

Soups, Chowders, Chilis, and Stews

Carrot and Red Pepper Soup

Serves 4

1 onion, chopped
6 carrots, thinly sliced
2 cups water or vegetable stock
2 red bell peppers
2 cups soymilk
2 teaspoons lemon juice
2 teaspoons balsamic vinegar
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Place the onion and carrots in a pot with the water, and simmer, covered, over medium heat until the carrots can be easily pierced with a fork, about 20 minutes.

Meanwhile, roast the peppers by placing them over an open gas flame or directly under the broiler until the skin is completely blackened. Place in a bowl, cover, and let stand about 15 minutes. Slip the charred skin off with your fingers, then cut the peppers in half and remove the seeds.

Blend the carrot mixture along with the peppers in several small batches. Add some of the soymilk to each batch to facilitate blending. Return to the pot and add the lemon juice, vinegar, salt, and pepper. Heat until steamy.

*Recipe from Eat Right, Live Longer by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.*

Carrot Soup

This recipe comes from Geoff Bailey at a bowling club not far from Sydney Harbor.

1 tablespoon olive oil
2 pounds (about 5 cups) peeled and sliced carrots
1 onion, chopped

2 medium potatoes, peeled and diced
6 cups water
2 cups vegetable stock
1/2 teaspoon salt
1 teaspoon sugar
black pepper to taste
1 teaspoon mixed herbs
parsley to garnish

Heat oil in a large saucepan. Add vegetables and cook over medium heat, turning with a wooden spoon until the vegetables are thoroughly coated with oil. Add water, stock, salt, sugar, pepper, and herbs. Simmer until tender. Pour into a blender and blend until smooth.

Serve with parsley.

Recipe from The Neutral Bay Club, North Sydney, Australia, printed in The Best in the World, edited by Neal D. Barnard, M.D.

Corn Chowder

Serves 5

1 tablespoon oil
1 onion, chopped
2 cups water
2 stalks celery, chopped
2 carrots, chopped
2 17-ounce cans vegan creamed corn
1 cup soymilk
1 potato, chopped
1 1/2 teaspoons garlic powder
1/4 teaspoon nutmeg
salt and pepper to taste

Sauté onion in oil over medium-high heat until soft. Add water, celery, and carrots. Cook 10 minutes. Add creamed corn, soymilk, potato, and spices. Continue cooking for another 10 minutes. Serve hot.

Recipe from Simply Vegan by Debra Wasserman.

Creamy Beet Soup

Makes about 3 cups

This soup is delicious hot or cold.

- 1 15-ounce can diced beets
- 1 cup fortified soymilk or rice milk
- 2 tablespoons apple juice concentrate
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon dried dill weed

Place diced beets, including liquid, into a blender. Add soy- or rice milk, apple juice concentrate, vinegar, and dill weed. Blend on high speed until completely smooth, 2 to 3 minutes.

Transfer to a medium saucepan and heat gently until steamy.

*Recipe from Healthy Eating for Life for Cancer
by Vesanto Melina, M.S., R.D.*

Curried Sweet Potato Soup

Serves 6

- 2 teaspoons olive oil
- 1 cup chopped onion
- 2 teaspoons curry powder
- 1 cup water
- 4 cups vegetable broth
- 5 cups peeled, cubed sweet potato
- 1 1/2 cups plain soy yogurt, divided
- minced cilantro (*optional*)

Heat the olive oil in a large saucepan over medium-high heat. Add the onion and curry powder and sauté for 2 minutes. Add the water, broth, and sweet potatoes. Cook for 30 minutes or until the sweet potatoes are tender. Place one-third of the sweet potato mixture in a blender and process until smooth. Repeat the procedure with the remaining sweet potato mixture in batches. Return the puréed mixture to the saucepan. Bring the soup to a boil and remove from heat. Stir in 1 cup of soy

yogurt until blended. Top each serving with about 1 tablespoon of soy yogurt and garnish with cilantro, if desired.

