

# Roasted Cauliflower Soup

By Mayukh Sen

**YIELD** 4 to 6 servings

**TIME** 45 minutes

The color of sunflowers, this gently spiced soup comes from Yasmin Khan's "Zaitoun: Recipes From the Palestinian Kitchen," in which Ms. Khan explains that cauliflower is elemental in Palestinian cooking. Here, cauliflower florets and leaves are roasted in the oven with cumin and coriander until browned, the vegetable's deep, nutty flavors coaxed out by the heat. Reserve some roasted florets and leaves for garnish, then simmer the remaining cauliflower mixture with turmeric and potato, which adds creamy texture to this thick, velvety soup. Sprinkle the soup with any remaining cauliflower, crunchy toasted almonds and as much fresh parsley as you'd like.

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## INGREDIENTS

**1 large head cauliflower (about 2 pounds), stem discarded, florets cut into 2-inch pieces, leaves reserved (if available)**

**2 medium white onions, halved and thinly sliced**

**3 tablespoons extra-virgin olive oil**

**1 1/2 teaspoons ground cumin**

**1 1/2 teaspoons ground coriander**

**Sea salt and ground black pepper**

**2 tablespoons salted butter**

**4 garlic cloves, crushed**

**1 large potato (about 14 ounces), skin on, cut into 1-inch pieces**

**1 teaspoon ground turmeric**

## PREPARATION

### Step 1

Heat the oven to 400 degrees. Arrange the chopped cauliflower, any cauliflower leaves and the onions on a large baking sheet. Drizzle with the olive oil and sprinkle with cumin, coriander, 1 teaspoon salt and 1/2 teaspoon pepper. Use your hands to mix everything together, then arrange in an even layer. Roast until the cauliflower is browned and cooked through but still has some bite, about 25 minutes.

### Step 2

Meanwhile, melt the butter in a large saucepan over low heat. Add the garlic and cook until fragrant, about 3 minutes. Stir in the potato and turmeric, add the stock and bring to a simmer over medium heat. Cover and cook until the potato is soft, about 10 minutes.

### Step 3

When the cauliflower is done, reserve about 1 cup cauliflower for the topping (including leaves, if you have them) and add the remaining cauliflower and onions to the soup. Return the soup to a simmer and cook until flavors meld, about 5 minutes. Blitz with an immersion blender until smooth. Taste and adjust the

**1 quart vegetable or  
chicken stock**

**2 tablespoons sliced  
almonds**

**Coarsely chopped fresh  
parsley leaves, for serving**

seasoning.

**Step 4**

Toast the almonds in a dry skillet over low heat, stirring occasionally, until golden, about 4 minutes. When you are ready to serve, ladle the soup into warmed bowls. Top with the reserved roasted cauliflower and a scattering of almonds and parsley.

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Adapted from "Zaitoun: Recipes From the Palestinian Kitchen" by Yasmin Khan (W.W. Norton, 2019)

**PRIVATE NOTES**

Leave a Private Note on this recipe and see it here.

# Instant Pot Lentil Soup with Sweet Potato

★★★★★  
4.95 from 20 votes

This Instant Pot Lentil Soup with Sweet Potatoes is not only delicious and satisfying, but also happen to be vegan! 188 calories and 4 Weight Watchers Freestyle SP

Prep Time	Cook Time	Total Time
10 mins	37 mins	47 mins

Course: Entrees, Soups Cuisine: American

Keyword: Clean Eating, Instant Pot, Pressure Cooker, Vegan, Vegetarian Servings: 4 Servings

Calories: 187.8kcal Author: [Dara Michalski | Cookin' Canuck](#)

## Ingredients

- 2 teaspoons [olive oil](#)
- 1/2 yellow onion chopped
- 1 large celery stalk diced
- 4 garlic cloves minced
- 1 teaspoon [ground cumin](#)
- 1 teaspoon [paprika](#)
- 1/2 teaspoon [salt](#)
- 1/2 teaspoon [red pepper flakes](#)
- 1 cup [\[url\]green lentils](http://amzn.to/2mLNHKh)
- 3/4 pound sweet potato peeled & cut into 1/2-inch dice
- 3 1/2 cups [low sodium vegetable broth](#)
- 1 cup water
- 1 [14 ounce can petite diced tomatoes](#) *(I used tomatoes w/ green chiles)*
- 4 ounces spinach leaves about 4 cups packed
- salt & pepper to taste\*

