

LifeSource
natural foods

WINTER WARMING SOUPS



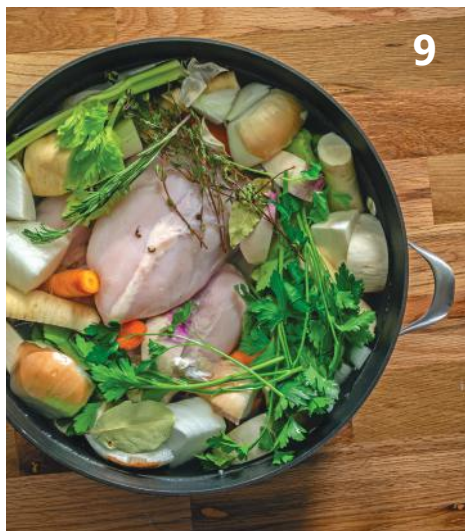
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NO CHICKEN BROTH

- 3 large carrots, trimmed and chopped into chunks
 - 2 parsnips, trimmed and chopped
 - 2 stalks celery, trimmed and chopped into thirds
 - 1 medium onion, trimmed and quartered
 - 3 leeks, trimmed and chopped
 - 4 cloves garlic, smashed
 - Small bunch fresh thyme
 - 2 sprigs rosemary
 - 2 bay leaves
 - 1 tsp black peppercorns
 - 1 tsp smoked paprika
 - 1 tsp ground turmeric
 - 1 tsp salt, or to taste
 - Water
1. Combine all ingredients in a large heavy bottomed pot, fill with water to just cover the vegetables.
 2. Bring to a boil. Reduce heat and cover. Simmer about 2 hours. If using a slow cooker, no need to boil. Just cook on low for 8-10 hours.
 3. Strain broth, running through a cheesecloth if desired. Use immediately, or allow to cool. Refrigerate or freeze.



VEGETABLE BROTH

- 1 Tbsp Avocado oil
- 1 yellow onion, skin on, chopped
- 2 spring onions, chopped
- 5 cloves garlic, skin on, smashed and chopped
- 3 carrots, skin on, chopped (add the greens too, if you have them)
- 3 stalks celery and leaves, chopped
- 1 Yukon gold potato, skin on, chopped
- 6 cups water, or more, to cover
- 1 handful parsley leaves and stems, chopped
- 5 sprigs thyme
- ½ sprig rosemary
- 2 bay leaves
- Salt and pepper, to taste
- 5-6 Tbsp tomato paste

1. In a large, heavy bottomed pot, heat avocado oil over medium heat. Sauté yellow and spring onion until they begin to soften and become translucent. Add garlic and cook until fragrant, about 1 minute. Add carrots, celery, and potatoes. Cook and stir about 5 minutes.
2. Add just enough water to cover vegetables, plus one inch. In a 6-qt Dutch oven this comes to about 6 cups.
3. Stir in parsley, thyme, rosemary, bay leaves, and salt and pepper. Bring to a boil.
4. Stir in tomato paste, reduce heat and simmer about one hour.
5. Taste and adjust seasonings if desired, allow to cool, and strain into another pot. From there, make soup, store it in mason jars in the fridge for 4 days, or freeze for up to 6 months.



CHICKEN BROTH

- 1 whole 3-4lb chicken, skin removed
 - 1 large onion, cut into chunks
 - 3 carrots, scrubbed and quartered
 - 2 parsnips, scrubbed and quartered
 - 1 turnip, scrubbed and cut into chunks
 - 3 stalks celery, scrubbed and quartered
 - 5 cloves garlic, smashed
 - Small handful parsley
 - 3 sprigs thyme
 - 3 sprigs sage
 - 1 sprig rosemary
 - 2 bay leaves
 - 1 tsp black peppercorns
 - 1 tsp poultry seasoning
 - Salt, to taste
 - Water, to cover
1. Add all ingredients except salt to a large pot or dutch oven. (We used a 12 quart dutch oven.) Fill with water, covering chicken and vegetables with one or 2 inches. If your pot is wide and shallow, quarter the chicken so everything fits.
 2. Bring to a slow simmer, and cook for one hour or until chicken is cooked and tender. While chicken is cooking, skim off any foam.
 3. After chicken is cooked, remove it from the pot, while continuing to simmer the veggies and herbs. Allow to cool until easy to handle, about 10 minutes. Shred all meat from the bones, and set aside for use in other recipes.
 4. Return chicken carcass to the pot, and continue to simmer for another 2-3 hours. Taste the broth and add salt or other seasonings, if desired.
 5. Strain the broth into another vessel large enough to hold it. Allow to cool. Refrigerate up to 3 days, or freeze up to 3 months.



