Soup's On!
Tuesday, January 18th at noon

White Bean and Sage Soup
Serves 6

4 slices bread, cut into large dice
2 $^1/_2$ yellow onions, diced
6 stalks celery, chopped
1 teaspoon poultry seasoning
2 tablespoons fresh sage, finely chopped
6 cups vegetable broth
4 russet potatoes peeled & diced
4 (15-oz) cans cannellini beans, drained & rinsed
sea salt
freshly ground black pepper

1. Preheat the oven to 375°F.

2. Line a baking sheet with parchment paper. To a mixing bowl, add the bread cubes and 2 tablespoons onions and 2 tablespoons celery. Sprinkle with poultry seasoning; toss to coat. If seasoning does not stick, sprinkle 1-2 tablespoons of water at a time over the bread and then toss to coat. Transfer to baking sheet and bake until bread is crisp, 8 to 10 minutes.

3. Meanwhile, sauté remaining onions, remaining celery, and sage (if using) in a saucepan over medium heat, stirring occasionally, until onions start to turn translucent, 3 to 4 minutes. Add vegetable broth 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking to pan. Add remaining broth, potatoes, and half of the cannellini beans. Bring to a boil. Reduce heat to medium-low and simmer, uncovered, until potatoes are tender, 10 minutes.

Puree soup using an immersion blender (or puree in batches in a food processor or blender). Return to saucepan. Add remaining beans and heat through. Season with salt and pepper. Taste and adjust seasoning.

4. Serve soup topped with Dressing Croutons and additional fresh sage, if desired.

Hearty Miso Soup

- 6 C water
- 1/4 cup miso paste (yellow is mild, red is a little more robust)
- 2 sheets of nori, torn to very small pieces
- 6-8 leaves Swiss chard, cut into thin ribbons
- 4 green onions, sliced thin
- 1 C shredded carrots
- 12 oz extra firm tofu, drained, extra water squeezed out and cut into 1/4" cubes
- 3/4 cup dried shiitake mushrooms
- 2-3 ounces of brown rice noodles, cooked per package instructions and set aside

In a large sauce pan, bring the water to a boil and then down to a simmer. Scoop out about 1 1/2 cups of hot water to a bowl and add in the miso and the nori. Whisk until the miso is well incorporated and there are no clumps. Add this back to the large hot pot of water and gently stir.

Add in the rest of the ingredients and allow to simmer for 20 minutes. Serve and enjoy!

Chunky and Creamy Tomato Soup

- 1 large yellow onion, diced
- 1 1/2 cups celery, diced
- 2 teaspoons smoky paprika
- 1 teaspoon thyme
- 1 teaspoon dried basil
- 1/2 teaspoon ground pepper
- 1/2 teaspoon sea salt
- 3 cups vegetable broth
- 2 20 ounce cans whole San Marzano tomatoes
- 1 - 15 ounce can cannellini beans, drained and rinsed
- 1 cup sun-dried tomatoes (not packed in oil), diced
- 1/2 cup cashews
- 1 cup water
- pumpkin seeds

Directions

To a pre-heated soup pot, add in the onion and celery. Bring the heat down to medium-high and continually stir. If there is some sticking, add a little water to de-glaze. When the onion begins to caramelize, add in the spices. Continue to stir.

Add in the broth, next the tomatoes. Add in the tomatoes one by one and squeeze them in your hand as you drop them into the pot. Add one-half cup of the beans and the sun-dried tomatoes. Stir and allow to simmer for about 20 minutes.

To a blender add, the remaining cup of beans, the cashews and water. Begin by drizzling the water in as you want a really thick cream-like consistency. Pour this into the tomato soup and either transfer one-half of the soup in batches to a blender or use an immersion blender to make a nice creamy soup that still has some chunkiness.

Garnish with raw hulled pumpkin seeds.

Salt to taste.

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