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Shakshuka

Source: Tori Avery

Modified By: Heather Hayden

Ingredients

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 bell pepper, seeded and chopped
- 1 bunch kale (optional)
- 1 can black beans (optional)
- 1 28 oz. can diced (or crushed) tomatoes
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Pinch of cayenne pepper, or more to taste (careful, it's spicy!)
- Pinch of sugar (optional, to taste)
- Salt and pepper, to taste
- 4-6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

Instructions

1. Heat a deep, large skillet or sauté pan on medium. [Heather's note: Saren always did a double or triple batch in the big, flat pan. I think a dutch oven would work well for a smaller batch.] Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes until the onion begins to soften. Add garlic and continue to sauté till mixture is fragrant.
2. Add the diced bell pepper, sauté for 5-7 minutes over medium until softened.
3. Add tomatoes and kale (if using) and beans (if using) ~~and tomato paste~~ to pan, stir until blended. Add spices and sugar, stir, and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
4. At this point, you can taste the mixture and spice it according to your preferences. Add salt and pepper to taste, more sugar for a sweeter sauce, or more cayenne pepper for a spicier shakshuka (be careful with the cayenne... it is extremely spicy!).
5. Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. I usually place 5 eggs around the outer edge and 1 in the center. The eggs will cook "over easy" style on top of the tomato sauce.
6. Cover the pan. Allow mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Keep an eye on the skillet to make sure that the sauce doesn't reduce too much, which can lead to burning.
7. Some people prefer their shakshuka eggs more runny. If this is your preference, let the sauce reduce for a few minutes before cracking the eggs on top-- then, cover the pan and

cook the eggs to taste. Garnish with the chopped parsley, if desired.

8. Shakshuka can be eaten for breakfast, lunch, or dinner. For breakfast, serve with warm crusty bread or pita that can be dipped into the sauce (if you are gluten-intolerant or celebrating Passover, skip the bread). For dinner, serve with a green side salad for a light, easy meal.

Yellow Dal

Source: The Spruce

Modified By: Heather Hayden & Michael D'Attilo

Ingredients

- 1 tablespoon sesame oil or, alternatively, olive oil
- 1 cup finely chopped white onion
- 2 cloves garlic, finely chopped
- 1 tablespoon finely chopped fresh ginger
- 2 cups water or vegetable broth
- 1 cup dried red lentils, rinsed and picked over
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt, or to taste
- 2 tablespoon tomato paste (optional)

Instructions

1. In a 3-quart stockpot or other medium-sized soup pot, heat the sesame oil over medium heat. Once the oil is hot, add the onion, garlic and ginger. Cook, stirring often, until the onions are translucent, about 6 minutes.
2. Stirring constantly, add the water or broth, lentils, spices and salt. Bring to a low boil, then turn down the heat to low, cover and let the soup simmer for about 20 minutes, or until lentils are very tender.
3. Stir in the tomato paste until well combined. Cook several minutes more, or until the soup is desired temperature and consistency, adding more water to the dal if needed. Serve hot with Dairy-free Cheesy Flatbread and garnish with a dollop of dairy-free soy yogurt if desired.

Cost Breakdown

Red Lentil Dal -- ~\$3.29 (1 meal for 2 people if served with rice)

- 1 white onion (~\$2.00) -- ~\$2.00
- 2 cloves garlic (5 bulbs for \$2.49) -- ~\$.10
- 1 tablespoon (about .26 oz) fresh ginger (\$2.99/lb) -- ~\$.05
- 2 cups No Chicken vegan broth (28 cups for \$5.49) -- ~\$.39
- 1 cup (~1/2 lb) dried red lentils (1lb for \$1.50) -- \$.75

- 1 teaspoon ground cumin – negligible
- 1 teaspoon ground coriander – negligible
- 1 teaspoon ground turmeric – negligible
- 1/4 teaspoon ground cardamom – negligible
- 1/4 teaspoon ground cinnamon – negligible
- 1/4 teaspoon cayenne pepper – negligible
- 1 teaspoon salt, or to taste – negligible
- 1 tablespoon olive oil – negligible

Triple recipe (for when feeding lots of people or hungry guys) (~\$9.87)

- 3 tablespoons sesame oil or, alternatively, olive oil
- 3 cups finely chopped white onion
- 6 cloves garlic, finely chopped
- 3 tablespoons finely chopped fresh ginger
- 4 cups water or vegetable broth (add more if needed)
- 3 cups dried red lentils, rinsed and picked over
- 3 teaspoons ground cumin
- 3 teaspoons ground coriander
- 3 teaspoons ground turmeric
- 3/4 teaspoons ground cardamom
- 3/4 teaspoons ground cinnamon
- 3/4 teaspoons cayenne pepper
- 3 teaspoons salt, or to taste
- 6 tablespoon tomato paste (optional)

Fast Soups

Miso Soup (Ellen)

Source: Ellen (Sumire) Iida

Recipe for Miso Soup

1. Dashi (The Stock)

- Get a big pot of water, and put in a piece of Kombu (Kelp, *Laminaria* spp.) Bring to a boil. Remove kelp.
- If you have Katsuobushi (dried bonito shavings) put it in now. Bring to boil again, then remove with a sieve.
- If you can't find katsuobushi or are making vegetarian miso soup, you can use dried shiitake mushrooms - put it in with the Kombu.
- Gu (The Vegetables)
Choose from few listed, or whatever you have on hand!
- root vegetables: you can put them in as soon as dashi is done, or with dashi if you are just using Kombu & shiitake. (it is harder to sieve out katsuobushi with gu in)

ex. daikon or other radish, gobō (burdock root), carrots(?)