BEEF BONE BROTH

- 4 lbs grassfed beef bones (We used marrow and neck bones)
 - 3 stalks celery
 - 2 carrots
 - 1 medium onion
 - 1 medium leek
 - 1 small head garlic
 - 5 sprigs fresh thyme
 - 5 sprigs fresh parsley
 - 3 bay leaves
 - 1 tsp black peppercorns
 - 2 Tbsp apple cider vinegar
1. Blanch marrow bones to remove any impurities: cover with water, bring to a boil, and reduce heat to medium high. Simmer for 20 minutes, drain.
 2. Roast marrow bones on a parchment lined baking sheet in a preheated 450°F oven for about 40 minutes, or until dark brown. Neck bones take about 20 minutes. Take care not to burn the bones, but you'll want them very well done.
 3. While bones are roasting, wash your veggies. Feel free to leave the skins on, but slice the ends off the onion and leek. Quarter the celery, carrots, onion, and leek. Cut the head of garlic in half crosswise. We used all organic veggies.
 4. Add bones, veggies, herbs and seasonings to a large stock or crock pot— at least 6 quarts, but 10 quarts is ideal. Add cold water until ingredients are just covered.
 5. Bring to a boil, and reduce heat to a low simmer for at least 12 hours. Beef bones can simmer for up to 48. Add a little water now and then to keep bones covered.
 6. Remove from heat and allow to cool slightly. Strain out solids using a colander or mesh strainer, and cool to room temperature. Refrigerate. Skim fat off of cooled broth, if desired. Bone broth can be refrigerated for 3 to 4 days, or frozen up to 3 months.



VEGAN POTATO CELERIAC SOUP

- 2 Tbsp Miyoko's vegan butter
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 4 leeks, trimmed and sliced
- 1 small celery root (celeriac), peeled and chopped
- 4 large yukon gold potatoes, peeled and chopped
- 1 bay leaf
- 1 tsp thyme
- 1 tsp poultry seasoning
- 4 cups No Chicken Broth, or vegetable broth
- 1 cup raw cashews
- Sea salt, to taste
- Small bunch parsley leaves, chopped

1. In a 6 quart Dutch oven, melt vegan butter over medium heat. Add onions, saute until transparent. Add garlic, cook and stir until fragrant. Add leeks, cook until softened, taking care not to brown.
2. To the onion mixture, add celery root, potatoes, bay leaf, thyme, poultry seasoning, and broth. Bring to a boil. Reduce heat, cover, and simmer for about 20 minutes, or until vegetables are tender.
3. While the soup is cooking, boil cashews with 3 cups water for 15 minutes, or until soft. Drain. Add cashews to a blender with a half cup of water. Blend until smooth and creamy, or until desired consistency. Add more water if needed.
4. Once the soup is cooked, add it in batches to a blender and blend until smooth. (Or use an immersion blender.) Stir in the cashew cream. Add salt and pepper to taste. Serve with a sprinkle of fresh parsley. Enjoy!



CLASSIC MINISTRONE

- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 2 carrots, sliced into ½ inch rounds
- 3 ribs celery, sliced into 1/2 inch pieces
- 2 red or yellow potatoes, chopped into bite sized pieces
- 4 Tbsp tomato paste
- 1 zucchini, chopped
- 1 cup green beans, cut into 1 inch pieces
- 1 cup peas
- 6 cups vegetable broth
- One 15 oz can diced tomatoes
- Salt and pepper, to taste
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp red chili flakes
- 1 cup orecchiette pasta, uncooked
- 1 can cannellini beans, drained and rinsed
- 2 cups chopped kale

1. Heat the oil in a large heavy bottomed pot to medium heat. Cook onion until it begins to soften and becomes slightly translucent. Add garlic, cook and stir until fragrant, about 1 minute.
2. Stir in wine, scraping up any browned bits from the bottom of the pot. Allow to cook down until reduced by half, about 1 minute.
3. Add carrots, celery, potatoes, and tomato paste. Cook and stir about 5 minutes.
4. Mix in zucchini, green beans, peas, vegetable broth, tomatoes, salt, pepper, oregano, thyme, and chili flakes. Bring to a boil and reduce heat. Cover and simmer for about 10 minutes.
5. Remove lid, stir in pasta, kale, and cannellini beans. Bring back to a boil and reduce heat. Simmer uncovered 10 - 15 minutes, or until pasta is cooked and vegetables are tender.



