

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Barley Lentil Minestrone§

Originally, “Cozy Quinoa Lentil Minestrone”. Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 417) Page Street Publishing Kindle Edition

- 3 tablespoons olive oil
- 2 cups mushrooms, washed and chopped
- 1 onion, cup
- 2-3 cloves garlic, minced
- 1/2 cup red or green lentils, rinsed
- 1/4 cup barley
- 3+ cups **Vegetable Soup Stock**
- up to 2 additional cups filtered water, optional
- 1/2 teaspoon dried thyme
- 1/2 cup cayenne pepper, optional
- 1 bay leaf
- sea salt, to taste
- 1/4 cup coconut cream
- 1/4 cup nutritional yeast, optional
- 3 cups spinach, washed, chopped and packed

The original title for the recipe was “Cozy Quinoa Lentil Minestrone”. It sounded delicious but I changed the quinoa to barley and hence changed the name. It’s still essentially the same soup just with barley instead of quinoa.

Heat 1 tablespoon of olive oil in a skillet. Add mushrooms, stir and cook until mushrooms are reduced. Set aside.

In a soup pot add remaining olive oil, onion and garlic. Cook for several minutes until translucent.

Add lentils and barley with **Vegetable Soup Stock**, thyme, pepper, if used, and bay leaf. Stir. Add salt and bring to a boil. Simmer for about 20 minutes covered, until lentils and barley are softened.

Stir in the coconut cream, nutritional yeast, spinach and mushrooms. Add more salt to taste. Cook for another 3 minutes.

Barley and Vegetable Soup§

- 3/4-1 cup barley
- 3 cups **Vegetable Soup Stock**
- pinch sea salt
- 3 tablespoons coconut oil
- 1 1/2 cups onion, chopped
- 1 cup carrots, peeled and chopped
- 1 cup mushrooms, washed and thinly sliced

- 1/2 cup celery, washed and chopped
- 1 1/2 cups potatoes, peeled and diced
- 12 + cups **Vegetable Soup Stock**
- 2-3 teaspoons sea salt, or to taste
- 1/2 teaspoon pepper, or to taste
- 1/4 cup parsley, chopped

Cook barley in 3 cups of **Vegetable Soup Stock** in a rice cooker. Remove from heat and fluff with a fork.

While barley is cooking, heat the coconut oil in large pot. Add the onions, carrots, mushrooms and celery. Cook the vegetables for 5 minutes, stirring constantly, until they begin to soften. Add the potatoes and then the remaining 12 cups of stock, salt, and pepper to the soup pot. Bring to a boil. Reduce heat, cover and simmer for 30-45 minutes.

Stir in the cooked barley. Mix well and simmer for 5-15 minutes more. Stir and pepper to taste.

Garnish with chopped parsley, and add additional salt and pepper to taste to serve.

Bean and Tomato Soup§

- 1 onion, diced
- 3 cloves garlic, minced
- 2 teaspoon olive oil
- 1 tablespoon dried basil
- 1/2 teaspoon dried thyme
- 3 tablespoons sun dried tomatoes, minced
- 1 15 ounce can chick peas, drained and rinsed
- 6 cups **Vegetable Soup Stock**
- 2 cups kale, washed and chopped small
- 2 cups cabbage, washed and chopped
- 1 zucchini squash, peeled and diced
- a few dashes cayenne pepper, to taste, optional
- fresh basil, optional

Not a great soup, not a bad soup. It’s just kind of there. According to Emmale it has a potent fragrance, doubtless due to the cruciferous vegetables.

Sauté the onion in a soup pot with the olive oil until softened. Add the garlic and stir for 1 minute.

Add the dried herbs. Add sun dried tomatoes and chickpeas. Stir to combine adding **Vegetable Soup Stock**. Add the remaining vegetables and cayenne pepper, if using. Let simmer for approximately 15 minutes or until the zucchini is soft.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Optionally, serve in a bowl with a sprig of fresh basil.

Blue Ribbon Split Pea Soup§

- 2 cups dried green split peas, culled through and well rinsed
- 2 tablespoons coconut oil
- 1 cup carrots, peeled and coarsely chopped
- 1 cup celery, washed and coarsely chopped
- 1 1/2 cups onion, coarsely chopped
- 1 teaspoon garlic, minced
- 2 cups cabbage, washed and cut into chunks
- 10 cups filtered water
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried savory
- 1/8 teaspoon rubbed sage
- 1/8 teaspoon dried tarragon
- 1/4 teaspoon celery seeds
- 1/4 teaspoon ground coriander
- 1/2 teaspoon sea salt
- 1/4 teaspoon seasoned salt
- pepper, to taste
- 1-2 cubes vegetable bouillon
- additional filtered water, optional
- 1/4 cup fresh parsley, washed and minced

This is not nearly as good as traditional split pea soup (see [Classic Split Pea Soup](#)), but it's okay.

Place peas in a soup pot and cover with water. Bring to a boil and then turn off.

An hour later, drain peas and set to side.

Heat oil to a large soup kettle. Add the carrots, celery, onion, garlic and cabbage and sauté, stirring frequently, for several minutes. Add the water, split peas, seasonings and bouillon.

When adding water, add 8 cups initially and then, after all the ingredients have been added, add the remaining water till the pot is full. (Additional water can be added as cooking proceeds.) Bring to boil. Cover and simmer on low for at least 1 1/2 hours (the longer the better), stirring frequently, adding additional water as necessary to maintain a soup-like texture.

Stir in parsley to serve.

Note: Unlike [Classic Split Pea Soup](#), this pea soup does not thicken when refrigerated as might be expected.

Butternut Soup with Pimentón

<http://blog.williams-sonoma.com/spanish-butternut-squash-soup/#comments/>

SOUP

- 2 pounds butternut squash, peeled, seeded and cut into cubes
- 2 tablespoons olive oil
- 1 red onion, coarsely chopped
- 1 stalk celery, diced
- 1 carrot, peeled and diced
- 2 cloves garlic, peeled and minced
- 1 bay leaf
- 1 fresh spring of rosemary
- 1 teaspoon dried sage
- 1 teaspoon paprika, or more to taste
- 4 cups [Vegetable Soup Stock](#)
- 1-2 tablespoons dried chives, snipped and placed on a small plate

CROUTONS

- 2-3 tablespoons [Vegan Butter Substitute](#)
- 2 tablespoons garlic, crushed
- 3-4 slices brown bread, cut into crouton sized pieces, optional

The original recipe called for 1/2 tablespoon of pimentón (paprika), hence the name for the recipe. It also calls for 4 cups of chicken broth, which I changed to [Vegetable Soup Stock](#), of course. For the croutons the original recipe specified to cook chorizo (Mexican sausage) in a pan and remove it before adding the brown bread pieces, to absorb the grease from the sausage. How interesting. That ingredient and step was eliminated here. I added the garlic.

In a soup pot over medium heat, warm the olive oil. Add the onion, celery, carrot, garlic, bay leaf, rosemary and sage and gently sauté until the onions are soft and fragrant, 8 to 10 minutes. Stir in the paprika.

Add the butternut squash and stock, season well with salt and pepper, cover and simmer until the squash is soft, about 30 minutes. Let cool slightly.

Remove and discard the bay leaf and rosemary sprig. Ladle the soup into a food processor or blender and puree until velvety smooth. Taste and adjust the seasoning.

To make the croutons, in a small fry pan over medium heat, warm the [Vegan Butter Substitute](#) and crushed garlic. Add the bread and toss in the pan to absorb the fat, then sauté until the bread is browned and the [Vegan Butter Substitute](#) absorbed. (Discard and residual garlic.) Transfer croutons to a bowl.

Ladle the soup into bowls and pass. Serve with the

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

croutons and chives.

Serves four.

Chipotle Bean Soup

Calbom, Cherie: *The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way!* (p. 215) Charisma House Kindle Edition

- 1 tablespoon coconut oil
- 1 onion, chopped
- 1 1/2 cups dried Navy or pinto beans
- 2 cloves garlic, chopped
- 2 chipotle chilies, soaked 10 minutes in cold water
- 4 cups filtered water or **Vegetable Soup Stock**
- 2 teaspoons sea salt
- 2 teaspoons brown rice vinegar
- pepper, to taste

Soak beans overnight.

