, stirring occasionally. Add the potatoes and stock, cover, and simmer until the potatoes are soft, about 40 minutes.

Process the soup in a food processor or with a stick blender and pour into a large bowl or other container. Add the heavy cream and black pepper and refrigerate for at least two hours. Adjust the seasonings and garnish with chives to serve.

Celery Pear Bisque

It's a fruit soup, it's a vegetable soup! This is a great pairing (pun intended) of ingredients that can easily be served hot or cold, depending on the season and your mood (or soup need).

Ingredients:

4 ½ tablespoons butter
6 cups celery, chopped
3 cups Bartlett pears, unpeeled, cored, and diced
1 ½ cup leek tops, chopped
2 large bay leaves
1 ½ teaspoons thyme
1 ½ tablespoons flour
3 cups vegetable stock
Salt and pepper to taste

Directions:

Melt the butter in a deep pot and sauté the celery, 2 ½ cups of the pears, the leeks, bay leaves, and thyme. Cook for several minutes until the celery softens, stirring occasionally. Add the flour and stir to combine.

Add the vegetable stock and bring to a boil. Cover, reduce the heat to low, and cook about 20 minutes, or until the celery is tender.

Remove the bay leaves and puree with a stick blender, blender, or food processor. Return to the pot, adjust the seasonings, and

heat through. You can add additional stock at this point if the soup looks too thick.

Serve in bowls with the remaining diced pears as garnish.

Zucchini Tomato Soup

This is a great end-of-summer soup for when the garden is offering up seemingly non-stop tomatoes and zucchini. Add a little half & half at the end if you're looking for more of a Cream of Zucchini Tomato taste.

Ingredients:

1 pound zucchini, sliced
2 teaspoons salt
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
4 cups vegetable stock
1 large tomato, chopped
2 teaspoons lemon juice
½ teaspoon white sugar
½ teaspoon oregano
½ teaspoon basil
½ teaspoon parsley
¼ teaspoon ground nutmeg
¼ teaspoon Worcestershire sauce
¼ teaspoon hot pepper sauce (optional)
Salt and pepper to taste

Directions:

Place the zucchini slices in a large colander and sprinkle with the salt. Let stand 30 minutes to drain , then pat dry.

Heat the oil, onion, zucchini, and garlic in a deep pot. Cook for about 10 minutes, or until the onion is translucent. Add the vegetable stock and tomato, bring to a boil, then reduce the heat and simmer for 20 minutes.

Puree the soup with a stick blender or in batches in a blender/food processor, then return to the pot. Add the remainder of the ingredients and simmer for five more minutes.

Stuffed Pepper Soup

If you're a fan of stuffed peppers, you're going to love this!

Ingredients:

1 tablespoon olive oil
1 onion, diced
2 ribs of celery, diced
1 carrot, diced
3 garlic cloves, minced
1 cup reconstituted TVP (1/2 cup TVP, 1/2 cup water, let set for 10 minutes)
1 large green bell pepper, diced
1 large red bell pepper, diced
2 cans (15 oz.) diced tomatoes
1 can (15 oz.) tomato sauce
4 cups vegetable stock
1 cup brown rice, uncooked
2 ½ cups water
Salt and pepper to taste

Directions:

Combine the oil, onion, celery, and carrots in a large skillet. Sauté until the vegetables are softened, then add the garlic and TVP. Sauté for two minutes more. Add the rest of the ingredients to the skillet and cook on low until the peppers are done.

Chilled Cantaloupe Soup

Serve this on a hot summer day with a cheese and bread board and you'll get raves.

Ingredients:

1 medium cantaloupe, cut into chunks

½ cup plain Greek yogurt

1 tablespoon fresh ginger, grated

Juice of one lemon

A pinch of sea salt

Dash of cinnamon (or nutmeg, if you prefer)

Fresh basil or mint leaves, chopped

Directions:

Add all ingredients to a blender or food processor and puree. Refrigerate for at least a couple of hours. Possible garnishes for this include: yogurt, melon balls, crushed walnuts, additional chopped basil or mint, a drizzle of honey.

Chilled Blueberry Soup

Easy to make, no cooking involved, and delicious. Replace the yogurt and sour cream with low or reduced fat versions to make it even more healthy.

Ingredients:

2 pints fresh blueberry
2 cups yogurt
1 cup sour cream
2 tablespoons sugar
 $\frac{1}{2}$ teaspoon vanilla extract
 $\frac{1}{4}$ teaspoon cinnamon

Directions:

Combine all ingredients in a blender and whir it up well. Chill for a couple of hours and serve in wine glasses with additional fresh blueberries and extra sour cream as garnish.