- Other vegetables: put in as soon as roots start to cook, or right after dashi

ex. onions, snap peas, leeks, cabbage, eggplants (←really tasty) etc.

- Quick cook vegetables: put in right before miso, or even after.

ex. mushrooms, tofu, wakame (*Undaria pinnatifida*), leaf veg. such as spinach, chives.

3. O-miso

- Put a chunk of miso in a ladle, and using the soup water, dissolve the miso in the ladle, using chopsticks. Try not to drop the miso directly in the soup if you do not want miso chunks floating in your soup.
- Do not overcook after adding miso. simmer if needed but to dot boil
- Enjoy! Don't forget to say "*Itadakimas!*" to the vegetables and minerals and the people who made the food 😊

Egg Drop Soup (Hot & Sour)

Source: *College Cookbook*

Modified By: *Michael D'Attilo*

Vegetable oil (*for frying, sesame preferred*)

2 tbsp minced ginger

1 tbsp chili garlic sauce

1 1/2 tsp red chili paste

2 tsp fish sauce

(*optional: 1 tsp minced garlic*)

4 cups chicken broth, soft vegetable broth or dashi

1/3 bunch scallions, chopped

6-8 Mushrooms, sliced or diced (*Use the best you can get; shiitake > bella > white*)

2 tsp toasted sesame oil

2 scallions, neatly sliced

4 eggs

(*optional or substitution: Short, thin egg noodles*)

Cook minced ginger, chili garlic sauce, chili paste, fish sauce, and sesame oil in oil for about 1 minute, stirring constantly.

Add vegetable broth, scallions, mushrooms, and sesame oil and bring to a boil. Simmer until mushrooms are cooked through (1-2 minutes if heated with the soup)

Break all eggs into a bowl and lightly whisk together with a fork. With soup at a low simmer, slowly pour eggs into the pot with one hand while mixing them as they enter the broth with the other. Once eggs are added, cook for 30 more seconds and remove from heat.

Egg Drop Soup (Pure)

Source: *Allrecipes*

Modified By: *Michael D'Attilo*

2 cups chicken broth (or soft vegetable broth)

1/2 tsp soy sauce

1/2 tsp toasted sesame oil

2 eggs

1/4 tsp salt

1/4 tsp white or black pepper (scant)

(optional)

2 tsp cornstarch

2 tsp water

(optional)

2 tsp minced chives or scallions

In a small saucepan, combine the chicken broth, soy sauce and sesame oil over medium heat. Whisk eggs together with salt and pepper; set aside.

Bring broth to a boil. Stir together the cornstarch and water to dissolve cornstarch; pour into the boiling broth. Remove from heat.

Stir gently while you pour in the egg into pot. Season with chives, salt and pepper before serving.

Vegetable Soups

Vegetable Soup (Provençal)

Source: Cook's Illustrated & America's Test Kitchen

Modified By: Heather Hayden, Michael D'Attilo

Source: America's Test Kitchen

Modified By: Heather Hayden, Michael D'Attilo

Ingredients

Pistou (*Optional; Heather likes more than Michael*)

$\frac{3}{4}$ Cup packed fresh basil leaves

1 ounce Parmesan cheese, grated ($\frac{1}{2}$ cup)

$\frac{1}{3}$ cup olive oil

1 medium garlic clove, minced or pressed through a garlic press (about 1 teaspoon)

Soup

1 tablespoon olive oil

1 medium leek, white and light green parts only, halved lengthwise, sliced $\frac{1}{2}$ inch thick, and rinsed thoroughly

1 celery rib, cut into $\frac{1}{2}$ -inch pieces

1 carrot, peeled and sliced $\frac{1}{4}$ inch thick

$\frac{1}{2}$ tsp salt

2 medium garlic cloves, minced or pressed through a garlic press (about 2 teaspoons)

3 cups vegetable broth

3 cups water

8 ounces green beans, trimmed and cut into $\frac{1}{2}$ -inch lengths (see note)

1 (15-ounce) can cannellini or navy beans, drained and rinsed

1 small zucchini (about 6 ounces), halved lengthwise, seeded, and cut into $\frac{1}{4}$ -inch pieces

1 large tomato, cored, seeded, and chopped medium

For Serving (*Michael likes more pasta*)

½ cup orecchiette or other small pasta, cooked separately

Parmesan Cheese

Instructions

Note: The pistou can't be made more than a few hours ahead, or its color will dull.