Heat oil in a large soup pot and cook onion over medium heat until soft. Drain beans and add to onions along with garlic, chilies, and water. Bring heat to high until mixture starts to simmer. Reduce heat to low and cook for 1 hour, or until beans are soft. Remove chilies.

For thicker, creamier soup, purée half the soup in a blender and then return it to the soup pot and mix well. Add the salt, vinegar, and pepper.

Chunky Potato Soup§

- 1 quart **Vegetable Soup Stock**
- 1/2 cup celery, chopped
- 3/4 cup onions, halved lengthwise and then sliced across
- 1/2 cups carrots, peeled and sliced
- 5 cups potatoes, peeled and cut into chunks
- 1/4 cup flour
- 1/4 cup filtered water
- 2 teaspoons sea salt
- 1/2 teaspoon dry mustard
- 2 cups almond milk, or a thick mixture of Better Than Milk
- 1 teaspoon dried parsley
- 2 tablespoons dried milk

Place soup stock, celery, onion, carrots and potatoes in large soup pot. Bring to a boil. Reduce heat and simmer, covered, until celery and carrots are tender.

Place 2-3 cups of mixture in a blender. Blend until smooth. Return to soup pot. Combine flour and water in a separate container blending until smooth. Add flour mixture, salt, mustard, almond milk and parsley to soup pot. Stir to combine.

Bring to a boil again. Reduce heat to simmer on low continue to cook, stirring, for 2 more minutes.

Stir in dried milk (a thickener) before serving.

Corn Chowder§

- 2 tablespoons coconut oil
- stalk celery, washed and coarsely chopped
- small onion, coarsely chopped
- cups frozen corn
- cups **Vegetable Soup Stock**
- cups filtered water, or additional **Vegetable Soup Stock**
- 1 tablespoon arrow root powder
- 4 cup additional filtered water
- 2 teaspoon sea salt
- cubes vegetable bouillon
- 4 teaspoon ground cardamon
- 4 teaspoon ground coriander
- 2 tablespoons dried milk

In a large soup pan, heat the coconut oil. Add the celery and onions only and sauté until tender. Add the corn. Mix and coat with oil. Sauté briefly (about 5 minutes). Add **Vegetable Soup Stock** and 2 cups water (or more **Vegetable Soup Stock**) and bring to a boil.

Dissolve the arrow root in the 1/4 cup cold water. Add arrow root solution to the soup (as a thickener). Add salt, bouillon, cardamon and coriander. Return to boil, stirring constantly. Reduce heat and simmer for 15-20 minutes.

Allow soup to cool slightly. Place 3 cups of the soup in a blender. TIGHTLY HOLD DOWN the top on the blender with a pot holder. CAREFULLY blend the soup purée it and return purée to the soup pot. Whisk in dried milk. Heat, as necessary, to serving temperature and serve.

Makes 3-4 servings. Soup will get thicker the long it sits. It has a surprisingly delectable flavor.

Cream of Cauliflower Soup§

- 1-2 tablespoons coconut oil
- 2-3 tablespoons **Vegan Butter Substitute**, optional
- 1/2 red onion, diced
- 3 stalks celery, washed and chopped
- 1 head cauliflower, washed and coarsely chopped, with 1 cup finely chopped on the side
- 3-4 cups **Vegetable Soup Stock**
- 1 teaspoon pumpkin spice
- 1 cup almond milk, or a thick mixture of Better Than Milk
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper, or to taste

*This recipe is very much like **Cream of Mushroom***

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

*Soup but made with cauliflower and **Vegetable Soup Stock** instead. The pumpkin spice adds a bit of 'zing' to an otherwise fairly flat soup.*

Melt coconut oil, and butter if used, in a Dutch oven.

Sauté onion, celery, and one cup of cauliflower for until tender.

Remove contents with a slotted spoon to a food processor. You don't have to get every piece out. Process the mixture to finely chop/purée.

Combine remaining cauliflower with **Vegetable Soup Stock** and pumpkin spice and bring to a boil. Cook cauliflower until tender.

Reduce heat to low and stir in almond milk (half-and-half for a thicker soup), salt and sautéed vegetables.

Heat through to serve.

Cream of Mushroom Soup§

- 8 ounces mushrooms
- 4 tablespoons **Vegan Butter Substitute**, divided
- 1 medium onion, chopped
- 1/4 cup flour
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 1 1/4 cup filtered water
- 1 cup **Vegetable Soup Stock**
- 1 cup of a thick mixture of Better Than Milk
- parsley, washed and snipped

*Absolutely the best! Once you made this ridiculously easy to make soup you never want to go back to condensed **Cream of Mushroom Soup** again.*

Slice enough mushrooms to measure 1 cup. Chop remaining mushrooms. Cook and stir sliced mushrooms in 2 tablespoons of butter in a Dutch oven over low heat until golden brown. Remove mushrooms with a slotted spoon.

Cook and stir chopped mushrooms and onion in remaining 2 tablespoons of butter until tender. Stir in flour, salt and pepper. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Remove from heat.

Stir in water and broth. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Turn off burner and stir in Better Than Milk concentrate and the sliced mushrooms previously cooked. Warm through and remove from burner.

Sprinkle with parsley to serve.

Creamy Asparagus Soup§

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2130) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 large yellow onion, diced
- 1 tablespoon dried tarragon
- 4 cups **Vegan Butter Substitute**
- 2 pounds fresh asparagus, washed and cut into 1 inch pieces
- 1 1/2 cups water
- 1/2 cup Better Than Milk
- sea salt, to taste
- pepper, to taste

Notes: I followed most of this recipe but added the Better Than Milk option in the end to make more or a Cream of Asparagus soup.

Melt coconut oil in a soup pot.

Sauté onions for up to 10 minutes, until tender.

Notes: Be sure to carefully trim the base of the asparagus off to prevent adding excessively fibrous pieces to the soup.

Stir in the **Vegetable Soup Stock** and the fresh asparagus. Bring to a boil and then simmer for 20-25 minutes until asparagus is tender.

Add the water, Better Than Milk and several scoops of soup, with liquid, to a blender. Start it slowly, increasing the speed, to puree the mixture and blend the milk. Re-add the pureed soup and the Better Than Milk. Stir to combine and heat for a couple of minutes to incorporate the Better Than Milk.

Season to taste with salt and pepper to serve.

Creamy Vegetable Soup§

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 367) Page Street Publishing Kindle Edition

- 2 tablespoons grapeseed oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 4 cups **Vegetable Soup Stock**
- sea salt, to taste
- pepper, to taste

VEGETABLES

- 1 medium carrot, sliced
- 2 cups broccoli florets, washed
- 1 stalk celery, washed and sliced

EXTRAS

- several cups assorted frozen vegetables, optional

Transformations: Vegan Recipes You Can Live By Vegetarian Soups

- 2-3 cups **Vegetable Soup Stock** and/or filtered water, optional

CREAM

- 1 cup cashews
- 3 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 1 cup filtered water

Heat grapeseed oil in a soup pot. Add onion and garlic. Cook for 5 minutes.

Add VEGETABLES and cook for 1-2 minutes.

Add **Vegetable Soup Stock**, stir and bring to a boil

Season with salt and pepper.

Reduce heat and simmer for 20-25 minutes.

Optionally add in additional frozen vegetables and more **Vegetable Soup Stock** and/or filtered water.

While soup is cooking, blend CREAM ingredients in a blender.

When vegetables are done, slowly add CREAM to soup and stir.

Adjust salt and pepper and cook another 3-5 minutes to serve.