Chilled Cucumber Soup

A great use for cucumbers when your garden runneth over. Go with low fat/nonfat versions of the buttermilk and yogurt if you wish.

Ingredients:

5 cucumbers, peeled, seeded and quartered

½ cup onion, chopped

1 clove garlic, minced

3 cups buttermilk

1 cup plain yogurt

1/3 cup fresh dill, chopped

2 tablespoons fresh lemon juice

Salt and pepper to taste

Pinch of cayenne pepper (optional)

Directions:

Combine the onion, garlic, dill, and ½ cup buttermilk in a blender and puree well. Pour this into a large container. Add the remaining ingredients into the blender and coarsely puree. Depending on the size of your blender, you may have to do this in batches. Add to the onion/dill mixture, mix thoroughly, and adjust the seasonings.

Refrigerate for at least two hours before serving. You can garnish this soup with extra dill sprigs, dollops of sour cream, or croutons.

Corn and Potato Chowder

Great as is, or you can add a half cup to a cup of shredded cheddar cheese at the end to really please the cheese fans.

Ingredients:

2 tablespoons butter
2 potatoes, peeled and diced
1 carrot, peeled and diced
1 stalk celery, chopped
½ onion, chopped
2 tablespoons flour
2 cups frozen corn
2 cups vegetable stock
1 cup half & half
Salt & pepper to taste

Directions:

Sauté the potatoes, carrot, celery, and onion in butter in a deep sauce pan. When the onion is translucent (about 5-10 minutes), sprinkle in the flour and cook, stirring, for another couple of minutes.

Add the corn and vegetable stock to the pot. Add a little more stock if the vegetables aren't completely covered. Bring to a boil, then reduce to a simmer and cook for 20 minutes, or until the potatoes are soft. Stir in the half & half, adjust the seasonings, and bring back up to a simmer.

Cream of Tomato Soup

If your only exposure to tomato soup has been opening a can of the condensed kind, prepare yourself for a life-changing experience. A bit of hyperbole, but this is one darn good soup. We're using canned tomatoes here, but if you can, substitute fresh tomatoes (about 6 cups diced fresh).

Ingredients:

1 tablespoon butter

1 tablespoon olive oil

1 onion, diced

1 clove garlic, minced

Splash of sherry

2 tablespoons flour

Pinch of red pepper flakes (optional)

1 tablespoon basil

1 teaspoon sugar

1 can (48 oz.) whole peeled tomatoes

1 ½ cup vegetable stock

½ cup half & half

Salt and pepper to taste

Parmesan, olive oil, or chopped basil to garnish

Directions:

In a deep sauce pan, sauté the onion in butter and oil until they turn translucent, about 5-10 minutes. Add the minced garlic

during the last minute sautéing. Add the sherry and cook for a minute, then stir in the flour. Cook for two minutes, stirring occasionally.

Add the red pepper flakes (if using), basil, sugar, tomatoes, and stock. Bring to a boil, then reduce the heat to a simmer and cook for about 30 minutes. Puree with a stick blender or food processor, then return to the pan. Stir in the half & half, adjust the seasonings, and reheat. Serve in bowls garnished with a drizzle of olive oil, Parmesan cheese, and/or basil.

Southwest Cheddar Corn Chowder

This is a slightly spicy take on a classic. Feel free to punch it up a little with some hot sauce or chipotle.

Ingredients:

1 tablespoon olive oil
1 tablespoon butter
1 onion, chopped
2 stalks celery, chopped
1 clove garlic, minced
1 teaspoon ground cumin
 $\frac{1}{2}$ teaspoon oregano
3 tablespoons flour
2 cups vegetable stock
2 medium potatoes, peeled and diced
1 tomato, diced
 $\frac{1}{4}$ cup green chilies, chopped
 $\frac{3}{4}$ cup heavy cream
1 cup frozen or canned corn
 $\frac{1}{4}$ pound cheddar, grated
Pepper and cilantro

Directions:

Sauté the onion and celery in the oil and butter, stirring occasionally until the onion is softened. Add the garlic and spices and cook, stirring, for one minute. Add the flour and

cook, stirring, for another minute. Whisk in the stock and bring to a boil.

Add the potato, tomato and green chilies and reduce the heat to a simmer. Cook until the potatoes are tender, then stir in the cream and corn and cook until the chowder returns to a simmer. Turn off the heat, add the cheddar, and stir until the cheese melts. Season with pepper and cilantro and serve.



