



# *7 Meatless Soups for Lent*

Find new, delicious (meat-free) recipes  
to make for dinner this Lenten season!

# *Broccoli Cheese Soup*

Prep Time: 15 min

Cook Time: 30 min



## *Ingredients*

- 5 Tbsp butter
- 1 medium onion, chopped
- 1/4 cup flour
- 2 cups vegetable broth
- 2 cups milk (or half and half for a creamier soup)
- 1/4 cup white wine (optional)
- 2 cups shredded sharp cheddar cheese
- 3 cups broccoli, chopped into bite size pieces
- 3/4 tsp salt
- 3/4 tsp pepper
- 1/2 tsp paprika
- 1/2 tsp dry mustard
- 1/8 tsp garlic powder
- pinch of cayenne pepper

## *Directions*

- Sauté onion in butter. Add flour and cook a couple minutes to form a rue.
- Whisk in broth gradually. Add milk, wine, and spices. Simmer 15 minutes, stirring occasionally.
- Add broccoli and simmer another 15 minutes (or until broccoli is tender), stirring occasionally.
- Remove from heat and stir in cheese until incorporated.

# Vegetarian Tortilla Soup

Prep Time: 5 min

Cook Time: 20 min



## Ingredients

- 1-2 Tbsp oil
- 1 onion, chopped
- 1 bell pepper, chopped
- 14.5oz can diced tomatoes
- 6oz. can tomato paste
- 32oz. vegetable stock
- 1.5 cups corn - frozen or canned (drained)
- 15oz can black beans, rinsed & drained
- 1 cup water
- 1 tsp. oregano
- 1/4 tsp. chili powder
- 1/4 tsp. salt
- 1/2 tsp. garlic powder
- 3/4 tsp. cumin
- 1 Tbsp. canned jalapeños, chopped (optional)
- Corn or tortilla chips, for garnish

## Directions

- Sauté onion & pepper in oil. Add all ingredients except beans and bring to a boil.
- Remove from heat and add to beans to heat through.
- Top each bowl with tortilla chips and garnishes of your choice.
- Optional garnishes: Avocado, cilantro, queso fresco or shredded cheddar, sour cream, lime wedges

*Homemade tortilla strips recipe: Cut a stack of corn tortillas into 1/4 inch strips, toss in canola oil and bake at 375 for 10 minutes, tossing half way through*



# *Creamy Mushroom Soup*

Prep Time: 15 min

Cook Time: 1 hr 15 min



## *Ingredients*

- 1.5lbs portobella or baby bella mushrooms, sliced
- 6 Tbsp olive oil
- 2 14oz cans vegetable broth
- 1 14oz can vegetable broth
- 1.5 Tbsp butter
- 1 onion, chopped
- 3 garlic cloves, minced
- 1/4 cup + 2 Tbsp Madeira or marsala
- 3 Tbsp all-purpose flour
- 1 cup heavy whipping cream
- 3/4 tsp fresh thyme, chopped
- 3/4 tsp fresh rosemary, chopped

## *Directions*

- Preheat oven to 400°F. Line a large roasting pan with foil. Add mushrooms and drizzle with olive oil. Sprinkle generously with salt and pepper; toss to coat. Cover and bake mushrooms 30 minutes. Uncover and continue baking until mushrooms are tender and still moist, about 15 minutes longer. Cool slightly. Puree half of mushrooms with 1 can broth in blender until smooth. Set mushroom puree aside.
- Melt butter in heavy large pot over medium-high heat. Add onion and garlic and sauté until onion is tender, about 8 minutes. Add Madeira and simmer until almost all liquid evaporates, about 2 minutes. Add flour; stir 2 minutes. Add remaining broth, cream, thyme, and rosemary. Stir in remaining cooked mushroom pieces and mushroom puree. Simmer over medium heat until slightly thickened, about 10 minutes. Season with salt and pepper.