Curried Butternut Squash Soup§

<http://minimalistbaker.com/curried-butternut-squash-soup/>

- 1 tablespoon coconut oil
- 2 small shallots or 1 small onion, peeled and thinly sliced
- 2 cloves garlic, minced
- 6 cups butternut squash, peeled, seeded and diced
- sea salt, to taste
- pepper, to taste, optional
- 1-1 1/2 tablespoons curry powder
- 1/4 teaspoon ground cinnamon
- 2 cups almond milk
- 2-3 cups **Vegetable Soup Stock**
- 3-4 tablespoons maple syrup or coconut sugar
- 1-2 teaspoons chili garlic paste, very optional

Heat a large pot over medium heat. Once hot, add oil, shallots of onion, and garlic. Sauté for 2 minutes, stirring frequently.

Add butternut squash and season with a pinch each salt and pepper, curry powder, and ground cinnamon. Stir to coat, then cover and cook for 4 minutes, stirring occasionally.

Add almond milk, vegetable broth, maple syrup or coconut sugar

VERY OPTIONALLY add chili garlic paste (for heat) ONLY if you want a VERY spicy soup. Otherwise, leave it out for a more benign version.

Bring to a low boil over medium heat and then reduce heat to low, cover, and simmer for 15 minutes, or until butternut squash is fork tender.

Use an immersion blender, or transfer soup to a blender, and purée on high until creamy and smooth. If using a blender, return soup back to pot.

If using a blender, make sure that top is well secured. Start slowly and build up to a faster speed to prevent contents from being ejected.

Taste and adjust seasonings, adding more curry powder, salt, or sweetener as needed. Continue cooking for a few more minutes over medium heat.

Curried Potato Soup with Corn and Red Pepper§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2204) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 medium yellow onion, diced
- 1 cup red pepper, washed and diced
- 2 cloves garlic, minced
- 2 large Yukon gold potatoes, peeled and diced
- 2 cups frozen corn
- 4 cups **Vegetable Soup Stock**
- 1-3 teaspoons curry powder, to taste
- 1 cup of a thick mixture of Better Than Milk
- sea salt, to taste
- pepper, to taste
- 4 green onions, washed and sliced, optional
- 1/2 cup fresh cilantro, washed and chopped, optional

The original recipe called for a vegan cheese sauce which really didn't sound very appealing. I changed it to Better Than Milk, to provide a creamy texture.

Melt coconut oil in a soup pot.

Sauté onions and peppers for up to 7 minutes, until tender.

Stir in garlic and heat for an additional minute.

Add the potatoes, **Vegetable Soup Stock** and curry powder. Bring to a boil and then simmer for 20 minutes until potatoes are tender.

Optionally, for added smoothness, puree up to 1 quart of the soup and return the pureed mixture back to the soup.

It's not necessary that the Better Than Milk solution be 100% dissolved. I've found that mixture of 3/4 cup

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

water with 1/4 cup of Better Than Milk works well.

Stir in the Better Than Milk and cook over a low heat for 5 additional minutes.

Season to taste with salt and pepper, and optionally garnish with green onions and cilantro to serve.

Easy Cream of Potato Soup§

<http://www.genuskitchen.com/>

- 3 cups vegetable broth
- 1 cup onion, chopped
- 2 cups potatoes, peeled and diced
- 1 teaspoon dill weed
- 4 tablespoons flour
- 4 tablespoons butter
- 1/2 teaspoon kosher salt
- 1/4 teaspoon pepper
- 2 cups almond or coconut milk
- 1-2 cups Swiss or cheddar cheese, diced, optional

Emmale looked this up and made it for dinner one night. She made a double batch. It was delicious. When she made it she did not add the cheese.

In a sauce pan combine vegetable broth, onion, potatoes and dill weed. Bring to a boil. Reduce heat and simmer for 10-15 minutes or until potatoes are tender.

Put 2/3 of the mixture into a blender. Cover (holding down the top tightly) and blend until smooth. Set aside with the unprocessed mixture.

In a Dutch oven, melt the butter. Stir in flour, salt and pepper. Add milk all at once. Cook and stir until mixture is thickened and bubbly. Stir in potato mixtures (pureed and otherwise) and cook until soup is heated through.

Optionally, stir in cheese, if using, until well melted.

Fall Detox Vegetable Soup§

<http://www.yummly.com/recipe/Fall-Detox-Vegetable-Soup-1307975>

- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, peeled and diced
- 2 carrots, peeled and sliced
- 2 stalks celery, washed and diced
- 2 cloves garlic, peeled and diced
- 1 sweet potato, peeled and diced
- 2 cups butternut squash, peeled and diced
- 2 cups cauliflower, washed and diced
- 2 cups cabbage, washed and diced
- 2 15 ounce cans diced tomatoes, with liquid
- 6 cups of **Vegetable Soup Stock**
- 2 teaspoons Italian Seasoning
- 1/2 teaspoon pepper

- 2 tablespoons fresh parsley, washed and chopped

A hardy if not potent soup, especially good for winter.

Heat olive oil in the bottom of a large soup pot.

Add onion and garlic and sauté until onion is transparent.

Add carrots, celery, garlic, sweet potato, butternut squash, cauliflower and cabbage. Heat for up to 10 minutes until softened stirring often.

Add tomatoes, **Vegetable Soup Stock**, Italian seasoning and pepper. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, less than one hour.

Stir in parsley and serve.

Garden Fresh Tomato Soup 1§

- 3 14 1/2 ounce cans dried tomatoes, with juice
- 2 slices onions
- 1/2-2 teaspoon ground cloves, to taste
- 1 quart **Vegetable Soup Stock**
- 4 tablespoons **Vegan Butter Substitute**
- 2 tablespoons flour
- 1 teaspoon sea salt
- 4 teaspoons cane sugar

Combine tomatoes, onion and cloves in a blender. Puree tomatoes to form a thick sauce. Add **Vegetable Soup Stock** and pureed tomatoes to a large soup pot. Bring to a boil and gently boil for about 5-10 minutes to blend the flavors and thicken the tomato base.

In a skillet, melt **Vegan Butter Substitute** over medium heat. Stir in flour and cook until medium ground. Stir in a cup or so of soup to blend. Stir in sugar and salt.

Add sauce mixture to soup in pot and stir in. Heat a total of 20 minutes to blend the flavors before serving.

Garden Fresh Tomato Soup 2§

- 4 cups fresh tomatoes, diced
- 1 slice onion
- 4 whole cloves
- 2 cups **Vegetable Soup Stock**
- 2 tablespoons **Vegan Butter Substitute**
- 2 tablespoons flour
- 1 teaspoon sea salt
- 2 teaspoons cane sugar

The original recipe calls for using a food mill to strain the cooked tomatoes and broth. As I don't have one, it used the procedure described here.

In a stock pot, over medium heat, combine the toma-

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

toes, onion, cloves and **Vegetable Soup Stock**. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat.

Place the tomatoes and broth in a blender and blend to purée.

VERY IMPORTANT: Working in batches, fill the blender only half full at a time. If its too full the soup can burst out to the blender and make a mess.

In the now empty stock pot, melt the **Vegan Butter Substitute** over medium heat. Stir in the flour cooking until it is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest.

Season with sugar and salt, and adjust to taste. Cook for 10-15 minutes to thicken.

Can readily be frozen for serving at a later date.

Green Lentil and Sweet Potato Soup

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 859) Page Street Publishing Kindle Edition

- 2 tablespoons olive oil
- 1 medium onion, diced
- 2-3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon curry powder
- 1 teaspoon pepper
- 1/4 teaspoon cayenne pepper, optional
- 1 large sweet potato, peeled and diced
- 5 cups **Vegetable Soup Stock** or filtered water
- 1 bay leaf
- 2 cups kale, washed and sliced into ribbons
- 1/4 cup coconut cream
- 1/4 cup nutritional yeast
- 1 inch piece of ginger root, grated
- sea salt, to taste

Heat olive oil in a soup pot.

Sauté onion and garlic over medium heat until translucent.

Add spices and cook for 3 more minutes.

Add the lentils, sweet potato, **Vegetable Soup Stock** and bay leaf.

Bring to a boil and then reduce heat to simmer for 20-25 minutes, until lentils are cooked.

Stir in remaining ingredients. Season with salt to taste.

