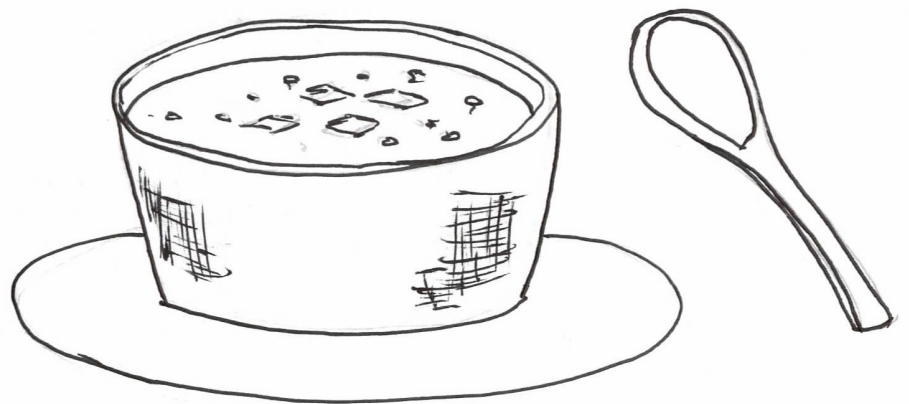


COMMUNITY SOUP

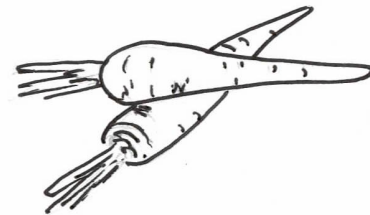
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Vegan african peanut stew

contributed by Sylvie yntema

↳ via rachel ama

“Spices! I love the flavor and heat of this recipe, like a comforting hug, and the black-eyed peas remind me of my birthplace - St. Croix.”

Step 1:

in a food processor, combine to a course paste

- 2 onions, chopped
- 5 cloves of garlic
- pinch of salt
- thumb sized piece ginger peeled and chopped
- 1/2 - 1 fresh red Scotch bonnet chili - deseeded and roughly chopped (optional)
- 1 tsp paprika
- 2 tsp ground coriander
- 1 tsp turmeric
- 2 tsp ground cumin
- 1 tsp ground fenugreek

Heat 1 TBS of Peanut Oil in a heavy-bottom pot add PASTE and sauté for 10 mins, stirring occasionally. Add more oil as needed.

step 2

add to the pot:

- 3 1/2 cups chopped sweet potatoes
- 14oz can of black-eyed peas
- 1/2 Red Scotch bonnet chili
- 3 TBS tomato puree

mix to combine. stir in:

- 14oz can of chopped tomatoes
- 2 1/2 cups of vegetable stock
- 1/2 cup of peanut butter

Season w/
Salt +
pepper

Cover and bring to a boil. Reduce heat and simmer for 25 mins, stirring occasionally

step 3

Remove from heat, and stir in

5-10oz of spinach

leaving it to wilt in the pan for 5 mins

to finish:

add 1 TBS lemon juice

roughly chopped cilantro

2 green onions, finely chopped

1 red chili, chopped (optional)

Lentil Swiss Chard Soup



from the kitchen of
Anne Rhodes

*Make this soup a day ahead if possible. It's more savory after it sits a bit.

1. In a giant pot:
3 cups lentils
~9 cups water
1 tsp salt

Cook until thick.

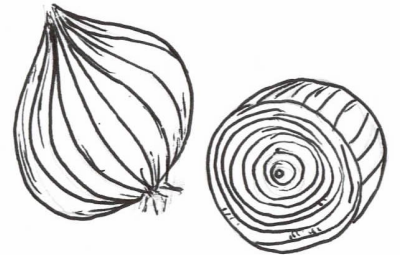
2. Put in
2 large bunches
of swiss chard
-broken or
shredded

5. Let simmer for a long time. Yum.

"This is a favorite of mine because it is so tasty and because it reminds me of a wonderful time when I was living on a farm in Northern California with two wonderful women and we had goats and I made cheese and had my own little cabin where I could hear the rain right over my head in the sleeping loft. Wonderful memories wonderful soup."

3. In a skillet, saute:

3/4 cup olive oil
1 Big onion
5 crushed garlic cloves
2 tsp salt
2 tsp coriander



add to soup.