*Recipe from a PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.*

Easy Chili

Serves 4

This is a very laid-back recipe. Feel free to experiment with seasonings or try different ingredients like tofu or additional veggies.

- 1 large onion, chopped
- 1 tablespoon olive oil
- 2 16-ounce cans kidney beans
- 1 16-ounce can diced or crushed tomatoes
- 1 cup frozen corn
- 2 tablespoon chili powder
- 2 teaspoon cumin
- salt to taste
- pepper to taste
- garlic powder to taste

In a large skillet, sauté the onion in the olive oil. Add the beans, tomatoes, corn, and seasonings. Cover and simmer for 15 minutes to 2 hours—longer cooking time will allow the flavors to mix and yield an even tastier dish.

Kale-and-Rice Chowder

Serves 6

- 2 teaspoons olive oil
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 1/2 cup chopped leeks
- 1/3 cup sliced almonds
- 1 tablespoon paprika
- 2 bay leaves

1 1/2 cups water
1 14.5-ounce can seasoned, diced stewed tomatoes
2 cups vegetable broth
2 cups chopped kale
1 cup cooked brown rice
1 cup drained canned garbanzo beans

Heat the oil in a large Dutch oven over medium-high heat. Add the onion, pepper, and leeks. Sauté for 2 minutes. Add the almonds, paprika, bay leaves, water, tomatoes, and broth. Bring to a boil. Add the kale, rice, and garbanzo beans. Reduce heat and simmer 10 minutes or until thoroughly heated.

*Recipe from a PCRM Weight Loss Study Cooking Demonstration;
contributed by PCRM dietitian Brie Turner-McGrievy, M.S., R.D.*

Lentil and Artichoke Stew

Serves 4 to 6

This aromatic, fiber-packed, tasty Middle Eastern dish is great served over brown rice or your favorite pasta.

2 cups diced onions
2 large garlic cloves, pressed or minced
2 teaspoons ground cumin
1 teaspoon ground coriander
1 cup dry red lentils
1 bay leaf
3 cups water
1 teaspoon olive oil
2 tablespoons fresh lemon juice
2 24-ounce cans chopped tomatoes, undrained
1 1/2 cups quartered artichoke bottoms (9-ounce package frozen or 15-ounce can, drained)
1/4 teaspoon crushed red pepper flakes (*optional*)
salt and ground black pepper to taste

Heat the olive oil in a saucepan. Add the onions and sauté on medium heat for about 5 minutes, until golden. Add the garlic, cumin, and coriander and cook for 2

minutes, stirring frequently. Add the lentils, bay leaf, and water to the pan and bring to a boil. Lower the heat, then add the lemon juice, tomatoes and tomato liquid, artichoke hearts, and crushed red pepper (if using), and simmer on low heat for about 20 minutes or until the lentils are tender. Remove and discard the bay leaf.

Add salt and pepper to taste and serve over rice or pasta.

*Recipe adapted from Moosewood Restaurant Low-Fat Favorites
by The Moosewood Collective.*

Lentil Soup

Serves 6

1 tablespoon olive oil
3 onions, coarsely chopped
2 cups dried lentils, rinsed
2 medium carrots, chopped
3 garlic cloves, finely chopped
1 15-ounce can of tomato sauce
2 tablespoons chopped fresh oregano
6–8 cups of water
1 large bay leaf
1/4 cup wine vinegar
1 whole potato, boiled and mashed (*optional*)
salt and freshly ground pepper to taste

In a large soup pot, add all the ingredients except for the wine vinegar and potato. Cover, bring to a boil, reduce heat to low and simmer for 1–1 1/2 hours, or until lentils are very tender. Add more water if necessary. Before removing from heat, add the wine vinegar, and, if desired, the mashed potato. Season with salt and pepper to taste.

Recipe from the Stage Door Deli Café, New York City, New York, printed in The Best in the World II, edited by Jennifer Keller, R.D.

Mexican Pumpkin Stew

Serves 6

Linda Arcadia of Moscow, Idaho, created this spicy soup with the rich flavors of autumn. She suggests that for a festive fall meal, you can serve this in a scooped-out pumpkin.

