

WINTER SOUPS

Winter Root Soup

½ cup whole oat groats, cooked
5-6 cups water
1 leek, sliced into rounds
1 cup rutabaga, sliced
1 carrot, cut into wedges
½-1 teaspoon sea salt

- Blend oats until creamy in water.
- Saute leeks, rutabaga, and carrots for 8 minutes
- Add oat mixture and salt. Simmer 15 minutes until vegetables are tender
- Serves 6

Cream of Carrot Soup

1 tablespoon sesame oil
6 tablespoons flour
5-6 cups hot broth
2 medium carrots, cut into wedges
Sea salt to taste
Parsley

- Cook flour in oil 3-5 minutes.
- Remove pan from heat and slowly add broth, stirring constantly.
- Add carrots and salt. Simmer until tender. Stir occasionally to prevent scorching.
- Garnish with parsley.
- Serves 6.

Gypsy Soup

1 leek, diced (optional)
2 carrots, sliced
1 cup cabbage, chopped
2 cups winter squash or pumpkin, diced
2 quarts hot water
½ teaspoon sea salt
1 teaspoon oil

- Saute leeks, carrots, cabbage, and squash for 10 minutes.
- Add water and salt.
- Reduce heat. Simmer 35 minutes.
- Serves 8.

Winter Sunshine Soup

1 cup yellow split peas, soaked
2 quarts water
1 5-inch piece of kombu, soaked
½ onion, cut into crescent moons (optional)
2 carrots, cut into flowers
1 cup winter squash, diced
½ cup parsley, chopped
¼ teaspoon salt
Miso to taste

- Place kombu and peas in a pot with water.
- Bring to scald. Reduce heat and simmer 30 minutes.
- Add onion, carrots, squash and salt. Simmer until peas and vegetables are tender.
- Add miso diluted in stock and simmer 5 minutes more.
- Serves 8.