

Vegetarian Recipes

Vegetarian Chili

1 onion, chopped	1 cup broccoli, chopped (can also use cauliflower)	1/2 cup dry white wine
2 tbsp vegetable oil	3 carrots, sliced	4 tsp chili powder
3 zucchini, sliced	1 28 ounce can kidney beans	1 1/2 tsp cumin
2 bell peppers, any color	1 14 ounce can diced tomatoes	1/2 tsp garlic powder
1 1/2 cups sliced mushrooms	2 cups tomato paste	1/2 tsp salt
3 stalks celery, sliced		1/4 tsp pepper

In a large pot, sauté the onion in vegetable oil until onions are soft, about 3 to 5 min. Add vegetables and beans. Cover and cook over medium heat for 8 to 10 min stirring frequently. Add the remaining ingredients. Stir and bring to a slow simmer. Cover and allow to cook at least 30 min, or until vegetables are done cooking.

Hummus & Zucchini Soup

1 tsp olive oil	3 zucchini, sliced (about 1 lb.)	2 C. veg. or chicken stock
6 oz. ready-made hummus	salt & pepper	freshly chopped fresh parsley, to garnish (opt.)
1 small onion	fresh lemon juice, to taste	

Heat the oil in a saucepan over a medium heat. Add the onion and zucchini, cover and cook for about 3 minutes, stirring occasionally. Add the stock and season lightly with salt and pepper. Bring to the boil, reduce the heat, cover and cook gently for about 20 minutes until the vegetables are tender. Allow the soup to cool slightly, then transfer to a blender or food processor and puree until smooth. Add the hummus to the pureed soup in the blender or processor and process to combine.

Curried Lentil and Spinach Soup

2 tablespoons olive oil	1 tablespoon minced fresh ginger	1 16-ounce bag dried lentils (about 2 1/2 cups)
1 1/2 cups chopped onion	1 teaspoon ground cumin	1 6-ounce bag baby spinach leaves
1 cup chopped celery	1 bay leaf	1/2 cup chopped fresh cilantro
1 cup chopped peeled carrots	1/4 tsp dried crushed red pepper	1/2 cup plain yogurt or sour cream
3 garlic cloves, minced	8 cups of or vegetable stock	
1 tablespoon curry powder	2 cups (or more) water	

Heat oil in heavy large pot. Add next 4 ingredients; sauté about 10 minutes. Stir in curry powder, ginger, cumin, bay leaf, & dried crushed red pepper. Add vegetable stock & 1 1/2 to 2 cups of water & dried lentils; bring to a boil. Reduce heat & simmer uncovered until lentils are tender, adding more water by 1/2 cupfuls to thin soup, about 45-50 minutes. Add spinach & cilantro; simmer about 5 minutes. Season soup with salt & pepper.

Pasta e Fagioli

3 tablespoons olive oil	1 medium head escarole - rinsed and quartered	1 tablespoon white sugar
6 cloves garlic, chopped	16 ounces tomato sauce	2 (15 ounce) cans cannellini beans
1 onion, chopped	1 pinch dried oregano	1 pound ditalini pasta
1/2 cup chopped mushrooms		salt and pepper to taste

Cook pasta, when draining reserve water for later use. In a large skillet, warm oil and saute garlic, onion, & mushrooms. Add escarole to vegetables in the skillet. Cover and cook until escarole wilts. Stir in tomato sauce & beans. Season with oregano, sugar, salt & pepper to taste. Simmer over low heat for 15 to 20 min. Mix the cooked pasta into the sauce. Add about 1 cup of the reserved pasta water to achieve desired consistency.

Potato Leek

3 cups sliced leeks, white and tender green parts	6 cups water	1/2 cup creme fraiche or sour cream
3 cups peeled & cubed baking potatoes	1 1/2 teaspoons salt	1/3 cup minced chives or parsley
	1/2 cup heavy cream	

Bring the leeks, potatoes, water, and salt to the boil over high heat. Cover partially & simmer until vegetables are tender. Add seasoning to taste. Puree in a food processor. Top each serving with cream & fresh chives.

Carrot/Butternut Squash

1 medium butternut squash	2 pounds carrots - peeled and diced	8 cups water
1/4 cup olive oil	6 cloves garlic, crushed or to taste	salt and pepper to taste
2 onions, diced	2-2" pieces fresh ginger, peeled & thinly sliced	2 pinches ground cinnamon

Scoop seeds out of halved squash & place cut side down onto a greased baking sheet. Bake for 30 to 40 minutes in 350 degree F oven. Cool, then scoop the squash out of the skin & set aside. Heat olive oil. Add onion & garlic. Cook until onion is translucent. Add water, squash, carrots & ginger. Bring to a boil, & cook for at least 20 minutes. Puree the mixture in the blender. Add water if needed to thin. Season with salt, pepper & cinnamon.