1. FOR THE PISTOU: Process basil, Parmesan, oil, garlic, and pepper together in food processor until pureed and smooth, about 10 seconds; transfer to serving bowl and set aside.
2. FOR THE SOUP: Heat oil in large Dutch oven over medium heat until shimmering. Add leek, celery, carrots, and 1/2 teaspoon salt and cook, stirring occasionally, until softened, 8 to 10 minutes.
3. Stir in garlic and cook until fragrant, about 30 seconds. Stir in broth and water and bring to simmer for about 5 minutes. Stir in green beans and simmer until bright green but still crunchy, about 4-5 minutes. Stir in zucchini, cannellini beans, and tomatoes and simmer until all vegetables are tender, about 3 minutes longer.
4. Season with salt and pepper to taste. Ladle soup into individual serving bowls along with pasta, and garnish each with generous tablespoon of pistou before serving.

Pasta e Fagioli (Family)

Source: *Joseph D'Attilo*

Modified by: *Michael D'Attilo*

Ingredients

Mild-Moderate Olive Oil

~1 tsp minced garlic

~1 tbsp red pepper flakes

(Better if seeds are taken out)

1/2 vidalia onion, diced

2 potatoes, cubed

4 celery stalks, sliced

4 carrots, sliced

2 small plum tomatoes, diced

2 quarts vegetable broth

3 cans Cannellini beans

(For best effect, use dry beans and cook with small pork pig's knuckle)

(If you DO use canned beans, add 1 can of bean liquid to soup)

1 can corn kernels, drained

(For best effect, cook corn kernels separately)

1/2 bunch parsley, minced

Pasta *(Small, discreet shape, such as elbows or broken linguini)*

(If you have a cheese rind saved up, drop it into the soup before it starts to boil)

Sauté garlic and red pepper flakes in a generous amount of olive oil. When oil begins to turn red around pepper, add onions, then potatoes, then celery and carrots. Add diced tomatoes for the last few minutes of cooking.

Add soup stock, beans, and corn. Simmer for about 20 minutes: you want to serve with the vegetables slightly firm. Add parsley just before serving.

Serve soup with pasta, to be added for individual taste. Heavily salt pasta water, as there is no salt in soup. *(salt less if you used store-bought broth.)*

If soup is not salty enough, or you did not add extra salt to pasta water, cheese or table salt can be used for flavor. This soup packs, freezes, and reheats well: just **make sure you don't leave the pasta in the soup**. Cook pasta fresh when reheating.

Spanish Bean and Rice Soup

Source: Thomas D'Attilo

Ingredients:

1 white onion (medium)
Chili powder (ancho if possible)
Cumin
Oregano
6 cloves garlic
3-4 ears of corn (or 1 15 oz. can)
2 zucchini
2 bell peppers
1 15 oz. can of diced tomatoes
6 cups of broth
bay leaves
1 29 oz can of red beans
1.5 cups Jasmine rice
Cilantro

Directions:

Green Minestrone Soup

Green Minestrone Soup

Source: *South Beach Diet (Karen D'Attilo)*

Modified By: *Michael D'Attilo & Susan Ahearn*

Yield: *~8 Servings*

extra virgin olive oil (~3tbsp for frying, more for pasta)

1 pound pasta

2 bunches Swiss chard, chopped

3 leeks, white and green parts chopped (white halved & chopped)

2 cups green beans, cut into 1 in pieces

6 ribs celery, chopped

2 zucchinis, sliced

1/2 cup chopped Italian parsley

3 teaspoons minced garlic

2 tsp dried oregano, crushed

1/2 tsp ground black pepper

1/4 tsp salt

6-8 cups chicken broth

grated Parmesan cheese

Cooking the Soup

Heat about 3 tbsp of oil in a large stock pot over medium heat. Add the leeks, celery, minced garlic, dried oregano, pepper, and salt. Cook, stirring frequently, until the vegetables begin to soften and lose some of their volume.

Add the broth, Swiss chard, and green beans. Bring to a boil over high heat. Reduce the heat to medium-low, cover, and simmer until vegetables are tender.

Stir in the parsley and zucchini. Cover and cook until heated through.

Cooking the Pasta

As the soup is cooking, bring water to a boil and add pasta. Salt only minimally (under-salt the pasta). Once the pasta is al dente, remove from water, place in bowl, and coat lightly in olive oil to prevent cooking.

Serving

Serve soup and pasta separately, allowing individuals to combine to their own tastes. Soup will be under-salted, which allows individuals to add salt (or the salty Parmesan cheese) to

their own tastes as well.

(Alternative: Use only 2(?) teaspoons of minced garlic, and add 2(?) cloves of coarsely chopped garlic along with the parsley and zucchini.)

(Alternative: Use Cannellini Beans instead of pasta? Add Marjoram? -Sue)

Creamy Soups

Chilled Pear Soup

Source: *Splendid Soups, James Peterson*

Ingredients

9 sweet ripe pears
1 quart light chicken broth
1 medium-sized onion, chopped
2 tbsp unsalted butter
1 tbsp curry powder, preferably Garam Masala
1 cup heavy cream
salt
cayenne pepper
1/2 cup heavy cream, beaten until barely stiff

Directions

Rinse the pears slice them in half lengthwise and remove the cores with a spoon or melon baller. There is no need to peel the pears since the peels will be strained anyway. Slice each pear in half into several pieces. Put the sliced pears in a mixing bowl with the chicken broth (The broth covers the pears and prevents them from turning brown.