Cook for an additional 5 minutes to serve.

Hearty Dal Soup§

- 1/4 cups filtered water

- 1 onion, peeled and chopped
- 2 cloves garlic, peeled and minced
- 1-2 tablespoons fresh ginger root, peeled and finely minced
- 1/2-1 teaspoon paprika
- 1/4 teaspoon ground cumin
- pepper, to taste
- 7 cups filtered water
- 1 cup dried lentils
- 1 15 ounce can chick peas, drained and rinsed
- 1 14 1/2 ounce can diced tomatoes, with liquid
- 2 cups Yukon gold potatoes, peeled, diced and rinsed
- additional filtered water, optional
- juice from one lemon
- 1-2 teaspoons chili paste
- 2 cups kale, chopped
- sea salt, to taste

At first, one would think this would be a spicy-hot soup. It can be so adjust the hot spices to taste. It can be kept refrigerated for several days.

Heat 1/4 cups of water in a soup pot over medium heat. Add the onion and garlic and cook, stirring occasionally, for 3-4 minutes until onions are softened. Add the ginger, paprika, cumin and black pepper to the pot and stir well.

Add the remaining 7 cups of water and the lentils, chickpeas, tomatoes, and potatoes. Bring to a boil, reduce heat, cover and simmer for 50 minutes, or until lentils are tender.

If soup is too thick, add additional water. Add lemon juice, chili paste and lemon juice and kale. Cook for 5-7 more minutes, until the greens are tender.

Season with salt, if desired, to taste. Serve hot.

Hearty Minestrone Soup

- 1 onion, chopped
- 2 stalks celery, sliced
- 2 carrots, sliced
- 1 teaspoon garlic, crushed
- 6 cups **Vegetable Soup Stock**
- 1/2 cup green beans, sliced into 1 inch pieces
- 1 1/2 cups potatoes, peeled and diced
- 1 1/2 cups cabbage, shredded
- 1 14 1/2 ounce can tomatoes, chopped
- 1 8 ounce can tomato sauce, or you can make your own **Tomato Sauce**
- 1 15 ounce can chick peas, drained and rinsed
- 1 15 ounce can cannelloni beans, drained and rinsed
- 1/4 cup parsley, minced, or 2 tablespoons dried

Transformations: Vegan Recipes You Can Live By Vegetarian Soups

- 1 1/2 teaspoons dried basil
- pepper, to taste

Put the onion, celery, carrots, and garlic in a large pot with 1/4 cup of the **Vegetable Soup Stock**. Cook over medium high heat, stirring occasionally, for 2 to 3 minutes, until vegetables soften slightly.

Add the remaining 5 3/4 cups broth and the green beans, potatoes, cabbage, tomatoes, tomato sauce, chickpeas, cannelloni beans, parsley, basil, and black pepper to the pot. Bring to a boil, then reduce the heat, cover, and cook for 45 minutes.

Add the pasta, stir well, and continue to cook for another 15 minutes, or until the pasta is tender.

Italian Vegetable Soup§

- 3 quarts **Vegetable Soup Stock**, water
- 4 cubes vegetable bouillon
- 2 large tomatoes, chopped
- 2 medium carrots, peeled and diced
- 1 small celery, sliced
- 2 medium onions, diced
- 2 cloves garlic, minced
- 1 turnip, peeled and diced, optional
- 1 tablespoon parsley, washed and chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon sea salt
- 1 bay leaf
- 2 cups gluten free pasta, or regular pasta such as penne
- 1 15 ounce can white kidney beans, rinsed and drained
- 1/4 cup green beans, cut into inch slices
- 2 small zucchini squash, peeled and cut into one inch slices (frozen zucchini squash can be used)
- additional **Vegetable Soup Stock**

*The original recipe specified only 4 cups of **Vegetable Soup Stock**. Two, it called for a 16 ounce box of brown rice noodles. I'm sure that 2 cups is what was meant. Whatever the case, this soup took way more **Vegetable Soup Stock** to make than was originally anticipated. Even with the 3 quarts the soup turned out quite thick and will need additional water when re-heated. It's a good soup, it just ends up very thick.*

In a soup pot, heat water, **Vegetable Soup Stock**, tomatoes, carrots, celery, onion, garlic, parsley, basil, salt and bay leaf. Bring to a boil. Reduce heat. Cover and simmer for 15 minutes.

Stir in pasta, green and red or white beans and zucchini. Heat to boiling. Reduce heat.

Depending on the amount of vegetables added, add

more **Vegetable Soup Stock** to retain soup texture. Cover and simmer 10-15 minutes, until pasta and vegetables are tender. Remove bay leaf. Serve warm.

Lentil Soup

- 1 large onion, finely diced
- 2 medium carrots, peeled and finely diced
- 2 stalks celery, washed and finely diced
- 3 cloves garlic, minced
- 1 6 ounce can tomato paste, preferably organic
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon dried tarragon
- 1/4 bunch parsley, washed and finely chopped
- 1 1/2 cups dried lentils
- 2 quarts **Vegetable Soup Stock**
- 1 1/2 teaspoons sea salt
- 1 teaspoon dry mustard
- pepper, to taste

Sauté the onion, carrot, and celery in a large soup pot over medium high heat for 7 to 8 minutes. If necessary, add 1 to 2 tablespoons of water at a time to keep the vegetables from sticking to the pan. Add the garlic, tomato paste, bay leaves, thyme, tarragon, and parsley. Cook for another minute.

Add the lentils, vegetable stock, and salt. Bring to a boil, then lower the heat and simmer, partially covered, until the lentils are tender, 25 to 35 minutes. Stir in the mustard and season with black pepper.

Remove the bay leaves before serving.

Lentil Vegetable Soup

<https://www.forksoverknives.com/recipes/lentil-vegetable-soup/>

- 2 small onions, finely chopped
- 2 carrots peeled and finely chopped
- 6 small white potatoes, washed and cubed
- 2 cups red or green lentils
- 1 15 1/2 ounce can diced fire roasted tomatoes
- 8 cups **Vegetable Soup Stock**
- 1-2 cups spinach, washed and chopped
- kosher salt, to taste
- pepper, to taste

*It doesn't get a whole lot easier than this. Make sure the **Vegetable Soup Stock** is completely thawed, if using frozen, before starting.*

Combine all ingredients, except the spinach, and cook on low for 2 hours.

Add the spinach about 5 minutes before the soup is done. Season to taste with salt and pepper.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Lotsa Vegetable Chowder

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Locations 2258–2259) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1/2 small onion, diced
- 8 Yukon gold potatoes, washed and diced
- 2 medium carrots, peeled and sliced
- 2 stalk celery, washed and sliced
- 1/4 cup red pepper, washed and diced
- 1 cup broccoli, washed and chopped
- 1 clove garlic, minced
- 1 1/2 teaspoons dried thyme
- 1/8 teaspoon white pepper
- 2 teaspoons ground cumin
- 1 tablespoons dried dill, or 3 tablespoons fresh, minced
- 6 cups filtered water or **Vegetable Soup Stock**
- 2 cups frozen corn
- filtered water, as needed
- 1 cup of a thick mixture of Better Than Milk
- sea salt, to taste

Sauté onions and peppers for up to 7 minutes, until tender.

In a soup cop combine onion, potatoes, carrots, celery, red pepper, garlic, thyme, pepper and cumin and water or **Vegetable Soup Stock**. Bring to a boil and reduce heat to simmer for 30 minutes, until the vegetables are tender.

Meanwhile cook the corn in a sauce an in enough water to cover. When corn is soften, drain most of the water and puree corn in a blender. Set aside.

Stir in the pureed corn and Better Than Milk when vegetables are tender and heat for a couple of additional minutes.

The pureed corn and Better Than Milk provide a creamy 'chowder-like' texture to this soup.

Season with salt to taste to serve.