Autumn

[Hungarian Mushroom Soup](#)

[Southwestern Pumpkin Soup](#)

[Winter Squash Soup](#)

[Mashed Potato Soup](#)

[Sweet Potato Soup](#)

[Portabella Stew](#)

[Eggplant & Vegetarian Sausage Stew](#)

[Minestrone](#)

[Spicy Pumpkin Soup](#)

[Greek Lentil Soup \(Fakes\)](#)

[Mulligatawny Soup](#)

[Puree of Turnip Soup](#)

[Bean with Vegetarian Bacon Soup](#)

Hungarian Mushroom Soup

If your only exposure to mushroom soup has been a cream of mushroom version (which we also include in this collection), this paprika and dill-based Hungarian Mushroom Soup will be a treat.

Ingredients:

2 tablespoons butter
1 onion, chopped
1 pound mushrooms, washed and sliced
 $\frac{1}{4}$ cup flour
1 tablespoon paprika
4 cups vegetable stock
2 teaspoons dried dill
1 tablespoon soy sauce
Salt and pepper to taste
 $\frac{1}{2}$ cup sour cream
1 tablespoon lemon juice
Chopped dill, to garnish (optional)

Directions:

In a deep sauce pan, sauté the onion and mushrooms on medium heat until the mushrooms have released their water, about 15 minutes. Mix in the flour and paprika and cook for three minutes, stirring frequently.

Add the stock, dill, and soy sauce and bring to a boil. Reduce the heat and simmer for 15 minutes.

Season with salt/pepper, then stir in the sour cream and lemon juice. Serve in bowls with optional dill sprinkled atop as a garnish.

Southwestern Pumpkin Soup

Spices and cheese add a hint of Tex-Mex to this pumpkin soup recipe.

Ingredients:

3 cups vegetable stock
1 cup heavy cream
1 can (15 oz.) pumpkin puree
3 tablespoons dark brown sugar
1 teaspoon ground cumin
½ teaspoon chili powder
½ teaspoon ground coriander
1/8 teaspoon ground nutmeg
Salt and pepper to taste
¾ cup sharp cheddar cheese, grated
Chopped cilantro for garnish

Directions:

Bring the vegetable stock and heavy cream to a boil in a deep pot. Whisk in the canned pumpkin, brown sugar, and the herbs. Reduce the heat to a simmer and cook until the soup thickens, about 15 minutes. Season with salt and pepper and serve up in bowls garnished with the cheese and cilantro.

Winter Squash Soup

The great thing about this recipe - well, after the taste - is that you can use whatever winter squash you have on hand. We prefer butternut, but acorn or even pumpkin work equally as well.

Ingredients:

2 squashes, around 3 pounds total
Butter, for brushing squashes
1 tablespoon salt, plus 1 teaspoon
1 teaspoon ground white pepper, plus $\frac{1}{2}$ teaspoon
2 tablespoons olive oil
1 onion, diced
2 apples, peeled, cored and diced
3 cups vegetable broth
1 teaspoon freshly minced ginger
 $\frac{1}{2}$ cup half & half
 $\frac{1}{4}$ teaspoon grated nutmeg

Directions:

First, we need to roast off the squash. Preheat the oven to 400 degrees F. Quarter the squash and remove the seeds, then brush with butter and season with one tablespoon of the salt and 1 teaspoon of the pepper. Roast for around 30 minutes, until the squash is tender.

Scoop out the flesh from the squash and add to a simmering pot. Add the broth, honey, and ginger. Heat to simmer over a medium heat for about 10 minutes. Use a stick blender (or regular

blender) to puree the mixture. Stir in the half and half and return to a simmer. Adjust the seasonings, stir in the nutmeg, and serve.

Mashed Potato Soup

"It tastes like Thanksgiving" was the comment the first time I made this. This is a great (and quick) use for leftover mashed potatoes, regardless of the season. Go wild with the garnishes on this one. Some great garnishes include sour cream, shredded cheese, bacon bits, chopped chives or onions... perhaps a dollop of cranberry sauce?

Ingredients:

1 tablespoon butter
1 tablespoon olive oil
½ cup onion, minced
1 stalk celery, chopped fine
1 carrot, grated
1 clove garlic, minced
2 cups vegetable stock
¼ teaspoon crushed rosemary
2 ½ cups mashed potatoes
1 teaspoon white wine vinegar
Salt and pepper to taste
Garnish (see up top)

Directions:

Place a deep saucepan on medium heat. Sauté the onion, celery, carrot, and garlic in the butter and olive oil. When the onion is translucent (about 10 minutes), stir in the stock and rosemary. Bring the soup to a boil and whisk in the potatoes, vinegar, and salt and pepper. Reduce the heat to low and cook

for another five minutes or so, whisking occasionally. Serve in bowls with ample garnish.

Sweet Potato Soup

A quick, easy, and delicious soup to whip up when you have some leftover sweet potatoes (or bake them off specifically for the soup). Omit the salt at the end if you'd like - the spices more than make up for it.