In a 4 quart pot over medium heat, cook the chopped onion in butter until it softens and turns translucent, about 10 minutes. Stir in the curry powder and cook for about 2 minutes until the smell starts to fill the room

Pour in the pears and all the remaining chicken broth. Simmer the soup for about 15 minutes, until the pears are soft. If the pears are under ripe, you may need to simmer them longer.

Strain the soup through a food mill with the finest disk or puree the pears in a food processor or blender and strain through a medium-mesh strainer.

Chill the soup and 1 cup heavy cream (See note.) Season the soup to taste with salt and cayenne pepper. Decorate each bowl with a swirl of lightly beaten cream.

Note: If you plan to store the soup overnight, bring the cream to a simmer before adding it to the soup. This sterilizes it and prevents it from souring. The cream can also be added the next day shortly before serving.

(This soups also works with apples. You can add chopped cilantro to this soup just before chilling to accentuate the flavor of the curry.)

(Another variation is with watercress: Prepare the soup as normal, but leave out curry. Take the leaves and small stems off of 2 bunches watercress and boil for 1 minute in a pot of boiling salted water. Strain, rinse with cold water, and combine with a cup of the soup in a blender. Blend at high speed for 1 minute. Strain through a medium mesh strainer into remaining soup.)

Sweet Pea Soup

Source: Cooks Illustrated

Modified By: Michael D'Attilo, Heather Hayden

Yield: about 6 1/2 cups (4 to 6 servings)

Ingredients

Remove the peas from the freezer just before starting the soup so that when you are ready to process them, as the stock simmers, they will be only partially thawed. To preserve its delicate flavor and color, this soup is best served immediately.

4 tbsp unsalted butter

8 medium shallots, minced (about 5 oz or 1 cup)

OR 1 medium leek, washed, white and light green parts chopped fine (about 1 1/2 cups)

2 tbsp unbleached all-purpose flour

3 1/2 cups canned low-sodium chicken broth

1 1/2 lb frozen peas, partially thawed at room temperature for 10 minutes (about 4 1/2 cups)

OR 4 1/2 cups FRESH peas, picked that day

12 small leaves Boston lettuce from 1 small head, leaves washed and dried (about 3oz)

1/2 cup heavy cream

Table salt and ground black pepper

Directions

Heat butter in large saucepan over low heat until foaming; add shallots or leek and cook, covered, until softened, 8 to 10 minutes, stirring occasionally. Add flour and cook, stirring constantly, until thoroughly combined, about 30 seconds. Stirring constantly, gradually add chicken broth. Increase heat to high and bring to boil; reduce heat to medium-low and simmer 3 to 5 minutes.

Meanwhile, in the work bowl of a food processor fitted with a steel blade, process peas until coarsely chopped, about 20 seconds. Add peas and lettuce to simmering broth. Increase heat to medium-high, cover, and return to simmer; simmer 3 minutes. Uncover, reduce heat to medium-low, and continue to simmer 2 minutes longer.

Working in 2 batches, puree soup in blender until smooth; strain into large bowl. Rinse out and wipe saucepan; return pureed mixture to saucepan and stir in cream. Heat mixture over low heat until hot, about 3 minutes. Season to taste with salt and pepper; serve immediately.

Potato-Leek Soup (Base)

Source: Splendid Soups, James Peterson

Ingredients

2 Large leeks, white part only, washed and finely sliced (2 1/2 cups)
2 medium-size waxy potatoes, peeled, quartered, and finely chopped
1 quart chicken or vegetable broth, milk, or water
2 bunches of watercress, stems removed
Salt
Pepper
Unsalted butter

Directions

Simmer the leeks and potatoes with the broth until the potatoes are soft and can be crushed easily against the inside of the pot, about 15 minutes.

While the soup is simmering, cook the watercress leaves for 2 minutes in a small pot of boiling water to eliminate bitterness. Pour the water with the leaves into a colander and rinse them with cold water.

Stir the watercress leaves into the soup and season with salt and pepper. Ladle the soup into hot bowls and put a pat of butter on each one.

Notes:

This little base of potatoes and leeks can be finished with almost any fresh and tasty vegetable. Spinach is great, and you don't have to precook it as you do the watercress. Chard is also good, but since it can be quite strong, shred it and drop it into boiling water for a minute or two before adding it to the soup.

You'll find that your soups evolve around your shopping habits and what you have left in the refrigerator. I often add a couple of ribs of chopped celery to the base. I also like to use the shredded outer leaves from romaine or butter lettuce that are too tough to go into salad.

If you want a richer version - especially if you've used water as the cooking liquid - add 1/2 cup heavy cream to the soup before serving, or dollop a spoonful of sour cream, crème fraîche, butter, or herb butter onto each bowl.

