

## **Soup Recipes**

### **Mineral Broth**

(Adapted from *The Cancer Fighting Kitchen* by Rebecca Katz)

This soup is rich in nutrients and hydrating. It is excellent as a savory tea or as a base for soups.

6 carrots  
2 unpeeled yellow onions  
1 leek (green and white parts)  
4 red potatoes  
2 sweet potatoes  
1 yam  
1 8-inch strip kombu (Kombu is a Japanese sea vegetable that can be purchased at most health food stores. If you have difficulty finding this, you can eliminate it from the recipe)  
5 unpeeled garlic cloves  
½ bunch flat leaved parsley  
12 black peppercorns  
4 whole allspice or juniper berries  
2 bay leaves  
8 quarts cold water  
1 teaspoon salt

Rinse all the vegetables, including the kombu, and cut them into large pieces. In a 12-quart pot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice, and bay leaves. Fill the pot with the water, cover, and bring to a boil.

Uncover the pot, decrease the heat to low, and simmer for at least 2 hours. If water from the broth evaporates to the point that the vegetables are exposed, add more water, and continue to simmer until it becomes very flavorful.

Strain the broth through a large mesh sieve into a heat resistant container, and add salt to taste. Cool to room temperature before freezing or refrigerating.

Tip: Freeze broth into single serving containers for easy future use.

### **White Bean Soup**

(Adapted From *Moosewood Kitchen Low-Fat Favorites*)

I recommend all of the Moosewood cookbooks for their incredible and wholesome recipes. This soup is especially good for someone who is experiencing mouth or throat pain, as the flavors are deep without being spicy. It can be pureed to decrease any irritation and can be made ahead and stored in the freezer for an easy meal.

2 cups chopped onions  
2 garlic cloves, minced  
2 tablespoons olive oil  
1 tablespoon ground fennel

1 teaspoon dried thyme  
1 cup thinly sliced cabbage  
2 cups celery, chopped  
1 butternut squash, peeled, seeded, and cubed  
¾ cup minced red bell peppers  
6 cups vegetable stock  
2 cups cooked or canned cannellini beans (I recommend Eden brand for BPA-free cans)  
Pinch of saffron  
Salt and ground pepper

In a soup pot, heat the olive oil, then add the onions and garlic, and sauté for about 10 minutes, until caramelized. Stir in the fennel and thyme, add the cabbage and celery, and cover and sweat the vegetables until tender – about 5 minutes. Add the squash, peppers, and stock. Bring to a boil, and cook for 5-10 minutes until the squash softens. Stir in the white beans and crumble in the saffron. Add salt and pepper to taste. Puree with an immersion blender, if desired.