Ingredients:

1 tablespoon butter
1 tablespoon flour
1 ½ cups vegetable stock
1 ½ cups cooked sweet potatoes
½ teaspoon ground ginger
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 cup milk
Pinch of salt and pepper

Directions:

Cook the butter and flour in a pot over medium-low heat until the roux starts to brown. Add the broth and bring to a boil, stirring/whisking occasionally. Reduce to a simmer and then add the sweet potato and spices.

Cook at a simmer for five minutes, then puree in a blender or food processor. Add the milk and just reheat the soup, being careful not to let it boil. Season with salt and pepper, then serve warm.

Portabella Stew

Think all the hearty goodness of beef stew - the carrots, potatoes, spices - only with portabellas. This is one stew that I always do in a slow cooker.

Ingredients:

2 portabella mushroom caps, cleaned of "gills" and cubed

¼ cup all-purpose flour

½ teaspoon ground black pepper

1 clove garlic, minced

1 bay leaf

1 teaspoon paprika

1 teaspoon vegetarian Worcestershire sauce

1 onion, chopped

2 potatoes, diced

2 carrots, diced

2 stalks celery, diced

½ cup shelled peas

½ cup cut green beans

3 cups vegetable stock

¼ cup red wine (optional)

1 teaspoon thyme

2 tablespoons tomato paste

Directions:

Mix together the flour and pepper. Place all vegetables in the crockpot, then coat them with the flour/pepper mixture. Stir in the rest of the ingredients and cook on Low for 10-12 hours (or High for 4-6 hours). Serve with a nice crusty chunk of bread.

Eggplant and Vegetarian Sausage Stew

This is based on a Turkish vegetarian eggplant stew (etsiz patlican guvec) that I punched up a bit. In terms of the vegetarian sausage, whatever you can find in your local grocery store will work well (I found a decent medium-heat chorizo in our small one). If you're looking to save yourself some time, just chuck all the ingredients in a crockpot and cook on low for 6-8 hours or so and it will still come out great. I also couldn't resist topping this with a little Parmesan cheese.

Ingredients:

- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 eggplant, peeled and diced
- 2 cups vegetarian sausage, sliced
- 1 zucchini, diced
- 1 potato, diced
- 2 tablespoons tomato paste
- 3 tablespoons olive oil
- 1 large tomato, finely chopped
- 1/3 cup vegetable stock
- 1 teaspoon basil
- 1 teaspoon oregano
- Salt, pepper, red pepper flakes to taste
- Parsley

Directions:

Sauté the onion, garlic, eggplant and sausage in olive oil over medium heat for 10-15 minutes.

Add the rest of the ingredients (except parsley) and cook on low for 40-45 minutes.

Add parsley, stir, and serve with rice.

Minestrone Soup

Pasta, beans and vegetables... these are the essence of a good hearty minestrone. Use the following ingredients list loosely if you'd like, and throw in whatever vegetables you have lying around that need to be used up. And yup, this is another that I always assign the crockpot to.

Ingredients:

2 cups vegetable stock
1 can (28 oz.) diced tomatoes
1 can (15 oz.) kidney or cannellini beans, drained
2 carrots, peeled and chopped
1 celery stalk, chopped
½ onion, chopped
1 ½ cups cut green beans
2 cloves garlic, chopped
2 tablespoons olive oil
½ cup red wine
1 teaspoon oregano
1 teaspoon basil
2 bay leaves
Ground Pepper
2 cups cooked pasta (elbows, shells, ditalini, etc.)
1 medium zucchini, chopped
2 cups chopped spinach
½ cup shelled peas

Parmesan cheese for garnish

Directions:

Combine the stock, tomatoes, beans, carrots, celery, onion, beans, garlic, oil, wine, and seasonings in a crockpot. Cook on low for 6-8 hours, or high for 3-4 hours. Thirty minutes before the soup is done, add the rest of the ingredients (except for the Parmesan). Cook for another 30 minutes and remove the bay leaf. Season to taste, ladle into bowls, and serve with a healthy sprinkle of Parmesan on top.

Spicy Pumpkin Soup

This is a wonderful, rich fall treat! For those not so heavily into the heat, you can omit the red pepper flakes.

Ingredients:

4 tablespoons butter
2 medium onions, chopped
1 large clove garlic, chopped
 $\frac{1}{4}$ teaspoon red pepper flakes
2 teaspoons curry powder
 $\frac{1}{2}$ teaspoon coriander
3 cans (15 oz.) pumpkin, or 6 cups of roasted pumpkin
5 cups vegetable stock
2 cups milk
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup heavy cream
Salt and pepper to taste

Directions:

Melt the butter in a deep pot and sauté the onion and garlic until softened. Add the spices and cook, stirring, for another minute. Add the pumpkin and vegetable stock and bring to a boil. Reduce the heat and simmer, stirring occasionally, for 15 minutes.