Potato-Leek Soup (Garlic)

Source: Cook's Illustrated

Modified By: Michael D'Attilio

Ingredients

3 tablespoons unsalted butter

1 medium leek, white and light green parts halved lengthwise, washed, and chopped small (about 1 cup)

3 medium cloves garlic, minced or pressed through a garlic press (about 1 tablespoon)

2 heads garlic, rinsed, papery skins removed and top third of heads cut off and discarded

6 - 7 cups no-chicken or light vegetable broth (start with 6 cups and use extra cup to thin soup, if needed)

2 bay leaves

Table salt

2 ½ pounds russet potatoes, peeled and cut into 1/2-inch cubes (about 7 1/2 cups)

(Optionally replace 1lb of russets with 1lb red bliss; can leave the peels on)

½ cup heavy cream

1 ½ teaspoons minced fresh thyme leaves

Ground black pepper

¼ cup minced fresh chives

Garlic Chips (Optional Garnish)

3 tablespoons olive oil

6 medium cloves garlic, sliced thin lengthwise

Table salt

Note: This soup benefits greatly from some kind of crunchy garnish. Garlic Chips, Oyster Crackers, Croutons (or garlic croutons), or Bacon chips (or vege-bacon chips) are all good options.

Instructions

Melt butter in Dutch oven over medium heat. When foaming subsides, add leeks and cook until soft (do not brown), 5 to 8 minutes. Stir in minced garlic and cook until fragrant, about 1 minute. Add garlic heads, broth, bay leaves, and 3/4 teaspoon salt; partially cover pot and bring to simmer over medium-high heat. Reduce heat and simmer until garlic is very tender when pierced with tip of knife, 30 to 40 minutes. Add potatoes and continue to simmer, partially covered, until potatoes are tender, 15 to 20 minutes.

Discard bay leaves. Remove garlic heads; using tongs or paper towels, squeeze garlic heads at root end until cloves slip out of their skins. Using fork, mash garlic to smooth paste in bowl.

Stir cream, thyme, and half of mashed garlic into soup; heat soup until hot, about 2 minutes. Taste soup; add remaining garlic paste if desired. Using immersion blender, process soup until creamy, with some potato chunks remaining. Alternatively, transfer 1 1/2 cups potatoes and 1 cup broth to blender or food processor and process until smooth. (Process more potatoes for thicker consistency.) Return puree to pot and stir to combine, adjusting consistency with more broth if necessary. Season with salt and pepper and serve, sprinkling each portion with chives and garlic chips.

For Garlic Chips

Heat oil and garlic in 10-inch skillet over medium-high heat. Cook, turning frequently, until light golden brown, about 3 minutes. Using slotted spoon, transfer garlic to plate lined with paper towels; discard oil. Sprinkle lightly with salt.

Cream of Asparagus Soup

Source: *Kristy (allrecipies.com)*

Modified by: *Michael D'Attilo*

Yields: *4-6 servings*

Ingredients

4 tbsp butter
4 stalks celery, chopped
1/2 large sweet onion, diced
3 tbsp all-purpose flour
6 cups vegetable broth
1 potato, peeled and diced
1 pound fresh asparagus, peeled with lower stems cut
salt and ground black pepper to taste
1 large package sliced shitake mushrooms
1/4 cup half-and-half cream
3/4 cup whole milk

Directions

Melt butter in a soup pot over medium heat. Add chopped celery and onion and cook until the onion is translucent (about 4 minutes.) Add flour to pot one tablespoon at a time, mixing after each addition.

While vegetables are cooking, chop off the heads of the asparagus stalks and set aside. Chop up peeled asparagus.

Add broth and bring to a boil. Add potato and chopped asparagus stalks, saving tips for later. Reduce heat and simmer for 20-25 minutes.

Prepare a second soup pot. Pour soup from first pot into blender in batches, filling the pitcher no more than halfway full. Hold down lid of blender and puree soup for 20-30 seconds each batch. Pour pureed soup from blender into second pot, and bring second pot to a boil.

Stir in sliced mushrooms and asparagus tips, and cook for 5-10 minutes. Lower heat to simmer and add cream and milk. Add salt and pepper to taste.

Broccoli Cheddar Soup

Ingredients

3 tbsp unsalted butter
1 large onion, chopped
2 cloves garlic, chopped
1.5 lbs broccoli, stems peeled and sliced into 1/2-inch pieces, florets chopped into 1/2-inch pieces
4 cups low-sodium chicken or vegetable broth
1 cup heavy cream
1/4 tsp ground nutmeg
3 cups shredded mild cheddar cheese, plus extra for garnish
salt
cayenne pepper

Instructions

1. Melt butter in large pot over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Add broccoli stems and cook until bright green and just beginning to soften, about 5 minutes. Stir in broth, increase heat to medium-high, and simmer until stems are tender, about 5 minutes. Add florets, cream, and nutmeg and simmer until florets are tender, about 5 minutes.