RUSTIC BEEF NECKBONE STEW

By Lyric Johns | Photo by Tyrell Trimble

- 2 lbs beef neck bones
 - Two 28 oz cans diced fire roasted tomatoes
 - 1 qt beef broth
 - 2 cups Trinity Vineyards Pinot Noir
 - 1 ½ cups chopped yellow onion
 - 1 ½ cups chopped mushrooms
 - 1 ½ cups chopped carrots
 - 1 ½ cups chopped parsnips
 - 2 ½ cups cubed yellow potatoes
 - 1 head of garlic, minced
 - 2 tsp thyme
 - 2 ½ tsp rosemary
 - ½ tsp red pepper flakes
 - 2 bay leaves
 - 1/2 tsp fresh ground black pepper
 - 1 1/2 tsp salt
1. Add canned tomatoes, garlic, and onions to a large pot, along with thyme, rosemary, red pepper flakes, bay leaves, salt, and black pepper. Bring to a simmer over medium high heat. Allow to simmer for a few minutes, then layer the beef neck bones in the bottom of the pot.
 2. Add beef broth and pinot noir to the pot to cover the beef neck bones. I used Trinity Vineyards' Pinot Noir – its notes of black cherry and spice paired perfectly with the aromatic herbs and buttery beef – but you can substitute another pinot noir.
 3. Bring the contents of the pot to a boil, give everything a quick stir, and then cover again, turning the heat down to medium-low. Allow to simmer for about two hours, occasionally uncovering to stir. The meat will become tender and begin to fall off the bones. The heat will render collagen from the beef neck bones, making everything rich, buttery, and delicious.
 4. Stir in all of the remaining vegetables, cover the pot, and let everything simmer, stirring occasionally, until the vegetables are perfectly tender.
 5. Use a set of tongs to remove the bones from the pot, using a fork to remove any remaining bits of attached meat to add back into the pot.
 6. Season with additional salt and pepper to taste, and your delicious stew is ready to enjoy!



MUSHROOM POTATO CHOWDER

- 3 slices bacon, cut into 1 inch pieces
- 1 yellow onion, chopped
- 1 shallot, finely chopped
- 4 cloves garlic, minced
- ½ cup marsala wine
- 4 cups chicken broth
- 3-4 carrots, peeled and chopped
- 1 ½ lbs fingerling potatoes, chopped
- 1 tsp poultry seasoning
- 5 sprigs fresh thyme leaves, chopped
- 2 tsp pepper
- Salt, to taste
- 1 Tbsp butter
- 1 ½ lbs mushrooms, sliced (we used oyster, chanterelle, shiitaki, and crimini)
- 2 cobs corn, scraped (or 2 cups frozen corn)
- 1 cup sharp cheddar cheese, shredded
- 1 12 oz can evaporated milk
- 3 Tbsp cornstarch

1. In a 6 qt heavy bottomed pan or Dutch oven, brown bacon over medium heat. Set bacon aside, leaving grease in the pan.
2. Saute onion in bacon fat until translucent and begins to soften. Add shallot and garlic, cooking and stirring until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
3. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, pepper, and salt. Bring to a boil, reduce heat and simmer about 10 minutes, or until potatoes begin to soften.
4. While soup is simmering, melt butter in a large skillet over medium heat. Add mushrooms, cook until tender.
5. Mix mushrooms, corn, cheese, cooked bacon, and one cup evaporated milk into the soup. Whisk cornstarch into remaining milk, stir into soup. Simmer until thickened and bubbly, stirring constantly. Enjoy enjoy with a green salad and crusty bread.



CHICKEN SOUP WITH BARLEY

- 1 cup pearly barley
- 2 Tbsp butter
- 1 onion, chopped
- 1 shallot, finely chopped
- 3 cloves garlic, finely chopped
- 2 stalks celery, chopped
- 3 carrots, peeled and chopped
- 1 cup white wine
- 5 cups chicken broth
- 2 cups chicken, chopped
- 1 tsp pepper, or to taste
- 1 tsp salt, or to taste
- 1 bay leaf
- Small handful parsley leaves, chopped

1. In a 2 quart pot, boil 1 cup barley with 3 cups water. Cook about 20 minutes, or until barley is tender. Drain and set aside.
2. In a 6 quart heavy bottomed pot, melt butter. Saute onion until translucent and beginning to soften. Add shallot and garlic, cook until fragrant, about 1 or 2 minutes. Add in celery and carrots, cook and stir about 5 minutes.
3. Pour in white wine, simmer until wine is reduced by one half.
4. Add cooked barley, chicken broth, chicken, pepper, salt, and bay leaf to the pot. Cook until veggies are tender, and flavors have had a chance to mingle, about 30 minutes.
5. Stir in fresh parsley just before serving. Enjoy!