Using a stick blender or food processor, puree the soup in batches until it is smooth. Return it to the pan and add the

remaining ingredients. Cook for a few minutes on low, stirring frequently. Add salt and pepper to taste and serve.

Note: toasted pumpkin seeds make a great garnish here.

Greek Lentil Soup (Fakes)

A staple in Greek cooking, Fakes (pronounced FAH-kess) takes on an interesting dimension if you try it with the traditional, and optional, vinegar/olive oil garnish drizzled on the finished product.

Ingredients:

1 cup brown lentils, rinsed and picked over
¼ cup olive oil
1 tablespoon garlic, minced
1 onion, chopped fine
1 carrot, chopped fine
4 cups water or vegetable stock
½ teaspoon oregano
½ teaspoon crushed rosemary
2 bay leaves
1 tablespoon tomato paste
Salt and pepper to taste
Olive oil and lots of vinegar for garnish (optional)

Directions:

Cover the lentils in a pot with one inch of water and bring to a boil. Cook on medium-high heat for 10 minutes, then drain the lentils and set aside.

Heat the olive oil in the pot and add the garlic, onion, and carrot. Sauté, stirring occasionally, about five minutes, or until the onion has softened and started to turn translucent.

Add the lentils, water, and herbs to the pot and bring it to a boil. Reduce the heat and simmer for 10 minutes.

Add the tomato paste and season with salt and pepper, then continue to simmer for an additional 30-40 minutes, stirring occasionally, until the lentils are done. If the soup becomes too thick, add a little water to thin it.

Serve in bowls garnished with drizzles of olive oil and vinegar.

Mulligatawny Soup

This is a great Indian-themed soup, very reminiscent of a korma.

Ingredients:

½ cup onion, chopped
2 stalks celery, chopped
1 carrot, diced
4 tablespoons butter
1 ½ tablespoons flour
1 ½ teaspoons curry powder
4 cups vegetable stock
½ apple, cored, peeled, and chopped
¼ cup white rice
1 cup tofu, cubed
Salt and pepper to taste
1/4 teaspoon thyme
Heavy cream or half & half, to garnish

Directions:

In a large pot, sauté the onion, celery, and carrot in the butter until the onion is translucent. Add the flour and curry powder and cook for five minutes more, stirring occasionally. Add the stock, stir well, and bring to a boil. Reduce to a simmer and cook for 30 minutes.

Add the apple, rice, tofu, salt, pepper, and thyme and simmer for an additional 15-20 minutes, or until the rice is done. To

serve, pour into bowls and stir in a little heavy cream or half & half.

Puree of Turnip Soup

Great on its own, you can add a little half & half at the end of the cooking process to make this more creamy if you'd like.

Ingredients:

2 tablespoons olive oil
1 onion, chopped
1 clove garlic, minced
4 medium turnips, peeled and cubed
½ cup dry white wine
1 medium potato, peeled and cubed
4 cups vegetable stock
Salt and pepper to taste

Directions:

Add the oil, onion, garlic, and turnips to a deep saucepan and cook until the onion starts to turn translucent, about five minutes. Add the wine and cook for another two minutes, until it reduces by half. Add the potato and stock and bring to a boil. Reduce the heat to a simmer and cook for 15 minutes, or until the turnips and potato are soft enough to pierce with a knife.

Puree the soup with a stick blender or blender and return to the pot. Bring the soup back to a simmer and adjust the seasonings. Add a little more stock if the soup appears too thick.

Bean With Vegetarian Bacon Soup

The addition of clove powder to this is just amazing. Go with your own favorite beans - I usually use pinto - and the "bacon" can either be bacon-flavored TVP or the soy-based bacon bits that you can buy in a shaker bottle to put on salads.

Ingredients:

2 tablespoons olive oil
1 onion, chopped
2 stalks celery, chopped
1 carrot, chopped
4 cups vegetable stock
¼ cup "bacon" TVP or bacon bits
1 bay leaf
1/8 teaspoon ground cloves
2 cans (15 oz.) your favorite beans, drained and rinsed
1 can (16 oz.) diced tomatoes
Salt and pepper to taste

Directions:

Sauté the oil, onion, celery, and carrot in a deep sauce pan. When the onion is translucent (about 10 minutes), add the stock, bacon bits, bay leaf, ground cloves, and beans and bring the soup to a boil. Reduce the heat to a simmer and cook until the vegetables are tender, about 30 minutes. Stir in the tomatoes, return to a simmer, and heat through. Adjust the seasonings and serve.