2. Puree soup in two batches in blender until smooth, return to pot, and bring to simmer over medium heat. Stir in cheddar until melted and season with salt and cayenne pepper. Serve, garnished with extra cheese. (Soup can be refrigerated for up to 3 days. Reheat over medium heat until hot, but do not boil or cheese will separate.)

Cost Breakdown

Broccoli cheddar soup -- ~\$14.99 (3+ meals for 2 people)
3 tbsp unsalted butter (32 tbsp for \$4.79) -- ~\$.45
1 large onion, chopped (1 for ~\$1.08) -- \$1.08
2 cloves garlic (5 bulbs for \$2.49) -- ~\$.10
1.5 lbs broccoli (1lb for \$1.99) -- ~\$2.99
4 cups No Chicken vegan broth (28 cups for \$5.49) -- ~\$.78
1 cup heavy cream (1 pint for \$4.19) -- ~\$2.10
1/4 tsp ground nutmeg – negligible
12 oz shredded mild cheddar cheese (\$9.99/lb) -- ~\$7.49
salt
cayenne pepper

Thai Coconut Soup

Source: Allrecipes

Modified By: Michael D'Attilo

Ingredients

vegetable oil *(for frying, sesame preferred)*

~2 tbsp minced ginger

~1 1/2 tsp pickled lemongrass *(or one stalk of minced fresh; or 1 tsp lemongrass paste)*

~1 tsp thai chili garlic sauce

1 tsp red curry paste

2 tsp red chili paste

2 tablespoons fish sauce

(Can adjust quantities and add shrimp paste, pickled ginger, toasted sesame oil, etc. to taste)

4 cups chicken broth

1 tablespoon light brown sugar

1 tbsp fish sauce

1 lb boneless chicken breast *(or 1lb firm tofu, cut into large cubes)*

(Alternatively can use 1lb peeled, deveined medium shrimp)

1 tsp minced garlic

1 tsp minced ginger

3 (13.5 oz) cans coconut milk

1/2 lb fresh mushrooms, sliced *(Use the best you can get; shiitake > bella > white)*

1-2 fresh limes, sliced into thin disks *(or 2 tbsp fresh lime juice)*

Cilantro, finely chopped

salt to taste

Instructions

Heat the oil in a large pot over medium heat.

Cook the ginger, lemongrass, sauces, and pastes in the heated oil for 1 minute, stirring constantly.

Slowly pour the chicken broth over the mixture, stirring continually. Add brown sugar and additional fish sauce. Simmer for 15 minutes.

While soup is simmering, heat 1 tsp minced ginger and garlic in oil or butter and sauté chicken or tofu over medium heat. Cook until tofu is just slightly crisp or chicken is cooked through. *(Note: traditional Thai soups would use 1 lb medium shrimp in lieu of chicken or tofu cooked in this step.)*

Stir in coconut milk and mushrooms into the soup, and simmer until the mushrooms soften, about 5 minutes. Add cooked chicken or tofu, or shrimp, and simmer an additional 5 minutes *(if using shrimp, cook until no longer translucent)*.

Serve soup hot, with 1 slice of fresh lime per bowl, and/or a small amount of lime juice. Season to taste with salt and garnish with chopped cilantro.

Heavy Soups

Pasta e Fagioli (Toscana)

Source: Serious Eats

Modified By: Peter Stellato, Michael D'Attilo

Ingredients

1 pound dried beans (such as kidney beans , cannellini beans, or chickpeas) soaked overnight in salted water

- *(Instead of being soaked overnight, beans can also be prepared using the quick-soak method: Cover with water in a large pot, bring to a boil, remove from heat, and let rest for 1 hour. Drain and proceed with the recipe as directed.)*

Kosher salt

12 cloves garlic

2 medium onion, peeled and halved

4 medium carrots, peeled and halved

4 stalks celery, halved

4 large sprigs fresh sage or rosemary

(2 cups cooked beans)

(3 cups bean cooking water)

(4 cups cooked beans)

2 cans cannellini Beans

1-2 tbsp lemon juice (to taste)

3-4 tbsp chopped parsely

1/2 pound small pasta, such as ditalini, small shells, or orzo

Extra-virgin olive oil, for drizzling

`Freshly ground black pepper

Directions

Place beans in a large pot and cover with lightly salted water by at least 2 inches. Add garlic, onion, carrots, celery, and rosemary or sage. Cover and bring to a boil over high heat. Reduce heat to a bare simmer and cook, topping up with water as necessary to keep beans submerged, until beans are very tender and creamy with no graininess left, 1 to 2 hours depending on type of bean. Beans can also be cooked in a pressure cooker at low pressure for 25 minutes if using kidney or cannellini beans, or 30 minutes if using chickpeas. Discard onions, garlic, carrots, celery, and herbs. Drain beans, reserving beans and liquid separately. You should have about 6 cups of cooked beans.

Measure out 4 cups of cooked beans, setting the remaining beans (approximately 2 cups) aside. Combine the 4 cups of beans with 3 cups bean-cooking water and blend until completely smooth.

Transfer bean soup to a heatproof container and add reserved cooked beans, canned beans, parsley and lemon juice.