SAUSAGE, KALE, & WHITE BEAN SOUP

- 1 Tbsp olive oil
- 12 oz pkg andouille sausage, sliced
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 8 oz shiitake mushroom caps, chopped (Save stems for stock!)
- ½ tsp red chili flakes
- Salt and pepper, to taste
- 28 oz cannellini beans, drained and rinsed
- 32 oz chicken broth
- 1 Tbsp tomato paste
- 1 bunch kale, stemmed and chopped
- ¼ cup grated Parmesan cheese, for serving

1. Heat oil over medium heat in a 6 quart Dutch oven. Sauté sausage until browned. Remove from pan, set aside.
2. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, mushrooms, salt, pepper, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans, broth, tomato paste, sausage, and kale. Bring to a boil, reduce heat to low and simmer about ten minutes, or until kale is wilted and tender.
4. Serve sprinkled with Parmesan cheese, if desired.



FRENCH ONION SOUP

- 4 Tbsp butter
- 3 lbs yellow onions, thinly sliced
- 5 cloves garlic, minced
- 3 Tbsp unbleached wheat flour
- 1 cup dry white wine
- 32 oz (4 cups) beef broth
- 1 Tbsp Worcestershire sauce
- 1 bay leaf
- 4-6 sprigs fresh thyme, bundled and tied with string
- Sea salt and black pepper, to taste
- Baguette, sliced (We used Silver Falls Bakery)
- Olive oil
- Cheese, grated (We used Gouda and Swiss.)

1. Melt butter in a six quart heavy bottomed pan over medium heat. Stir in onions, until coated in butter. Cook until brown and caramelized, stirring every 5 minutes or so. This can take 30-40 minutes.
2. Add garlic, cook and stir 2 minutes, or until softened and fragrant.
3. Add flour. Cook and stir for about 10 minutes.
4. Add in white wine to deglaze the pan, scraping all of the brown bits from the bottom of the pan. Stir until smooth.
5. Stir in remaining ingredients, beef broth, Worcestershire sauce, bay leaf, thyme, sea salt, and pepper. Cook another 15-20 minutes.
6. Taste the soup, adjust seasonings if desired. Spoon soup into broiler safe ramekins. Put on a rimmed baking sheet. Brush baguette slices with olive oil, float on top of the soup. Top with cheese. Broil 3-5 minutes, or until cheese is melted and bubbly.

No broiler safe ramekins? Not to worry! Preheat oven to 450°F. Brush baguette slices with olive oil. Bake on a lined baking sheet for 5 minutes. Flip, and top with cheese. Bake another 5 minutes, or until cheese is melted and bubbly. Spoon soup into bowls and top with toasted bread and cheese. Enjoy!



VEGETABLE BEEF BONE BROTH SOUP

- 1 1/2-2 lbs grass fed stew meat
- 2 Tbsp olive oil, divided
- 1 large yellow onion
- 3 carrots, chopped
- 3 stalks celery, chopped
- 5 cloves garlic, minced
- 1 28oz can diced tomatoes
- 8 cups beef bone broth
- 2 sprigs rosemary, minced
- 3 sprigs thyme, minced
- 3 sprigs oregano, minced
- 1 lb red potatoes, chopped
- 2 cups green beans, chopped
- 1 cup fresh or frozen corn
- 1 cup fresh or frozen peas
- Salt and pepper, to taste
- 1/4 cup fresh parsley, chopped

1. Heat 1 Tbsp olive oil over medium-high heat. Cook the beef in batches, browning on all sides. Remove from pot.
2. Add remaining oil to pot, add onions, celery and carrots. Sauté about 3 minutes, add garlic and sauté an additional minute.
3. Add broth, tomatoes, beef, rosemary, thyme, and oregano. Bring to a boil, reduce heat and simmer, stirring occasionally, for 30 minutes.
4. Add potatoes, continue simmering for 20 minutes.
5. Add green beans, continue simmering for 20 minutes.
6. Add corn and peas, simmer for about 5 minutes, or until heated through.
7. Add salt and pepper, if desired. Stir in fresh parsley just before serving.



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