Winter

[Split Pea Soup](#)

[Red Lentil Soup with Sweet Potato, Carrot, & Apple](#)

[Roasted Sweet Potato & Apple Soup](#)

[Tofu Noodle Soup](#)

[Sweet Potato & Black Bean Soup](#)

[Silky Cauliflower Soup](#)

[Ribollita Soup](#)

[Cream of Mushroom Soup](#)

[Lentil Soup with Lemon](#)

[Tomato-Spinach Tortellini Soup](#)

[Tuscan White Bean with Kale Soup](#)

[Sweet & Sour Cabbage Soup](#)

[Roasted Garlic Soup](#)

Split Pea Soup

This is a really tasty vegetarian take on a classic. If the meat-eaters in your house balk at it, chop up some ham to add into their bowls. File under "even better the next day".

Ingredients:

1 (1 lb.) bag split peas
1 small onion, diced
1 carrot, diced
1 stalk celery, diced
6 cups water
2 cubes vegetarian bullion, or equivalent
1 clove garlic, minced
1 bay leaf
Salt and pepper to taste

Directions:

Wash the peas well, picking out any obvious bad ones. Combine all ingredients in a crockpot or slow-cooking pot. Cook on low for 8-10 hours. This goes great with a nice crusty bread and a snowstorm.

Red Lentil Soup with Sweet Potato, Carrot, & Apple

This has "simmering in the kitchen while we watch the snow fall" written all over it. A very flavorful, comfort food-level soup!

Ingredients:

¼ cup butter

2 large sweet potatoes, peeled and diced

3 carrots, peeled and diced

1 apple, peeled, cored, and diced

1 onion, diced

½ cup red lentils

½ teaspoon fresh ginger, minced

½ teaspoon black pepper

½ teaspoon ground cumin

½ teaspoon chili powder

½ teaspoon paprika

4 cups vegetable stock

Plain yogurt (optional, to garnish)

Directions:

Melt the butter in a deep pot and cook the sweet potatoes, carrots, apple, and onion about 10 minutes, until the onions are translucent. Stir in the rest of the ingredients (except for the yogurt) and bring the soup to a boil. Reduce the heat, cover, and simmer for about 30 minutes, or until the vegetables are soft.

Use a stick blender (or blend in batches in a regular blender or food processor), and pour the pureed soup back onto the pot. Bring back to a simmer, thinning with a little water if it appears too thick. Serve with a dollop of yogurt (optional).

Roasted Sweet Potato and Apple Soup

The apple adds a little sweetness to this non-dairy pureed soup.

Ingredients:

2 sweet potatoes, peeled and cubed

1 apple, peeled, cored, and cubed

1 onion, diced

3 cloves garlic, peeled

2 tablespoons olive oil

3 cups vegetable stock

Salt and pepper to taste

Sour cream for garnish (optional)

Directions:

Preheat oven to 450 degrees. Place the sweet potatoes, apple, onion and garlic in a roasting dish. Drizzle with the olive oil and roast, uncovered, about 40 minutes. Stir several times while roasting.

Add the vegetables to a blender or food processor, cover with the stock, and process until pureed. Alternately, you can add veggies and stock to a pot and process with a stick blender. When everything is pureed, place the soup in a pot, adjust the seasonings and heat through. You can add a little more stock if the soup seems too thick. Serve in bowls with optional sour cream for garnish.

Tofu Noodle Soup

This is a great vegetarian version of everyone's favorite heals-all soup, chicken noodle.

Ingredients:

1 tablespoon butter
1 carrot, sliced
½ onion, chopped
1 stalk celery, chopped
½ teaspoon garlic, minced
6 cups vegetarian stock
1 cup egg noodles
½ block tofu, drained and cubed
2 tablespoons raisins
¼ teaspoon basil
¼ teaspoon oregano
¼ teaspoon thyme
¼ teaspoon rosemary
¼ teaspoon marjoram
¼ teaspoon black pepper
2 tablespoons cornstarch
1 ½ tablespoons cold water

Directions:

Melt the butter in a deep sauce pan and sauté the carrots, onion, celery, and garlic over medium heat until tender (about 10 minutes). Pour in the stock and bring to a boil.

Add the noodles, tofu, raisins, herbs, and pepper. Dissolve the cornstarch in the cold water and stir into the soup. Return the soup to a boil, then reduce the heat to low, cover, and simmer for 30 minutes.

Sweet Potato & Black Bean Soup

Where the Sweet Potato Soup recipe included earlier tends towards the spicy, this version with black beans has much more of a Southwest flair.