In a small pot of salted boiling water, cook pasta until just short of al dente (about 3 minutes less than cooking time on package). Drain and chill under cold running water. Let drip dry, then transfer to a container. Drizzle with a small amount of olive oil and toss to lightly coat.

When ready to serve, ladle soup into a saucepan and bring to a simmer, thinning with water and seasoning with salt as necessary. Spoon in a generous amount of pasta and simmer until warmed through. Serve right away, drizzling fresh olive oil on top and a generous grinding of black pepper. Soup and pasta can be refrigerated separately for up to 3 days.

Tuscan White Bean Soup

From Cooks Illustrated Jan & Feb 2001, pg 21

6 oz Pancetta, cut into 1x1 inch cubes
1 lb dried cannellini beans, rinsed and picked over
1 large onion, unpeeled and halved pole to pole
1 small onion, diced medium
4 medium unpeeled garlic cloves
3 medium garlic cloves, minced
1 bay leaf
Alt and ground black pepper
1/4 cup extra-virgin olive oil
1 sprig fresh rosemary
Balsamic vinegar

In a large, heavy-bottomed dutch oven, cook pancetta over medium heat until just golden, 8 to 10 minutes. Add 12 cups water, beans, halved onion, unpeeled garlic, bay leaf, and 1 tsp salt; bring to boil over medium-high heat. Cover pot partially; reduce heat to low, and simmer, stirring occasionally, until beans are almost tender, 1 to 1 1/4 hours.

Remove beans from heat, cover, and let stand until beans are tender, about 30 minutes. Drain beans, reserving cooking liquid (you should have about 5 cups, if not, add more water). Discard pancetta, onion, garlic, and bay leaf. Spread beans in even layer on baking sheet and cool.

While beans are cooling, heat oil in now-empty dutch oven over medium heat until simmering. Add diced onion and cook, stirring occasionally, until softened, 5 to 6 minutes. Stir in minced garlic and cook until fragrant, about 30 seconds. Add cooled beans and cooking liquid; increase heat to medium-high and bring to simmer. Submerge rosemary sprig in liquid, cover, and let stand off heat 15 to 20 minutes. Discard rosemary sprig and season to taste with salt and pepper.

Ladle soup into individual bowls, drizzle each bowl with olive oil, and serve, passing balsamic vinegar separately.

Use leftover soup to make ribollita

Alternative Recipe (Faster)

6 oz Pancetta, cut into 1x1 inch cubes
2 tbsp extra-virgin olive oil

1 small onion, diced medium
3 medium garlic cloves, minced
5 cans cannellini beans (16oz), drained and rinsed
1 sprig fresh rosemary
Balsamic vinegar, for serving

In a large, heavy-bottomed dutch oven, cook pancetta over medium heat until just golden, 8 to 10 minutes. Discard pancetta and add oil to pot with pancetta fat. Add onion and cook, stirring occasionally, until softened, 5 to 6 minutes; stir in garlic and cook until fragrant, about 30 seconds. Add beans, 1/2 teaspoon salt, and 3 1/2 cups water. Increase heat to medium-high and bring to simmer. Submerge rosemary in liquid; cover and let stand off heat 15 to 20 minutes. Discard rosemary and adjust seasonings with salt and pepper. Ladle soup into individual bowls, drizzle each bowl with olive oil and serve, passing vinegar separately.

NOLA Chicken & Sausage Soup

Source: Cook's Country, Feb/Mar 2007

Notes: *It's a super dense, caloric, and expensive soup, but I guess it's pretty good? IDK what to change. -M*

Ingredients

- 1 tablespoon vegetable oil
- 1 pound smoked sausage, such as andouille or kielbasa, cut into 1/4-inch pieces
- 2 medium onions, chopped fine
- 1 red bell pepper, seeded and chopped fine
- 1 rib celery, chopped fine
- 6 medium garlic cloves, minced
- 1 teaspoon dried thyme
- ½ teaspoon cayenne pepper
- ¼ cup all-purpose flour
- 2 quarts low-sodium chicken broth
- 1 ½ pounds boneless, skinless chicken breast, cut into 1/2-inch cubes
- 1 cup long-grain rice

Instructions

1. Heat oil in large Dutch oven over medium-high heat. Add sausage and cook until lightly browned, about 8 minutes. With slotted spoon, transfer sausage to paper towel-lined plate.
2. Add onions, pepper, and celery to fat in now-empty Dutch oven and cook over medium heat, stirring frequently, until softened, about 8 minutes. Stir in garlic, thyme, and cayenne and cook until fragrant, about 30 seconds. Add flour and stir constantly with wooden spoon until mixture is golden brown, about 10 minutes.
3. Whisk in chicken broth and 2 cups water; bring to boil. Add chicken and rice and simmer until rice is tender and chicken is cooked through, about 10 minutes. Add reserved sausage and simmer until soup is slightly thickened, about 5 minutes. Season with salt and pepper. Serve. (Soup can be refrigerated in airtight container for up to 3 days.)

