

JOYFUL SOUPS

MOCK CHICKEN SOUP

In wintertime, there's nothing I love better than homemade soup served up with a sprinkle of parmesan cheese and a hot spelt tea biscuit fresh from the oven. Yum!

2 tsp. olive oil
2 tsp. butter or ghee
1 large white onion, sliced (optional)
1 large leek trimmed, rinsed, sliced (optional)
1 large stalk celery, sliced (1 cup)
2 medium carrots, sliced (1 cup)
6-8 branches fresh parsley, chopped
½ tsp onion powder
½ tsp garlic powder
¼ tsp ground celery seed
½ tsp turmeric
1-2 tsp nutritional yeast
5 cups water
1 tsp fresh lemon juice
salt and pepper

In large soup pot, heat 1 tsp ghee and 1 tsp olive oil over medium heat. Add onion and cook until soft, about 5 minutes. Add remaining butter and ghee and remaining vegetables. Saute 5 minutes. Add remaining ingredients and simmer 40-45 minutes. Add more water if level falls or if more is needed to cover the vegetables. If desired, add a beaten egg (or two) at the end of the cooking time, stirring the soup as the egg is added.



QUICK & EASY SWEET POTATO SOUP

2-3 sweet potatoes, peeled and cubed
tarragon, fresh, 1 tsp chopped
sea salt, to taste

Steam sweet potatoes until soft. Place cooked sweet potato in a blender and cover with water. (Option: In place of water, milk, soy milk, rice milk or almond milk may be used.) Add tarragon & salt to taste. Puree. Heat till warm. Top with toasted pumpkin or squash seed.