Ingredients:

1 tablespoon olive oil
1 clove garlic, minced
4 green onions, chopped
2 carrots, peeled and diced
4 sweet potatoes, peeled and cut into cubes
5 cups vegetable stock
1 small can green chilies (diced)
1 tablespoon cumin
2 cans (15 oz.) black beans (drained)
Salt and pepper to taste
Cilantro (chopped)
Sour cream or yogurt

Directions:

Sauté the onions and garlic in oil for a couple of minutes. Add the carrots, sweet potatoes, and stock. Simmer until the vegetables are soft. Add the green chilies and cumin and cook for an additional five minutes.

Use a stick blender or food processor to puree the soup and return it back to the pot. Add the beans and bring the heat back

up to a simmer. Adjust the seasonings and serve with cilantro and dollops of sour cream or yogurt.

Silky Cauliflower Soup

The first surprise here is that there is no cream added to it. The second? You don't need it, because it's really, really good just the way it is.

Ingredients:

2 tablespoons olive oil
1 small onion, chopped
2 cloves garlic, minced
1 head cauliflower, coarsely chopped
4 cups vegetable stock
½ cup grated Parmesan cheese
Salt and pepper to taste

Directions:

Sauté the onion and garlic (in the olive oil) in a soup pot over medium heat until both are softened, about five minutes. Add the cauliflower and stock and bring to a boil. Reduce the heat to a simmer and cook, covered, until the cauliflower is very soft, about 15 minutes. Puree all with a hand blender or in small batches in a food processor and return to the pot.

Add the Parmesan and stir until smooth, then season to taste.

Ribollita Soup

If you've never added bread to soup before, you don't know what you're missing. This is a lot like a minestrone, and a great use for day old/stale bread.

Ingredients:

¼ cup olive oil
1 onion, chopped
1 carrot, chopped
2 ribs of celery, chopped
1 clove of garlic, minced
1 teaspoon salt
1 teaspoon black pepper
1 tablespoon tomato paste
1 can (15 oz.) diced tomatoes
1 pound frozen spinach (or kale), thawed and drained
1 can (15 oz.) cannellini beans, drained
1 teaspoon each basil, rosemary, thyme
3 cups vegetable stock
1 bay leaf
Croutons
Grated Parmesan cheese

Directions:

Heat oil in a large pot over medium heat. Sauté the onion, carrot, celery, garlic, salt, and pepper until the onion is

golden brown. Add tomato paste and diced tomatoes and stir until the tomato paste is dissolved. Add the spinach, beans, herbs, stock and bay leaf. Bring the soup to a boil, reduce heat, and simmer for 30 minutes.

To serve, add a handful of croutons to each bowl, then ladle soup in bowl and top with Parmesan cheese.

Notes: You can also use stale bread that has been toasted in the soup, but croutons are just easier in terms of eating. To make your own, dice up bread, toss with olive oil and herbs/garlic, then toast in a 250 degree oven, stirring a couple of times, until golden brown.

Cream of Mushroom Soup

Mushroom fans rejoice! Use your favorite mushroom here, or a combination of mushrooms. Baby bellas work really well.

Ingredients:

Half a pound of fresh mushrooms

2 tablespoons onion, chopped

2 cloves garlic, minced

2 tablespoons butter

2-3 tablespoons flour

2 cups vegetable stock

1 cup half-and-half

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ teaspoon nutmeg

Directions:

Slice the mushrooms and sauté in a large frying pan with the onion, garlic and butter. When the onion is soft, add 2 tablespoons of the flour and stir for around a minute. Add the vegetable stock and heat, stirring frequently, until the soup thickens. Add the last tablespoon of flour to the half-and-half along with the seasonings. Add this to the soup and heat to thicken, stirring frequently.

Lentil Soup with Lemon

The addition of lemon and spices give this lentil soup a bright, Southwest taste.

Ingredients:

3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon ground cumin
¼ teaspoon chili powder
Salt and pepper, to taste
4 cups vegetable stock
1 cup red lentils, rinsed and picked over
1 carrot, diced
2 tablespoons lemon juice
3 tablespoons cilantro, chopped
Additional olive oil and chili powder for garnish

Directions:

Heat the oil in a deep pot and sauté the onion and garlic about five minutes, or until the onion has softened and starts to brown. Stir in the tomato paste, cumin, chili powder, and salt and pepper. Cook for two minutes, stirring, until the spices are fragrant.

Add the stock, lentils, and carrot to the pot. Bring to a boil, then reduce to a simmer and cook for about 30 minutes, or until the lentils are soft. Transfer in batches to a blender (or use a stick blender) to "almost puree" the soup - leave it a little chunky. Stir in the lemon juice and cilantro, and serve in bowls garnished with a drizzle of olive oil and a sprinkle of chili powder.