Tortillia Soup

Source: <https://cooking.nytimes.com/recipes/1019107-vegetarian-tortilla-soup>

Modified By: Michael

2 tablespoons vegetable oil

1 large yellow onion, finely chopped

1 bell pepper, finely chopped

8 cloves garlic, finely chopped

Kosher salt and freshly ground pepper

1 teaspoon chile powder

2 chipotles in adobo, finely chopped

1 (28-ounce) can whole peeled tomatoes, drained and crushed

4 cups vegetable broth

3 cups corn kernels, fresh or frozen and thawed

Garnish:

8 small corn tortillas, cut into 1/4-inch strips

crumbled queso fresco or shredded cheese

sour cream or crema

cilantro

finely sliced red or yellow onion

sliced avocado

Instructions

- Heat oil in a large, heavy-bottomed pot over medium heat. Add onion, garlic and jalapeño and season with salt and pepper. Cook, stirring occasionally, until onion is softened and translucent, 5 to 8 minutes. Add chile powder and stir to coat. Cook a minute or two to toast the spices, then add chipotles and tomatoes. Season with salt and pepper and cook, stirring occasionally, until the tomatoes start to caramelize a bit on the bottom of the pot, concentrating their flavor.
- Add vegetable broth, corn and 2 cups of water. Bring to a simmer and reduce heat to low. Simmer until flavors meld and broth tastes rich and flavorful, 15 to 20 minutes.
- Heat oil in a large cast-iron or stainless-steel skillet or heavy-bottomed pot. Bring oil to 375 degrees and working in batches, fry tortilla strips until light golden brown and crisp, 2 to 3 minutes. Transfer to a paper towel-lined plate and season with salt.
- Place about 3/4 of the tortilla strips into broth and stir to submerge and soften for a few minutes. Divide soup among bowls and top with avocado, cheese, sour cream, cilantro,

The King of Siam's Massaman Curry

Courtesy of Tasting History with Max Miller

Ingredients

Curry Paste

- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- 1 tablespoon grated coconut
- 4 cloves
- 1 teaspoon cardamom seeds (from cardamom pods*)
- 3 tablespoons chopped shallots
- 6 to 7 cloves of garlic
- 1 tablespoon chopped lemongrass
- 1 tablespoon peeled and sliced galangal
- 7 chilies*, dried or fresh, seeds removed
- 1 teaspoon shrimp paste

Curry

- 2 pounds (1 kg) chicken thigh or beef, cut into 1 1/2" pieces.
- 2-3 tablespoons coconut oil
- 1/2 cup coconut cream*
- 2 cups coconut milk (canned)
- 1/4 cup unsalted roasted peanuts
- 1 stick cassia cinnamon
- 2 tablespoons fish sauce
- 3 tablespoons (50 g) palm sugar
- 3 tablespoons tamarind juice
- 1/2 cup shallots, chopped
- 3 bay leaves
- 3 slices of peeled ginger, about 1/8" thick

Directions

1. **For the curry paste:** Put the coriander seeds, cumin seeds, grated coconut, cloves, and cardamom seeds into a dry pan over medium heat, stirring constantly, for about 3 to 4 minutes or until it is fragrant and the coconut is lightly browned. Remove from the pan and let cool.
2. Grind the spice mixture into a powder in a spice grinder or very clean coffee grinder, then set aside.
3. Remove the seeds from the chilies, wearing gloves if desired to protect hands from the spice. Roughly chop the chilies.
4. Add the shallots, garlic, lemongrass, galangal, and chilies to a dry pan over medium-high and cook, stirring constantly until the ingredients develop a bit of char.
5. Add the chilies mixture to a mortar and pestle grind with the shrimp paste. This will take a while and is best done by hand in order to properly release the oils.
6. Add the spice mixture and continue to grind until it is as smooth as you can get (it won't be completely smooth).
7. **For the curry:** Melt the coconut oil in a pan over medium heat and add the chicken. Cook until browned and set aside.
8. While the chicken cooks, pour the coconut cream into a separate pan over medium heat and simmer until the oil separates out (cracking).
9. Once you see oil bubbles on the surface of the cream, it has cracked. Add the curry paste and stir until fragrant, about 2 minutes.
10. Add the coconut milk and bring to a simmer.
11. Add the chicken, peanuts, and cinnamon stick. Simmer until the chicken is tender, about 30 to 45 minutes.
12. Add fish sauce, palm sugar, tamarind juice, shallots, and bay leaves. Simmer on low for 1 hour. It will darken as it cooks.
13. Taste and adjust seasonings if needed, then take it off the heat and add the ginger.
14. Cover and put in the fridge overnight to develop the flavors, or serve it forth right away with rice.

Notes

- Cardamom will typically be white, or Siam, cardamom, but green or black work just fine.
- As this dish isn't meant to be spicy, don't use small Thai chilies. Any mild chili will work, just remove the seeds and you're good to go.
- Be sure to get coconut cream that doesn't contain any emulsifiers, or this won't work (the only ingredient should be coconut cream). I used Aroy-D brand, but be sure to read the ingredients list. If this is unavailable to you, you can add some coconut oil to the cream, it just won't taste quite the same.