Mexican Rice Soup

https://www.forksoverknives.com/recipes/mexican-rice-soup/?mc_cid=fb88cbede5&mc_eid=7d61d1ac47

SOUP

- 2 tablespoons coconut oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 6 cups **Vegetable Soup Stock**
- 1 15 ounce can kidney beans, drained and rinsed
- 1 15 ounce can black beans, drained and rinsed
- 1 15 ounce can pinto beans, drained and rinsed
- 1 15 ounce can fire-roasted tomatoes, with liquid

- 1 tablespoon chili powder, or to taste
- 1 cup brown rice, toasted
- kosher salt, to taste

TOPPINGS

- tomatoes, chopped, optional
- green onions, sliced, optional
- tortilla chips, optional
- shredded, optional

*As much a chili as a soup, it's included with soups because the original recipe was. A chili could easily be made by significantly reducing the **Vegetable Soup Stock**.*

To toast the rice, put the uncooked grain in a nonstick pan preheated to medium-high and stir constantly for about 5 minutes, or until it is lightly browned.

In a Dutch oven, melt coconut oil and sauté the onion and garlic over medium-high heat for up to 7 minutes.

Add the rest of the ingredients and bring to a boil. Reduce heat to low, and simmer for 25-30 minutes.

Season to taste with salt.

Optionally, serve with toppings of choice.

Mexican Rice and Mixed Bean Soup

<https://www.forksoverknives.com/recipes/mexican-rice-soup/>

SOUP

- 1 medium onion, chopped
- 4 cloves garlic minced
- 6 cups **Vegetable Soup Stock**
- 1 15-ounce can kidney beans, drained and rinsed
- 1 15-ounce can black beans, drained and rinsed
- 1 15-ounce can pinto beans, drained and rinsed
- 1 15-ounce can fire roasted tomatoes
- 1 tablespoon chili powder
- 1 cup brown rice, toasted, see note
- kosher salt, to taste

TOPPINGS

- tomato, washed and diced, optional
- green onions, washed and diced, optional
- salsa, optional
- tortilla chips, optional
- Mexican cheese, shredded, optional

To toast the rice, put the uncooked grain in a nonstick pan preheated to medium-high and stir constantly for about 5 minutes, or until it is lightly browned.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

In a Dutch pot, sauté the onion and garlic in 1 table-spoon **Vegetable Soup Stock** over medium-high heat until softened.

Add the rest of the ingredients. Reduce heat to low, and simmer for 25-30 minutes.

Season to taste.

Optionally, serve with toppings indicated or other topping of choice.

Minestrone

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2110) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 1 large onion, chopped
- 2 large carrots, peeled and sliced
- 2 stalk celery, washed and sliced
- 4 cloves garlic, minced
- 8 cups **Vegetable Soup Stock**
- 1 28 ounce can diced tomatoes, with liquid
- 1 teaspoon dried oregano
- 2 medium red skin potatoes, washed and diced
- 1/2 cup brown rice, uncooked
- 4 cups kale, with ribs removed, diced
- 1-2 15 ounce cans cannelloni beans
- sea salt, to taste
- pepper, to taste
- 1 cup fresh basil, washed and chopped

This is an unusual version of Minestrone soup in that it includes cooked rice in the soup as opposed to the normally expected macaroni. As such, it also makes this soup gluten free.

Melt coconut oil in a soup pot.

Sauté onions and carrots for up to 10 minutes, until tender.

Add garlic and cook for another minute.

Add **Vegetable Soup Stock**, tomatoes, oregano, potatoes, and rice. Bring to a boil and then simmer for 30 minutes, until rice almost done and potatoes are tender.

Stir in kale and beans and cook for another 15 minutes.

Season with salt and pepper to taste.

Right before serving, stir in chopped basil.

Minestrone Vegetable Soup

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 cloves garlic, finely chopped
- 1 quart **Vegetable Soup Stock**
- 2 cups tomato juice
- 1 28 ounce can diced tomatoes, with juice

- 2 cups spinach, washed and chopped
- 2 zucchini squash, peeled and chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, washed and chopped
- 1 15 1/2 ounce can cannelloni beans, drained and rinsed
- 1 tablespoon Italian Seasoning
- 1 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 cups rotini pasta

Heat olive oil in a large soup pot over medium heat. Cook and stir onion and garlic in the hot oil until onion is tender, 2 to 5 minutes.

Stir Basic Chicken Stock, tomato juice, diced tomatoes and their juice, spinach, zucchini, carrots, celery, cannelloni beans, Italian seasoning, salt, and black pepper. Bring soup to a boil. Reduce heat to low, and cover pot. Simmer soup for 45 minutes.

Bring soup back to a full boil and stir in rotini pasta.

Reduce heat to low and simmer until pasta is tender, 10 to 15 more minutes to serve.

Mixed Bean Soup§

- 1 20 ounce package mixed dried beans, plus enough water to cover to 2 inches
- 10-12 cups filtered water, depending on thickness of soup desired
- 1/2 pound ground beef, cooked and drained
- 1 14-1/2 ounce can diced tomatoes, with juice
- 1 cup celery, chopped
- 1 tablespoon sea salt
- 1 teaspoon dried parsley
- 2 garlic cloves, minced
- 1 teaspoon dried thyme
- 2 bay leaves
- pepper, to taste

Rinse and sort beans. Place beans in a soup kettle. Add water to cover by 2 inches. Bring to a boil and boil for 2 minutes. Remove from the heat. Cover and let stand for 1 to 4 hours or until beans are softened.

Drain and rinse, discarding liquid. Add water to the beans. Bring to a boil. Cover and simmer for 30 minutes. Add remaining ingredients. Bring to a boil. Reduce heat. Cover, leaving a slit open for steam to escape, and simmer for 1-1/2 to 2 hours or until beans are tender. Discard bay leaves.

Makes about 2 1/2-3 quarts.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Moroccan Lentil Soup§

<https://www.forksoverknives.com/recipes/moroccan-lentil-soup/>

- 1 large onion, chopped
- 1 bulb garlic, chopped
- 1 teaspoon fresh ginger root, minced
- 1/2 cup filtered water
- 2 carrots, sliced
- 1 cup dried red lentils
- 1 cup dried chick peas, rinsed, or one can of organic chickpeas
- 4 stalks celery, chopped
- 2 15 ounce cans diced tomatoes
- 6 cups filtered water or **Vegetable Soup Stock**, or a combination of both
- 1/2 handful cilantro, washed and chopped
- 1 teaspoon ground turmeric
- 2 teaspoons ground cardamom
- 1/2 teaspoon cayenne pepper, optional
- 1/2 teaspoon ground cumin, optional
- additional water or **Vegetable Soup Stock**, as needed

In a large soup pot, add onion, garlic, and ginger and 1/2 a cup of water. Cook until the onions become translucent. Remove from burner once water is evaporated

Add the rest of the ingredients, including the cayenne pepper and ground cumin for a spicier soup. Bring to a boil, and simmer until the chick peas are soft, about an hour.

If using dried chick peas, it would be best to soak them overnight to pre-soften them. They tend to not cook through completely if totally dry when starting. Alternatively, use a can of prepared organic chick peas.

Pour half of the soup into the blender and blend well. Starting with pulsing, get soup spinning and then blend to puree. Return blended soup to the soup pot and stir.

As necessary, add additional water and/or **Vegetable Soup Stock** to thin soup to desired thickness. Heat through.

Serve.

*Soup will thicken in the refrigerator. Use more water and/or **Vegetable Soup Stock** to reconstitute soup when re-heating.*

Mushroom Barley Soup§

- 1 cup barley
- 4 cups filtered water
- 1 tablespoon olive oil
- 1 large yellow onion, chopped
- 2 cloves garlic, minced
- 2 carrots, peeled and diced

- 2 stalks celery, diced
- 1 16 ounce package white button mushrooms, washed and sliced
- 6 cups **Vegetable Soup Stock**
- 1 cup filtered water
- 2 bay leaves
- 1 tablespoon dried thyme
- sea salt, to taste
- pepper, to taste
- 1 cup almond milk, or a thick mixture of Better Than Milk
- 3 tablespoons flour, optional
- 3 tablespoons **Vegan Butter Substitute**, optional

In a medium pan, bring 4 cups of water and the 1 cup of barley to a boil. Cover, reduce heat to medium low, and simmer for 30-40 minutes, or until the barley is soft. Remove from heat and drain water.