Tomato-Spinach Tortellini Soup

If you've only had tortellini served with a sauce, you're in for a treat here. While this recipe calls for canned tomatoes and frozen spinach, you can certainly go with fresh if you have it for an even tastier soup experience. Note: if you have leftover red wine, throw in a splash along with the stock to really give the soup a more complex flavor.

Ingredients:

Olive oil

1 carrot, diced

1 stalk celery, diced

½ onion, diced

1 clove garlic, minced

4 cups vegetable stock

2 cans (15 oz.) diced tomatoes

1 teaspoon oregano

1 teaspoon basil

1 pound dried tortellini

10 ounces frozen spinach

Grated Parmesan cheese for garnish

Directions:

In a deep pot, sauté the carrot, celery, and onion in the olive oil. Just before the onion reaches the translucent stage, add the garlic and sauté for another minute or two, stirring often. Add the stock, tomatoes, and herbs and bring to a boil.

Reduce to a simmer and add the tortellini and spinach. Cook to the manufacturer's instructions. When done, serve up with a healthy garnish of Parmesan cheese.

Tuscan White Bean With Kale Soup

Kale works particularly well with this soup, but you can use any greens - chard, spinach, escarole - you have on hand. This soup is great late in the summer when you start running out of things to do with your continuous bounty of kale.

Ingredients:

1 tablespoon olive oil
2 cups onion, chopped
5 cloves garlic, minced
2 cups vegetable stock
1 cup water
1 teaspoon rosemary
2 cans (15 oz.) large white beans (cannellini, Great Northern, etc.), drained and rinsed
½ teaspoon thyme
8 cups kale, chopped
1 carrot, chopped
½ teaspoon crushed red pepper
Salt and pepper to taste
1 teaspoon white wine vinegar
Parmesan cheese for garnish

Directions:

In a large pot, add the oil and onion. Sauté, stirring frequently, until the onion starts to turn translucent, about five minutes. Add the garlic and sauté for a minute more. Add

the vegetable stock, water, rosemary, beans, and thyme and bring to a boil. Reduce the heat and simmer for 10 minutes.

Stir in the kale and carrot, cover, and simmer for an additional 15 minutes, or until the carrot is done. Stir in the red pepper, seasonings, and vinegar. Serve in bowls with Parmesan cheese sprinkled atop.

Sweet and Sour Cabbage Soup

This is a great spin on a traditional cabbage soup!

Ingredients:

2 tablespoons olive oil
1 onion, chopped
2 carrots, chopped
3 ribs of celery, chopped
1 turnip, peeled and diced
1 ½ teaspoon caraway seeds
½ head cabbage, shredded
7 cups vegetable stock
1 can (15 oz.) diced tomatoes, including juice
1 ½ tablespoons brown sugar
1 ½ teaspoons salt
½ teaspoon ground black pepper
¼ cup cider vinegar
½ cup raisins
¼ cup chopped fresh dill (optional)
Sour cream (optional)

Directions:

Add the olive oil, onion, carrots, celery and turnip to a large saucepan and cook, stirring occasionally, until the vegetables soften (about five minutes).

Add the caraway seeds, cabbage, and vegetable broth. Bring the heat up to a simmer. Add the tomatoes, brown sugar, salt, pepper, vinegar, and raisins. Cook until the cabbage is wilted, about 45 minutes.

Add the dill to the soup (if using) and serve with a dollop of sour cream (again, if using).

Roasted Garlic Soup

Don't be daunted by the amount of garlic in this recipe. It gets considerably mellower when you roast it.

Ingredients:

26 garlic cloves, unpeeled

2 tablespoons olive oil

2 tablespoons butter

2 ¼ cups onions, sliced

1 ½ teaspoons thyme

18 cloves garlic, peeled

3 ½ cups vegetable stock

½ cup heavy cream

Salt and pepper to taste

½ cup Parmesan cheese

Lemon wedges

Directions:

Place the first 26 garlic cloves in a baking dish and drizzle the olive oil over them. Toss to coat. Cover and bake in a 350 degree oven for 45 minutes, or until the cloves are tender. Let them cool, then squeeze the cloves out of their peels and set aside.

In a large sauce pan, melt the butter and cook the onions and thyme until the onions are translucent, about 10 minutes. Add the roasted garlic and the 18 raw garlic cloves and cook for five minutes. Add the vegetable stock and simmer until the garlic is tender, around 20 minutes.

Puree the soup with a stick blender or food processor and return to the pan. Add the heavy cream and bring the heat back up to a simmer. Adjust the seasonings. To serve, place some of the grated cheese in a bowl and ladle the soup over it, then squeeze a lemon wedge over all.