



7 Meatless Soups for LENT

Broccoli Cheese Soup

- 5 Tbsp. butter
- 1 medium onion, chopped
- ¼ C. flour
- 2 C. broth (chicken or vegetable stock)
- 2 C. milk (or half and half, depending on how creamy you want it)
- ¼ C. dry white wine (optional)
- 3 C. broccoli, chopped into bite-size pieces (frozen broccoli may be used, adjust cook times as needed)
- ¾ tsp. salt – or to taste
- ¾ tsp. pepper
- ½ tsp. paprika
- ½ tsp. dry mustard
- 1/8 tsp. garlic powder
- Pinch of cayenne pepper
- 2 C. shredded sharp cheddar cheese (8 oz.)

Sauté onion in butter. Add flour and cook a couple minutes to form roux. Whisk in broth gradually. Add milk, wine, and spices. Simmer 15 minutes, stirring occasionally. Add broccoli and simmer another 15 minutes (stirring occasionally) or until broccoli is tender. Remove from heat and stir in cheese until incorporated (about 1 minute).

Tortilla Soup

1-2 Tbsp. oil

1 onion, chopped

1 bell pepper (green or red), chopped

1 14.5oz. can diced tomatoes, with juices

1 6oz. can tomato paste

1 qt. (32 oz.) vegetable or chicken stock

1 C. water

1 ½ C. corn – frozen or canned (drained)

1 tsp. oregano

¼ tsp. chili powder

¼ tsp. salt

¼ - ½ tsp. garlic powder

¾ tsp. cumin

1 Tbsp. canned jalapenos, chopped (optional)

1 15oz. can beans (black, pinto, kidney – whatever you have), rinsed & drained

Corn or tortilla chips (see below for homemade crunchy strips)

Optional garnishes: Avocado, cilantro, queso fresco or shredded cheddar, sour cream, lime wedges

Sauté onion & pepper in oil. Add all ingredients except the beans. Bring to a boil. Remove from heat and add beans to heat through. Top each bowl with tortilla chips and other garnishes of your choice.

For crunchy tortilla strips: Cut a stack of corn tortillas into ¼ inch strips with a chef knife. On a cookie-sheet, drizzle strips with canola oil. Toss and sprinkle with salt. Bake at 375 degrees for 5-10 min. Toss and bake another 5-10 min. or until desired crispness.

Creamy Roasted Mushroom Soup

1 ½ lb. Portobello or baby bella mushrooms, sliced
6 Tbsp. olive oil
2 14-oz. cans beef or vegetable broth
1 14-oz. can chicken or vegetable broth
1 ½ Tbsp. butter
1 onion, chopped
3 garlic cloves, minced
¼ C. plus 2 Tbsp. Madeira (or Marsala)
3 Tbsp. all purpose flour
1 C. whipping cream
¾ tsp. fresh thyme, chopped
¾ tsp. fresh rosemary, chopped

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 beef 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 of liquid evaporates, about 2 minutes. Add flour; stir 2 minutes. Add remaining beef and chicken 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. (Can be made 1 day ahead. Cool slightly, then cover and refrigerate. Bring to simmer before serving, thinning with additional broth if necessary.)

Minestrone Soup

2 Tbsp. olive oil
1 medium onion, chopped
2-3 celery ribs, sliced
2 medium/large carrots, sliced
2 cloves garlic, minced
1-2 small/medium zucchini, sliced
1 10-oz. pkg. frozen spinach OR 2 C. fresh cabbage, shredded
1 qt. beef or vegetable broth
1 qt. water
1 14-oz. can diced tomatoes (with juices)
1 6-oz. can tomato paste
1 ½ tsp. salt, to taste
¼ tsp. black pepper
Pinch of red pepper flakes
Pinch of nutmeg
2 tsp. dried basil
1 15-oz. can beans (cannellini, great northern, or kidney), drained & rinsed
1 ½ C. small pasta (shells, Rotini, Ditalini, etc.), uncooked

Sauté onion, celery & carrots in oil about 5 minutes. Add zucchini and cabbage (if using) 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 (if using) 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

2 ½ lbs. potatoes, ½ inch cubes (Yukon gold recommended) – about 4 ½ C.

1 Tbsp. olive oil

2 medium/large leeks, sliced (white & pale green parts only)

1 ½ tsp. Herbes de Provence

Pinch of red pepper flakes

2 15-oz. cans cannellini beans, drained & rinsed

5 C. chicken or vegetable broth

¼ C. heavy whipping cream

Salt and pepper to taste

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

1 large onion, quartered & sliced
2 Tbsp. butter
¼ tsp. salt
½ tsp. sugar
5 cloves garlic, minced
¼ tsp. ground ginger
1 ¼ tsp. ground cumin
2 pinches cayenne, or to taste
¼ tsp. Garam Masala (or ¼ tsp. extra cumin & 2 pinches Allspice)
½ tsp. ground coriander
¼ tsp. salt
1 bay leaf
1 qt. vegetable broth
1 C. water
1 C. lentils (your favorite variety/color, sorted & rinsed)
1 Roma tomato, diced

Caramelize the onion using the first 4 ingredients. 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.

Possible toppers: chopped raisins, lime wedges, fresh cilantro, rice, or a creamy cucumber salad.

Creamy Cucumber Salad: 3 medium cucumbers peeled, seeded, & diced; 1 C. plain yogurt; 1 Tbsp. lemon or lime juice; ½ tsp. sugar; ½ tsp. ground cumin; 1 Tbsp. fresh mint, chopped.

Shrimp Ramen Bowl

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

The starting point of the meal: a big pot of shrimp flavored ramen noodles (Yep, the cheap packages you made in your college dorm-room!) and shrimp.

Add two or three veggies to the pot and a couple toppers for each bowl.

1 pkg. shrimp flavored ramen noodles (a pkg. per 2 people)

2 C. water

1 C. vegetable broth

1 Tbsp. sesame or canola oil

1 clove garlic, minced

Cooked shrimp (tails removed and deveined – often frozen this way – simply thaw in cold water)

Possible fresh or frozen vegetables:

Red bell pepper, in strips

Green beans, ends snipped off

Mushrooms, sliced

Carrots, julienned

Broccoli florets

Spinach or bok choy

Possible toppers: soft cooked egg, tofu cubes, sliced green onion, edamame, sesame seeds, grated fresh ginger, soy sauce, siracha, mirin (or Marsala or 1 Tbsp. rice vinegar with 1 tsp. sugar).

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. Careful not to overcook either the veggies or noodles! Stir in seasoning packet (from ramen) and shrimp – just to heat through. Serve and add toppings of choice.

For soft cooked eggs, bring 1 inch of water to boil in a pot. Place large eggs in the water – cold out of the fridge. Steam for 6 minutes, covered. Put in cold water bath and peel when cool enough to hold.



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