Heat the olive oil in a large pot over medium heat. Add the onion and garlic. Cook until soft. Add the carrots and celery and cook until tender, about 5 minutes. Add the sliced mushrooms and cook until they are soft.

Add the **Vegetable Soup Stock**, water, bay leaves, and fresh thyme. Simmer for about 10 minutes. Stir in the cooked barley and cook for 15 minutes or so. Add salt and pepper to taste.

Optionally, combine flour and almond milk to dissolve flour. Add almond milk mixture and **Vegan Butter Substitute** to soup. Heat for an additional 15-20 to melt butter and thicken soup.

If possible, remove the bay leaves before serving. Serve hot.

Navy Bean Soup with Lemon and Rosemary§

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2070) The Experiment Kindle Edition

- 2-3 tablespoons coconut oil
- 1 large red onion, diced
- 2 stalks celery, washed and sliced
- 3 cloves garlic, minced
- 3 teaspoons dried rosemary
- 1 1/2 pound Yukon gold potatoes, peeled and diced, or, even better, baby golden potatoes
- 3 15 ounce cans Navy beans, drained and rinsed
- 2 quarts **Vegetable Soup Stock**
- 2 cups filtered water
- 1 1/2 teaspoon lemon zest
- sea salt, to taste
- pepper, to taste

Melt coconut oil in a large soup pot. Sauté leeks and celery in a soup pot until onions are translucent.

Add garlic and rosemary and cook another minute.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Add potatoes, beans **Vegetable Soup Stock** and extra water to the pot. Bring to a boil and then simmer for 20-25 minutes, until potatoes are tender.

Add lemon zest and season with salt and pepper to taste to serve.

Old Fashioned Vegetable Soup§

STOCK

- 1 white onion, peeled and diced
- 4 cloves garlic, diced
- 2-3 tablespoons coconut oil
- 2 carrots, peeled
- 4 stalks celery, washed
- 4-5 cups filtered water

SOUP

- 2 additional quarts filtered water
- 2 leeks, washed and sliced into rounds
- 2 onions, peeled and cut into chunks
- 2 stalks celery, washed and chopped
- 3 cups potatoes, peeled and diced

In a soup pot, sauté onions and garlic in coconut or olive oil. Add 2 carrots and 4 stalks of celery and sauté. Add water and bring to a boil for 15-20 minutes.

Pour contents into a blender. Starting with pulsing, **VERY CAREFULLY** turn blender on to get soup spinning and then blend to puree. (If you turning the blender on to high abruptly, you can end up with very hot soup everywhere!)

Return pureed mixture to pot.

Add additional 2 quarts of water. Add leeks, celery, carrots and potatoes to soup. Simmer until vegetables are soft, about 15 to 20 minutes. Stir in diced tomatoes. Add remaining greens and salt and pepper. Cook for another 10 to 15 minutes.

Serve.

Onion and Mushroom Soup

- 3 tablespoons coconut oil
- 2 large onions, diced
- 3-4 filtered water
- 1-2 cups **Vegetable Soup Stock**
- 1 teaspoon sea salt
- 1 large mushrooms, washed and diced
- 2 jalapeño peppers, washed and diced
- 3 carrots, peeled and diced
- 2 tablespoons dried parsley
- 1 cup parsley, chopped
- a thick mixture of Better Than Milk

Heat coconut oil in a Dutch oven or soup pot. Sauté

onions in coconut oil over medium heat, until translucent. Add water and soup stock. Add salt, mushrooms, peppers, carrots and dried parsley. Bring to a boil. Simmer over medium heat, for 20-30 minutes, until carrots are tender.

Remove 4 cups of soup with broth and place it in a blender. Starting with pulsing, get soup spinning and then blend to puree.

Return pureed soup to pot. Stir in chopped parsley. Serve stirring in Better Than Milk.

Quick Bok Choy Mushroom Soup

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 766) Page Street Publishing Kindle Edition

- 5 cups **Vegetable Soup Stock**
- 2 tablespoons olive oil
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 8 ounces baby bella mushrooms, washed and sliced
- 2 inch piece of ginger root, minced
- 3 leaves bok choy, washed and sliced
- 1 medium red bell pepper, finely diced
- 2 tablespoons tamari
- 4 ounces gluten free udon noodles, or something equivalent
- 1 tablespoon brown rice miso paste, optional
- 2 tablespoons fresh cilantro, chopped
- pepper, to taste

Place **Vegetable Soup Stock** in a soup pot. Bring to a boil.

At the same time heat olive oil in a skillet over medium-high heat. Add onion and stir, cooking for 5 minutes. Add the garlic, mushrooms, ginger root, and bok choy and cook for another 2 minutes.

Break the soba noodles into small pieces and add to boiling stock, along with miso paste, if used. Add remaining ingredients, except for fresh cilantro and pepper, and cook for an additional 2 minutes.

Turn off heat and stir in fresh cilantro and pepper to serve.

Red Lentil and Spinach Soup

Calbom, Cherie: The Juice Lady's Turbo Diet: Lose Ten Pounds in Ten Days-the Healthy Way! (p. 216) Charisma House Kindle Edition

- 1 tablespoon coconut oil
- 1 cup onion, chopped
- 1 cup leeks, washed and chopped
- 2-3 cloves garlic, minced
- 1 cup dry red lentils
- 7 cups filtered water
- 1 6 ounce can tomato paste, preferably organic

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

- 1 vegetable bouillon cube
- 1 large tomato, washed and chopped
- 1 tablespoon lemon juice
- 4 cups spinach, washed
- sea salt, to taste
- pepper, to taste

Heat the oil in a small skillet on low heat. Add the onions, leeks, and garlic and sauté until onion is translucent.

Place the lentils in a fine-mesh wire strainer and rinse well. In a soup kettle, combine lentils and water. Bring the water to a boil, then skim off any foam that forms on the top of the lentils.

Add the tomato paste, bouillon cube, sautéed onions, leeks, and garlic. Reduce the heat and simmer for about 15 minutes. Add the chopped tomato, lemon juice, and chopped spinach along with the salt and pepper.

Simmer for an additional 20 to 30 minutes or until lentils are tender to serve.

Roasted Red Pepper And Tomato Soup with Thyme Croutons

<http://blog.williams-sonoma.com/roasted-red-pepper-tomato-soup-recipe/#comments>

CROUTONS

- 1 small loaf Cabatta bread, or in a pinch, a French baguettes can be used
- 1/4 cup olive oil
- 1 teaspoon fresh thyme, chopped, or 1/2 teaspoon dried thyme
- pinch of kosher salt

SOUP

- 2 tablespoons olive oil
- 1 red onion, thinly sliced
- 2 stalks celery, thinly sliced
- 3 cloves garlic, thinly sliced
- 2 cups red bell peppers
- 1 chipotle chile in adobo sauce, optional
- 1 28 ounce can crushed tomatoes
- kosher salt, to taste
- ground pepper, to taste
- 1 cup **Vegetable Soup Stock**

Ciabatta is an Italian white bread made from wheat flour, water, salt, and yeast, created in 1982 by a baker in Verona, Veneto, Italy, in response to the popularity of French baguettes. Ciabatta bread is quite complicated to make. It would doubtless be easier to purchase a crispy and airy type of Italian bread at a bakery. In a pinch, a French baguette can also be used.

Preheat an oven to 375°F.

To make the croutons, trim the crust from the ciabatta and cut the bread into 2-inch cubes. Spread the bread cubes on a baking sheet, drizzle with the olive oil and sprinkle with the thyme and salt. Toss to coat the bread cubes evenly, then spread the bread in a single layer. Transfer to the oven and toast until the croutons are golden brown, about 15 minutes. Remove from the oven and let cool.

To make the soup, in a large saucepan over medium-high heat, warm the olive oil. Add the onion, celery and garlic and sauté, stirring occasionally, until the onions are tender and translucent, about 4 minutes.