## Instructions

1. Set [Instant Pot](#) to Sauté setting. Add the olive oil and allow to heat for 30 seconds. Add the onion and celery, and cook, stirring, until softened about 4 minutes. Stir in the garlic, cumin, paprika, salt and red pepper flakes.
2. Add the lentil, sweet potato, vegetable broth, water and diced tomatoes, and stir to combine.
3. Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the manual setting. Decrease the time to 12 minutes. It will take about 15 minutes for the Instant Pot to reach pressure.
4. Once the time is expired, wait for 10 minutes, then carefully use the quick release valve (it may sputter a bit) to release the steam.
5. Stir in the spinach until wilted. Season to taste. Serve.

## Vegetarian Tortilla Soup

By Alison Roman

**YIELD** 4 servings

**TIME** 1 1/4 hours

This vegetarian version of tortilla soup is no less complex than its chicken counterpart, thanks to plenty of vegetables, spices and a secret ingredient: canned chipotles in adobo. Smoked and dried jalapeños softened in a vinegar-tomato mixture, these little powerhouses do much of the heavy lifting in this vegetarian soup, offering depth and a certain meatiness to an otherwise light and tangy broth.

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### INGREDIENTS

FOR THE SOUP:

**2 tablespoons vegetable oil**

**1 large yellow onion, finely chopped**

**4 cloves garlic, finely chopped**

**1 jalapeño, seeds removed, finely chopped**

**Kosher salt and freshly ground pepper**

**1 1/2 teaspoons chile powder**

**2 chipotles in adobo, finely chopped**

**1 (28-ounce) can whole peeled tomatoes, drained and crushed**

**4 cups vegetable broth**

**2 cups corn kernels, fresh or frozen and thawed**

FOR THE TORTILLAS AND ASSEMBLY:

### PREPARATION

#### Step 1

Heat oil in a large, heavy-bottomed pot over medium heat. Add onion, garlic and jalapeño and season with salt and pepper. Cook, stirring occasionally, until onion is softened and translucent, 5 to 8 minutes. Add chile powder and stir to coat. Cook a minute or two to toast the spices, then add chipotles and tomatoes. Season with salt and pepper and cook, stirring occasionally, until the tomatoes start to caramelize a bit on the bottom of the pot, concentrating their flavor.

#### Step 2

Add vegetable broth, corn and 2 cups of water. Bring to a simmer and reduce heat to low. Simmer until flavors meld and broth tastes rich and flavorful, 15 to 20 minutes.

#### Step 3

Heat oil in a large cast-iron or stainless-steel skillet or heavy-bottomed pot. Bring oil to 375 degrees and working in batches, fry tortilla strips until light golden brown and crisp, 2 to 3 minutes. Transfer to a paper towel-lined plate and season with salt.

#### Step 4

Place about 3/4 of the tortilla strips into broth and stir to submerge and soften for a few minutes. Divide soup among bowls and top with avocado, cheese, sour cream, cilantro, onion and

**2 cups vegetable oil**

**8 small corn tortillas, cut  
into 1/4-inch strips**

**Kosher salt**

**1 avocado, pitted and cut  
into 1/2-inch pieces**

**3/4 cup crumbled queso  
fresco or shredded Cheddar  
or Monterey jack**

**3/4 cup sour cream or  
crema**

**1/2 cup chopped cilantro**

**1/4 red or yellow onion,  
finely chopped**

**Lime wedges, for serving**

remaining fried tortilla strips. Serve lime alongside for squeezing.

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**PRIVATE NOTES**

Leave a Private Note on this recipe and see it here.

# LOADED BAKED POTATO SOUP

yield: 4 SERVINGS   prep time: 10 MINUTES   cook time: 30 MINUTES   total time: 40 MINUTES

*All the flavors of a loaded baked potato comes together in this comforting soup!*

## INGREDIENTS:

- 4 slices bacon, diced
- 5 tablespoons unsalted butter
- 1/4 cup all-purpose flour
- 3 1/2 cups milk, or more, as needed
- 3 russet potatoes, peeled and cubed
- 2 green onions, thinly sliced
- 1 cup shredded cheddar cheese
- 1/2 cup sour cream
- Kosher salt and freshly ground black pepper, to taste