4. Squeeze the juice of
3-4 sm. lemons
and add 3 Tbs flour

stir it up and add to soup.

Enjoy.

BLACK BEAN SOUP

always an improvisation on a theme.

from the Kitchen of
NORM JOHNSON

"This is my "go-to" soup recipe. I could live on it (and sometimes do for a week or more). This is a truly hearty soup and always seems to taste better the second or third day"

This is done all day over low heat or in my crockpot when it is snowing and I am stuck in the house all day.

- 4 small cans of black beans
- 1 can of refried beans
- 2 medium onions, browned in olive oil
- 4-5 diced carrots
- 3-4 diced celery stalks
- 2 diced peppers
- 1 quart of tomato sauce
- 1 cup red wine
- water to create the consistency you desire
- Salt and pepper to taste
- 1 TBS mesquite powder
- 1 TBS turmeric

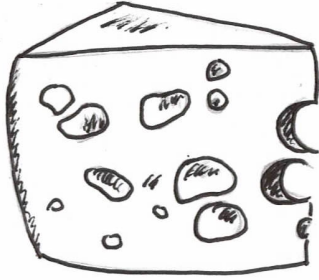
In the last hour add 1 cup brown rice + 2 fistfulls chopped Kale

CHICKEN VEGETABLE SOUP A LA Michael Margolin

"This recipe is very flexible. You can put more or less of anything depending on your likes. I love this soup because it feels like a big hug, on a hard day, or it helps hydrate and heal all ailments"

1. Saute 'til soft:
 - 2 onions
 - 1/2 head garlic
 - small chunk ginger
 - 1/2 a jalapeño
2. Add and saute to soften
 - 2 carrots
 - 2-4 celery stalks
3. Add chicken (any cut) and saute a while.
4. In a separate pot, boil water. Add water to chicken and vegetables. Cook 20 mins.
5. Add 2 TBS Better Than Bullion (Mushroom)
 - ↳ plus salt, pepper, + garlic powder
6. At the end, 1/2 bunch of kale to the pot until bright green and soft.

ENJOY!



☺
My family has always been into cheesy sauces, whether its for spaghetti, vegetables soups, you name it. This recipe is really simple because it came from me moving out for the first time. I didn't have a lot of patience for recipes, but I knew that adding a cheesy sauce would make it good and would make me feel at home. ☺



Cheesy Vegetable Soup

from the kitchen of
Carley Robinson

Directions: In a small saucepan, heat:

1 cup Milk

slowly (no curdling). add

2 cups shredded
cheese

and mix until melted. Meanwhile, sauté

until soft
about 10 mins

...and/or any
veggies you like

{ cubed potato
chopped celery
diced onion
chopped pepper

Combine veggies, cheese mixture and

1 cup stock

in a pot on medium-heat. Stir until well mixed and warm.

Enjoy.

AFRICAN- inspired PEANUT STEW

shared by Sarah Chalmers
→ via Taylor Stinson

“This soup is simple, packed with super-foods, and full of flavor. Great for any season, but nice for cold weather.”

ingredients:

- 1 TBS olive oil
 - 4 cloves garlic, minced
 - 2 sm. onions, diced
 - 2 med. sweet potatoes, cubed
 - 1 TBS curry powder
 - 1 tsp cumin
 - 1 tsp chili powder
 - 1 tsp salt
 - 2 cups vegetable broth
 - 1/3 cup peanut butter
 - 1 can crushed tomatoes
 - 1 can chickpeas
 - 1 red pepper, chopped.
 - 2 cups spinach, chopped.
 - 1/2 cup chopped cilantro
 - 1/4 cup chopped peanuts
- ↳ serve with basmati rice

SLOW COOKER:

1. Add all ingredients to slow cooker except: spinach, cilantro, peanuts, & rice.
2. Cook on high for 4 hours OR low for 8
3. When ready to serve, stir in spinach. Top each bowl with cilantro + peanuts and serve with basmati rice.



STOVETOP:

1. Heat olive oil in large pot over medium heat, then saute onions, garlic, + spices for 2-3 mins, until softened.
2. Add remaining ingredients, except: spinach, cilantro, peanuts, & rice
3. Bring to a boil, cover, reduce heat to low and let simmer for 45 mins
4. Stir in spinach at the end. Serve with cilantro, peanuts, and basmati rice.