# *Minestrone Soup*

Prep Time: 10 min

Cook Time: 30 min



## *Ingredients*

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 2-3 celery ribs, sliced
- 2 large carrots, sliced
- 2 cloves garlic, minced
- 1-2 zucchini, sliced
- 10oz pkg. frozen spinach
- 15oz can beans (cannellini, great northern, or kidney), drained & rinsed
- 32oz vegetable broth
- 32oz water
- 14oz diced tomatoes
- 6oz can tomato paste
- 1.5 tsp salt, to taste
- 1/4 tsp black pepper
- Pinch red pepper flakes
- Pinch nutmeg
- 2 tsp. dried basil
- 1.5 cups small pasta (optional)

## *Directions*

- Sauté onion, celery & carrots in oil about 5 minutes. Add zucchini and sauté another 3 minutes. Add liquids (including both tomato cans) and spices. Bring to boil and simmer about 10 minutes until vegetables are just a little on crunchy side.
- Add frozen spinach and return to boil. Add pasta and cook for the time given on package. Add beans just to heat through.
- Top with parmesan cheese OR a dollop of pesto thinned slightly with olive oil.

# ***Creamy Potato-Leek Soup with White Beans***

Prep Time: 5 min

Cook Time: 30 min



## ***Ingredients***

- 2.5lbs Yukon gold potatoes, cut into 1/2 inch cubes
- 1 Tbsp olive oil
- 2 medium/large leeks, sliced (white & pale green parts only)
- 2 15oz cans cannellini beans, drained & rinsed
- 5 cups vegetable broth
- 1/4 cup heavy whipping cream
- 1.5 tsp Herbes de Provence
- Pinch of red pepper flakes
- Salt & pepper to taste

## ***Directions***

- Sauté leeks until softened, about 5 minutes. Add herbs & cook until fragrant, about 1 minute.
- Add broth, potatoes, beans, salt & pepper. Bring to boil and simmer, covered, about 20 minutes or until potatoes are fork tender.
- Remove from heat and stir in cream to incorporate.
- Top with a hard, aged cheese, grated (such as Asiago, Parmesan Reggiano, or Gruyere)

# Curried Lentil Soup

Prep Time: 5 min

Cook Time: 30 min



## Ingredients

- 1 large onion, quartered & sliced
- 2 Tbsp butter
- 1/4 tsp salt
- 1/2 tsp sugar
- 5 cloves garlic, minced
- 1/4 tsp ground ginger
- 1 1/4 tsp ground cumin
- 2 pinches cayenne
- 1/2 tsp ground coriander
- 1/4 tsp Garam Masala (or 1/4 extra cumin & 2 pinches allspice)
- 1 bay leaf
- 32oz vegetable broth
- 1 cup water
- 1 cup lentils (your favorite, sorted & rinsed)
- 1 Roma tomato

## Directions

- Caramelize the onion using the butter, salt & sugar. Add garlic and spices and cook until fragrant, careful not to burn garlic, about 1 minute. Add liquids to deglaze, then the uncooked lentils. Bring to boil and simmer until lentils are tender, about 20 minutes. Add tomato to heat through.

*Optional side - Creamy Cucumber Salad: 3 medium cucumbers peeled, seeded, & diced; 1 cup plain yogurt, 1 tbsp. lemon juice, 1/2 tsp sugar, 1/2 tsp ground cumin, 1 tbsp mint. Mix all ingredients together in bowl & serve.*

# *Shrimp Ramen Bowl*

Prep Time: min

Cook Time: min



## *Ingredients*

- 1 pkg. shrimp flavored ramen noodles
- 2 cups water
- 1 cup vegetable broth
- 1 Tbsp sesame oil
- 1 clove garlic, minced
- Cooked shrimp
- Vegetables (below)
- Toppers (below)

## *Directions*

This recipe is very flexible according to your tastes and pantry!

The starting point of the meal: a big pot of shrimp flavored ramen noodles and shrimp. Add two or three veggies to the pot and a couple toppers for each bowl

- Sauté garlic in oil 1 minute. Add liquid and bring to boil. Add 2-3 veggies of choice. Boil 2 minutes. Add noodles and boil 3 min. Stir in seasoning packet (from ramen) and shrimp – just to heat through. Serve and add toppings of choice.

*Possible fresh or frozen vegetables: red bell pepper strips, green beans (ends snipped off), mushrooms (sliced), carrots (julienned), broccoli florets, spinach, bok choy*

*Possible toppers: soft cooked egg, tofu cubes, sliced green onion, edamame, sesame seeds, soy sauce, sracha, mirin*