## DIRECTIONS:

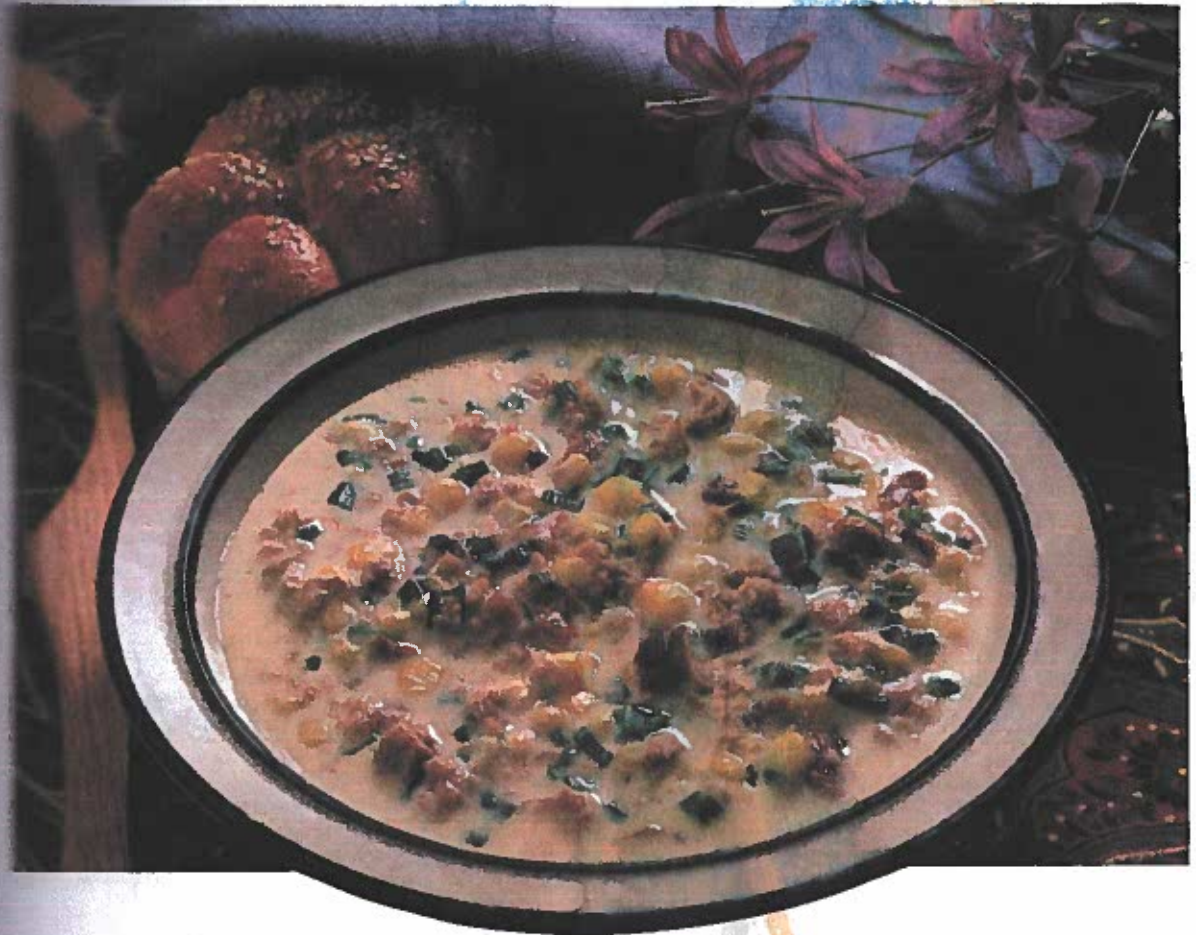
1. Heat a large skillet over medium high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate; set aside.
2. Melt butter in a large stockpot or Dutch oven over medium heat. Whisk in flour until lightly browned, about 1 minute. Gradually whisk in milk, and cook, whisking constantly, until slightly thickened, about 1-2 minutes. Stir in potatoes and green onions.
3. Bring to a boil; reduce heat and simmer until potatoes are tender, about 15-20 minutes. Stir in cheese, sour cream, salt and pepper, to taste. If the soup is too thick, add more milk as needed until desired consistency is reached.
4. Serve immediately, garnished with green onion, cheese and bacon, if desired.