3–4 cups of small chunk (1/2 inch) raw pumpkin or butternut squash
1 cup vegetable stock
1 medium onion, thinly sliced
1 teaspoon minced garlic
1 cup tomato sauce
1/2 cup salsa
1 16-ounce can corn kernels, drained
1 teaspoon chili powder
1/2 teaspoon cumin
3–4 drops of Tabasco (*optional*)
1/2 teaspoon hot red pepper flakes
1 15-ounce can red kidney or pinto beans
salt and pepper to taste

Simmer the pumpkin or squash in the vegetable stock until tender. Add the remaining ingredients and simmer uncovered over low heat for 30 minutes. Season with salt and pepper.

*Recipe from The Vegetarian No-Cholesterol Family-Style Cookbook
by Kate Schumann and Virginia Messina, M.P.H., R.D.*

Mushroom Barley Soup

Makes about 3 cups

This soup takes just minutes to make if you have cooked barley on hand.

2 cups plain rice milk
2 tablespoons barley flour
1 cup cooked barley
1 4-ounce can mushrooms, including the liquid
1/4 teaspoon garlic powder

1/4 teaspoon salt
pinch each of dried marjoram, sage, thyme, and dill weed

Place rice milk and barley flour into a blender. Blend on high speed for a few seconds. Add barley and blend on high for about 10 seconds or until barley is chopped coarse.

Add mushrooms with their liquid. Blend just enough to coarse-chop mushrooms.

Transfer the blended mixture to a medium-sized saucepan and add all the remaining ingredients. Cook over medium heat, stirring often, for about 5 minutes, or until the soup is hot and somewhat thickened.

Recipe from Foods That Fight Pain by Neal D. Barnard, M.D.;
recipe by Jennifer Raymond.

Posole (Vegetable Soup with Hominy)

Serves 4

Soup:

1 large onion, chopped
3 cloves garlic, minced
4 carrots, sliced
3 cups of water or low-sodium vegetable stock
1 15-ounce can of white hominy
1 15-ounce can of stewed tomatoes with garlic, green pepper, and celery
1 red pepper, chopped
1 cup green beans, broken into bite-sized lengths
1/2 teaspoon cumin
1/2 teaspoon salt, optional
1/4 teaspoon pepper
3/4 teaspoon chili powder

Toppings:

your favorite salsa
iceberg lettuce, chopped
baked tortilla chips

In a medium stockpot, braise garlic and onion in 1/2 cup of water until soft. Add carrots and water or stock, and simmer 5 to 10 minutes. Drain and rinse hominy and add to the pot. Stir in the tomatoes, red pepper, green beans, and spices. Simmer for 15 minutes. Serve piping hot with little bowls of the toppings. Add them to taste as you enjoy the soup.

Recipe from PCRM Weight Loss Study Cooking Demonstration; contributed by PCRM nutrition director Amy Lanou, Ph.D.

Winter Vegetable Chowder

Serves 6

1 tsp canola oil
1/2 cup onion, chopped
1/2 cup celery, chopped
1 medium carrot, chopped
1 sweet potato, peeled and chopped
1 cup peeled, chopped butternut squash
1/2 cup red bell pepper, chopped
1 tsp minced garlic
3 cups vegetable stock or water
1/2 tsp minced fresh thyme, or 1/4 tsp dried thyme leaves
2 cups kale, finely chopped
1 cup unsweetened soymilk
Salt and pepper to taste

Heat the oil in a large saucepan over medium heat and cook onions, celery and carrot for 5 minutes.

Add sweet potato, butternut squash, red bell pepper, garlic, stock or water, and thyme. Reduce heat and simmer for 20 minutes or until vegetables are tender.

Boil kale in lightly salted water for 5 minutes. Drain and set aside.

Purée soup in a blender until smooth. Return to saucepan. Stir in the soymilk, cooked kale and salt and pepper to taste. Slowly heat the soup, being very careful not to boil.

Recipe from 366 Simply Delicious Dairy Free Recipes by Robin Robertson.