

February 26, 2021 – Meatless Soups

Vegetarian Tortilla Soup - Nancy Meehan

YIELD Serves 4

INGREDIENTS

- Nonstick vegetable oil spray
- 3/4 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 3/4 teaspoon chili powder
- 4 cups canned vegetable broth
- 4 tablespoons chopped fresh cilantro
- 1 can diced tomatoes
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1 1/2 tablespoons minced seeded jalapeño chili

PREPARATION

Spray large nonstick saucepan with vegetable oil spray. Add onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin and chili powder. Add broth and 2 tablespoons cilantro; bring to boil. Reduce heat; cover and simmer until flavors blend, about 15 minutes. (Can be made 1 day ahead. Cover; chill. Bring to simmer before continuing.)

Add tortillas, tomatoes, beans, corn, and jalapeño to soup. Cover; simmer for about 5 minutes. Season with salt and pepper.

Ladle soup into bowls. Sprinkle with remaining 2 tablespoons cilantro. Serve with lime wedges and tortilla chips

Per Serving: calories, 157; total fat, 3g; saturated fat, 0.5g; cholesterol, 0mg.

MINISTRONE WITH GNOCCHI – Marie Blanco

(Marie notes that this recipe is courtesy of Food Network Kitchen)

Level: Easy

Total: 40 min

Prep: 10 min

Cook: 30 min

Yield: 4 servings

Ingredients:

3 tablespoons extra-virgin olive oil, plus more for drizzling
2 stalks celery, chopped
2 carrots, chopped
1 onion, chopped
Kosher salt and freshly ground pepper
2 cloves garlic, minced
1/4 teaspoon red pepper flakes
1 15-ounce can dice tomatoes
1 small sprig rosemary
1/3 cup grated parmesan cheese, plus 1 small parmesan rind (optional)
1 small head escarole, chopped*
1 16-ounce package gnocchi

*a substitute for escarole is spinach.

Directions:

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the celery, carrots, onion, 1/2 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the vegetables soften, about 5 minutes. Add the garlic and red pepper flakes; cook 1 minute.
2. Add 6 cups water, the tomatoes, rosemary, parmesan rind and 1/2 teaspoon salt to the pot. Bring to a simmer, then reduce the heat to medium and cook until vegetables are very tender, about 15 minutes. Stir in the escarole and cook until wilted, about 3 minutes; season with salt and pepper. Stir in the gnocchi and cook, gently stirring occasionally, until tender, about 3 minutes. Discard the rosemary sprig and parmesan rind. Ladle the soup into bowls; top with the grated parmesan and drizzle with olive oil.

Vegetarian Chili/Stew for the gang - Mary Fran Pierce



This recipe can be varied in many ways. Any leftover cooked vegetables can be heated in microwave and added at the end before serving, e.g. broccili, green beans, zucchini etc

4 Chopped cooked onions

10 small peppers chopped & cooked

Add: 4 cans stewed tomatoes, cut up

2 cans red kidney beans

2 cans garbanzo beans, drained & rinsed

1 can black beans, drained & rinsed

1 can chili beans, not drained or rinsed

1 can black eyed peas, drained and rinsed

1 small can mushroom pieces, drained & rinsed

1 package taco or chili seasoning

Heat all of the above. Season with additional season - all by taste and or chili powder. Let simmer or keep hot in crock pot.

NOTE: Tomato juice or V8 can be added to thin mixture. (Good use of small amount leftover in frig.)

Regular sized green, yellow and or red peppers can be used.

Any beans can be substituted.

To make it thicker, after it is hot, stir in a can of vegetarian refried beans.

Serve over salad greens, baked potato, or alone.

Serve with grated cheddar cheese.

Colcannon Soup – Della Bauserman

Ingredients:

2 pounds of potatoes
½ teaspoon of salt
½ teaspoon of pepper
3 cups of vegetable broth
1 cup of water
1 tablespoon of olive oil
1 onion
4 cups of diced cabbage
½ teaspoon of thyme
1 cup of heavy cream

Directions:

1. Peel and dice potatoes and add to pot with salt, pepper, vegetable broth, and water.
2. Bring to a boil and cook until the potatoes are done, about 8 minutes. Then remove potato mixture from heat.
3. While waiting for potatoes to boil, dice the onion.
4. Heat a dry skillet on high for 1 minute.
5. Add olive oil and diced onion to skillet and sauté onion for 2-3 minutes.
6. Add diced cabbage and thyme to the onions and cook for 10 minutes, stirring occasionally.
7. Stir cabbage, onions, thyme into the potato mixture.
8. Stir cream into the potato mixture and heat on low for 10 minutes.