

FALL SOUPS

Shepherd's Barley Soup

¼ onion, chopped (optional)
4 carrots, grated
2 parsnips, diced
1 tablespoon oil
2 quarts water
1 cup barley
1/3 teaspoon ginger, grated
1 teaspoon sea salt or 1 tablespoon natto
miso
parsley

- Saute onion, carrots, and parsnips in oil (optional).
- Add water, barley, and ginger. Simmer 1 ½ hours.
- Add salt or miso and simmer 15 minutes more.
- Garnish with parsley.
- Serves 8.

Lima Bean – Turnip Soup

5 inches wakame, broken into pieces, then soaked
1 cup lima beans, soaked
¼ onion, diced (optional)
2 carrots, cut into chunks
4 small turnips, quartered
1 cup cabbage, shredded
5-6 cups water
1 tablesspon miso

- Place wakame, beans, and water in a pot. Bring to boil.
- Reduce heat and simmer 45-60 minutes.
- Add onion, carrots, turnips, and cabbage.
- Simmer about 20 minutes, until beans and vegetables are tender.
- Add miso and simmer 5-7 minutes.
- Serves 6.

Cauliflower Soup

1 cauliflower
¼ onion, minced (optional)
6 cups broth
Sea salt to taste
½ cup oat flakes or flour
2 tablespoons tahini

- While soup is cooking, bring the other 2 cups of broth to a boil. Drop in the flowerets and simmer 5 minutes. Remove with a slotted spoon and set aside.
- Add broth and tahini to soup.
- Remove soup from heat and puree all ingredients in blender.
- Garnish with flowerets.
- Serves 6.
- Separate flowerets from cauliflower. Cut off as much stem as possible and chop into small pieces. Set flowerets aside.
- Bring 4 cups of broth to boil.
- Add stems, onion, oats, and salt. Cover. Reduce heat and simmer 10 minutes until tender.