Add the roasted peppers, chipotle chile, if used, tomatoes, tomato paste and a pinch each of salt and pepper and stir to combine. Reduce the heat to low and cook for 5 minutes.

Transfer the contents of the pan to a blender, let cool slightly and carefully blend until it forms a smooth puree. Return the mixture to the pan over medium heat. Stir in the **Vegetable Soup Stock** and bring to a simmer.

Season with salt and pepper.

To serve, ladle the soup into individual bowl. Divide the croutons evenly among the bowls and serve immediately.

Roasted Winter Vegetable Soup

<http://www.bettycrocker.com/recipes/roasted-winter-vegetable-soup/bdb62db5-efe2-4482-bac5-4078265e3c26>

- 3 medium carrots, peeled and cut in half, then crosswise into 1/4-inch slices
- 2 medium parsnips, peeled and cut in half lengthwise, then crosswise into 1/4-inch slices
- 2 stalks celery, washed and cut into 1/4-inch slices
- 3 cups butternut squash, peeled, seeded and cubed
- 1/4 cup olive oil
- 1 teaspoon dried thyme leaves
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 medium onions, peeled, cut in half, then into 1-inch slices
- 2 quarts **Vegetable Soup Stock**
- 1/2 cup **Vegan Parmesan 'Cheese' Substitute**
- 1/2 cup fresh Italian parsley, washed and chopped
- 1 tablespoon balsamic vinegar

Heat oven to 425°F.

In large bowl, mix carrots, parsnips, celery, squash, 3 tablespoons of the oil, the thyme, salt and black pepper. Toss to coat evenly, and divide between 2 ungreased large rimmed baking pans. Spread in single layer. Roast in oven 25 to 30 minutes or until lightly browned, stir-

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

ring halfway through.

In soup pot, heat remaining 1 tablespoon oil over medium-high heat. Add onions. Cook 6 to 7 minutes, stirring frequently, until browned and softened. Add **Vegetable Soup Stock** and roasted vegetables. Heat to boiling. Reduce heat to low. Simmer uncovered 20 to 30 minutes or until vegetables are tender. Gradually stir in **Vegan Parmesan ‘Cheese’ Substitute**. Stir in parsley and vinegar. Taste, and adjust seasoning with salt and pepper if necessary.

Ladle into serving bowls, and garnish with additional **Vegan Parmesan ‘Cheese’ Substitute**.

Slow Cooker Vegetable Soup§

- 6 cups **Vegetable Soup Stock**
- 2 cups frozen mixed vegetables
- 1 14 1/2 ounce can diced tomatoes, with juice
- 2 potatoes, peeled and cubed
- 1 large onion, diced
- 1/2 cup barley
- 3 cloves garlic, minced
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 bay leaf

The original recipe called for adding dumplings to this soup. I guess you could but I've opted to take that part out of this most agreeable recipe. Too, it calls for using a crock pot to cook it in. I suppose you could do that, if you have enough time. I've left the instructions to include the crock.

Combine 6 cups **Vegetable Soup Stock**, frozen vegetables, tomatoes with their juice, potatoes, onion, barley, garlic, parsley, oregano, basil, salt, black pepper, and bay leaf in a slow cooker. Cover and cook on low for 5 to 6 hours.

Alternately, the better idea is to make this soup by putting everything in a Dutch oven or soup pot, bring it to boil, and then let it simmer for one-half to one, or more, hours before serving.

Spiced Red Pepper and Lentil Soup

Originally "Dinner Idea: Spiced Red Pepper & Lentil Soup". <http://www.rebootwithjoe.com/meatless-monday-spiced-red-pepper-lentil-soup-recipe/>

- 1 1/2 cups dried lentils
- 1 tablespoon coconut oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 teaspoon ground cumin
- 2 teaspoon ground coriander

- 1/2-2 teaspoon paprika, to taste
- 1/2-1 teaspoon chili powder, to taste, optional
- 2 red bell peppers, chopped
- 2 carrots, peeled and diced
- 1 stalk celery, washed and chopped
- 4 cups **Vegetable Soup Stock**
- 2 15 ounce cans diced tomatoes
- sea salt, to taste
- pepper, to taste
- cilantro, washed and minced
- parsley, washed and minced

Rinse the lentils under cold water.

Over medium heat, slowly cook the onions and garlic in oil until soft. Transfer contents to a crock pot. Add remaining ingredients, except for cilantro and parsley, to crock pot. Cook on low for four hours, until the lentils are cooked.

Garnish with chopped parsley and cilantro leaves when serving.

Spicy Red Lentil Soup

Sozer, Maya: Easy Vegan Breakfasts & Lunches: The Best Way to Eat Plant-Based Meals On the Go (Kindle Location 633) Page Street Publishing Kindle Edition

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 clove garlic, crushed
- 1 carrot, peeled and diced
- 1 stalk celery, washed and diced
- 1 medium potato, and diced
- 1/2 cup tomato, washed and diced
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1/4 teaspoon pepper
- 1/8 teaspoon ground turmeric
- 1 quart **Vegetable Soup Stock**
- 3/4 cup red lentils
- 1 bay leaf
- 1/2 teaspoon sea salt
- 1/2 lemon, juiced

Add the rest of the vegetables and spices and continue to cook for about 4 minutes.

Add the **Vegetable Soup Stock** and lentils. Bring to a boil.

Reduce heat and simmer until lentils are cooked.

Turn off the heat and place half the soup in a blender. Starting slowly, purée the soup in the blender and return it to the pot.

Stir in lemon juice to serve.

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

Summer Vegetable Soup

Sroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2039) The Experiment Kindle Edition

- 1 large yellow onion, diced
- filtered water, as needed
- 4 cloves garlic, minced
- 1 15 1/2 ounce can diced tomatoes, with liquid
- 2 medium zucchini squash, peeled and diced
- 2 cups frozen corn
- 6 cups **Vegetable Soup Stock**
- 1/2 cup fresh basil, washed and chopped
- 1 teaspoon lemon zest
- 1 lemon, juiced
- sea salt, to taste
- pepper, to taste

Cook onion in a soup pot over medium heat adding water to prevent sticking as necessary.

Add garlic and sauté.

Add tomatoes, squash, corn and **Vegetable Soup Stock**. Bring to a boil and then reduce heat and simmer for 15-20 minutes, until vegetables are tender.

Stir in basil, lemon zest, lemon juice and salt and pepper to taste.

Sunshine Soup

Juice It to Lose It, by Joe Cross

- 5 carrots, peeled
- 2 sweet potatoes, peeled and diced
- 1 turnips, peeled and diced
- 1 apple, peeled, cored and diced
- 3 tablespoons olive oil
- 2 inch slice of ginger root, peeled and minced
- 1 cup cooked chick peas or cannelloni beans
- 2 cups **Vegetable Soup Stock**
- 1/2 teaspoon ground turmeric or curry powder
- 1/2 teaspoon dried basil, cilantro (coriander), or parsley, optional

Wash carrots, sweet potatoes, turnips, and apple and chop into 1 in pieces.

Heat the oil in a large saucepan over medium heat, and add the chopped ingredients along with some salt and pepper to the pot. Add the minced ginger. Cook for 5-10 minutes, then lower the heat and continue cooking until everything has softened, about 30 minutes. Stir in the turmeric or curry powder.

Add the chickpeas or beans, then the water or broth, and bring to a boil. Reduce heat and cook for another 5-10 minutes on medium, or until the soup is hot.

Purée the soup until creamy.

Garnish with the herbs and serve.

Tomato Bisque

- 3 cups carrot juice
- 1 28 ounce can whole tomatoes, diced
- 1/4 cup sun dried tomatoes, chopped
- 2 stalks celery, washed and coarsely chopped
- 1 small onion, peeled and diced
- 1 leek, washed and split lengthwise and then sliced
- 1 large shallot, peeled and diced
- 3 cloves garlic, minced
- 3-4 cubes vegetable bouillon
- 1 teaspoon dried thyme
- 1 bay leaf
- 1 cup cashews
- 1 tablespoon dried basil
- 5 ounces baby spinach

In a soup pot, add all ingredients except the cashews, basil and spinach. Simmer for 30 minutes. Discard the bay leaf.

Remove vegetables with a slotted spoon and set aside. Purée the remaining soup with cashews in a blender or food processor until smooth. Return the puréed soup along with the reserved vegetables to soup pot.

Stir in the basil and spinach and continue simmering for another few minutes, until spinach is wilted. Serve warm.

Tomato Soup§

- 3/4 cup wide egg noodles, cooked
- 1 tablespoon **Vegan Butter Substitute**
- 1 tablespoon flour
- 2 cups tomato juice
- 1/2 cup filtered water
- 2 tablespoons cane sugar
- 1 15 ounce can tomatoes
- 1-1 1/2 cups **Vegetable Soup Stock**

In a sauce pan over medium heat, melt butter. Add flour. Stir to form a smooth paste. Gradually add tomato juice and water, stir constantly. Bring to a boil. Cook and stir for two minutes or until thickened.

Add sugar and pureed tomatoes to a food processor. Puree until well blended and add to soup along with the vegetable stock. Stir in COOKED egg noodles and heat through.

Tomato Vegetable Soup§

- 8 cups tomatoes, washed and chopped, of 3 cans of diced tomatoes, with juice
- 5 cups **Vegetable Soup Stock**
- 1-2 leeks or 1 large onion, washed and thinly sliced

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

- 1-2 carrots, peeled and thinly sliced
- 1 cup green beans, frozen, washed and sliced if fresh
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1/2 tablespoon dried thyme
- 3 cloves garlic, minced
- sea salt, to taste
- pepper, to taste
- 1/2 cup frozen corn
- 1/2 cup small pasta, optional
- cane sugar, optional
- additional sea salt, optional
- additional pepper, optional

*When I tried this I missed the part about pulse chopping the tomatoes and left out the optional macaroni. I also added more **Vegetable Soup Stock** than the original recipe called for. The soup turned out fine.*

Combine tomatoes and 2 cups of **Vegetable Soup Stock** in a medium sauce pan. Bring to a boil. Reduce the heat, and simmer until the tomatoes are completely tender, about 30 minutes. Optionally, pulse chop cooked tomatoes in a food processor to puree.

If using canned tomatoes, the cooking time will be reduced considerably.

Heat the oil in a soup pot over medium high heat. Add the leeks/onion and carrots and sauté until the leeks are soft, about 4 minutes.

Frozen carrots can also be used, about 2 cups.

Add the green beans and remaining 3 cups of Vegetable Soup Stock, tomatoes, oregano, thyme, garlic and salt and pepper. Bring to a boil. Reduce heat and simmer until beans are heated through.

Add the corn and pasta, if using. Continue to simmer until the pasta is cooked through, about 10 minutes.

Taste and adjust the seasoning. If the flavors do not seem balanced, add sugar, 1/2 teaspoon at a time, as well as more salt and pepper.

Serve warm.

Tomato and Red Pepper Soup§

Stroufe, Del: Forks Over Knives—The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year (Kindle Location 2098) The Experiment Kindle Edition

- coconut oil or **Vegan Butter Substitute**
- 2 medium onions, diced
- 2 cups red pepper, washed and diced
- 3 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 pound tomatoes, washed and diced
- 2 cups **Vegetable Soup Stock**

- sea salt, to taste
- pepper, to taste
- homemade bread, cut into strips, toasted and topped with **Vegan Butter Substitute**, optional

Canned tomatoes can be used but fresh, in the case of this recipe, is definitely better.

Melt coconut oil in a soup pot. Sauté onions and red pepper for up to 10 minutes, until tender.

Add the garlic and thyme and cook for an additional minute.

Add in tomatoes and **Vegetable Soup Stock**. Cook for 20 minutes, until tomatoes are tender.

Puree half the soup in a blender and return the pureed soup to mix back into the chunky portion. Heat through to combine.

Season with salt and pepper to taste to serve, optionally, with home made toasted bread.

*This recipe was changed considerably from the original including adding **Vegetable Soup Stock**. It was too thick in its original form.*

Vegan Split Pea Soup

- 1 tablespoon olive oil
- 1 onion, chopped
- 1 bay leaf
- 3 cloves garlic, minced
- 2 cups dried green split peas, culled
- 1/2 cup barley
- 1 1/2 teaspoons sea salt
- 7 1/2 cups filtered water or **Vegetable Soup Stock**
- 3 carrots, chopped
- 3 stalks celery, chopped
- 3 potatoes, peeled and diced
- 1/2 cup parsley, chopped
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon pepper

In a large soup pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes, or until onions are translucent. Add the peas, barley, salt and water or **Vegetable Soup Stock**. Bring to a boil and reduce heat to low. Simmer for 2 hours, stirring occasionally.

Add the carrots, celery, potatoes, parsley, basil, thyme and pepper. Simmer for another hour, or until the peas and vegetables are tender.

If practical, this soup is much better if refrigerated overnight in a Dutch oven and then reheated and

Transformations: Vegan Recipes You Can Live By

Vegetarian Soups

served the next day.

The soup will thicken considerably and be much more like classic split pea soup.

Vegetarian Minestrone

- 6 cups **Vegetable Soup Stock**
- 1 28 ounce can crushed tomatoes, with juice
- 1 15 ounce can red kidney beans, rinsed and drained
- 1 large onion, chopped
- 2 stalks celery, washed and diced
- 2 large carrots, peeled and diced
- 1 cup green beans
- 1 small zucchini squash, peeled and sliced
- 3 cloves garlic, minced
- 1 tablespoon parsley, washed and minced
- 1 1/2 teaspoons dried oregano
- 1 teaspoon sea salt
- 3/4 teaspoon dried thyme
- 1/4 teaspoon pepper
- 1/2 cup brown rice pasta, uncooked
- 4 cups spinach, washed and chopped
- 1/4 cup **Vegan Parmesan ‘Cheese’ Substitute**, or more to taste, optional

Combine **Vegetable Soup Stock**, tomatoes, kidney beans, onion, celery, carrots, green beans, zucchini, garlic, parsley, oregano, salt, thyme, and black pepper in a large crock pot. Cook on Low for 6 to 8 hours.

Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until cooked through but firm to the bite, 8 minutes. Drain.

Stir spinach and cooked pasta into minestrone and cook another 15 minutes.

Optionally, top with **Vegan Parmesan ‘Cheese’ Substitute**.

Vegetarian Vegetable Soup§

- 1/2 large onion, peeled and diced
- 3-4 cloves garlic, minced
- 2 stalks celery, diced
- 1/2 cup coconut oil
- 1 teaspoon seasoned salt
- 2 carrots, sliced
- 2 14.5 ounce cans diced tomatoes, with juice
- 2 medium potatoes, peeled and diced
- 2 summer squash or zucchini squash, peeled and diced
- 1 turnip, peeled and diced
- 1 1/2 cups fresh green beans, cut up and washed, or frozen green beans
- 1 15 ounce can frozen corn

- 2 bay leaves
- 8 cups **Vegetable Soup Stock**
- 1/2 cup grape juice, optional
- additional filtered water, as needed
- 1 tablespoon red wine vinegar
- pepper, to taste
- **Italian Breadsticks**, optional

In a large soup pot over medium heat, sauté the onion, garlic, and celery in coconut oil until the onions have become slightly browned and have started to turn translucent. Once they reach this stage, add the salt, carrots, tomatoes, potatoes, summer squash, green beans, corn, and bay leaves. Mix well, and cook for about five minutes, stirring occasionally.

Add the **Vegetable Soup Stock**, red grape juice, if using, water, if necessary, and red wine vinegar. Mix well. Bring to a boil stirring occasionally to keep from boiling over.

Reduce heat to a strong simmer and cook for about an hour, or until potatoes are done. Season to taste with the freshly ground black pepper.

Optionally, serve with **Italian Breadsticks**.

Transformations: Vegan Recipes You Can Live By