Adapted from [Center Cut Cook](#).

This delicious recipe brought to you by **DAMN DELICIOUS**  
<https://damndelicious.net/2013/10/14/loaded-baked-potato-soup/>



# S

 SAUSAGE CORN CHOWDER


8 oz (225 g) bulk pork sausage  
 1/3 cup (75 mL) sliced green onions (spring onions)  
 1 can CAMPBELL'S condensed Cream of Chicken Soup  
 1 soup can milk  
 1 can (about 8 oz) (225 mL) whole kernel corn or sweet corn, undrained  
 Use 15 oz can  
 1/2 cup (125 mL) shredded Swiss or Emmental cheese  
 1/4 tsp (1 mL) hot pepper sauce  
 Use 1 tsp Frank's Red Hot

- In 3-quart (3 L) saucepan over medium heat, cook sausage until browned, stirring to separate meat. Spoon off fat.
- Add green onions. Cook 1 minute, stirring occasionally.
- Stir in soup, milk, corn, cheese and hot pepper sauce. Heat through, stirring occasionally.

Makes 4 1/2 cups (1,1 L) or 4 side-dish servings.





Karen Bennett <kbennett@westonct.gov>

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## Winter Root Vegetable Soup

1 message

Karen <kanneben@aol.com>

Wed, Jan 15, 2020 at 8:02 AM

To: Karen Bennett <kbennett@westonct.gov>

### Winter Root Vegetable Soup

#### Ingredients

- 1/2 Cup Butter
- 1 Cup Onion, coarsely chopped
- 1 Cup Peeled, cored, coarsely chopped granny smith apple
- 1 Cup Coarsely chopped turnip
- 1 Cup Chopped butternut squash
- 1 Cup Coarsely chopped carrot
- 1 Cup Coarsely chopped sweet potato
- Salt to taste
- 5 Cups Chicken stock
- 1 Cup Heavy cream
- 3 Tbsp Maple syrup
- Cayenne pepper to taste

#### Directions

1. In a large saucepan over moderately high heat melt butter. Add onion, apple, vegetables and 1/2 tsp salt. Cook, stirring occasionally, until onion is translucent. Add the chicken stock. Bring to a boil and simmer, stirring occasionally for 30 - 35 minutes until vegetables are tender.
  2. Use a hand blender to process soup. Add cream, maple syrup and cayenne to taste.
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# THAI RED CURRY NOODLE SOUP

yield: 6 SERVINGS (8 CUPS) prep time: 15 MINUTES cook time: 35 MINUTES

total time: 50 MINUTES

*Yes, you can have Thai takeout right at home! This soup is packed with so much flavor with bites of tender chicken, rice noodles, cilantro, basil and lime juice! So cozy, comforting and*

- fragrant – plus, it's easy enough for any night of the week!*

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 1/2 pounds boneless, skinless chicken breast, cut into 1-inch chunks
- Kosher salt and freshly ground black pepper, to taste
- 3 garlic cloves, minced
- 1 red bell pepper, diced
- 1 onion, diced
- 3 tablespoons red curry paste
- 1 tablespoon freshly grated ginger
- 6 cups low sodium chicken broth
- 1 (13.5-ounce) can coconut milk
- 1/2 (8-ounce) package rice noodles
- 1 tablespoon fish sauce
- 2 teaspoons brown sugar
- 3 green onions, thinly sliced
- 1/2 cup chopped fresh cilantro leaves
- 1/4 cup chopped fresh basil leaves
- 2 tablespoons freshly squeezed lime juice



## DIRECTIONS:

1. Heat olive oil in a large stockpot or Dutch oven over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the stockpot and cook until golden, about 2-3 minutes; set aside.

2. Add garlic, bell pepper and onion. Cook, stirring occasionally, until tender, about 3-4 minutes.
3. Stir in red curry paste and ginger until fragrant, about 1 minute.
4. Stir in chicken broth and coconut milk, scraping any browned bits from the bottom of the pot.
5. Stir in chicken. Bring to a boil; reduce heat and cook, stirring occasionally, until reduced, about 10 minutes.
6. Stir in rice noodles, fish sauce and brown sugar until noodles are tender, about 5 minutes.
7. Remove from heat; stir in green onions, cilantro, basil and lime juice; season with salt and pepper, to taste.
8. Serve immediately.

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This delicious recipe brought to you by **DAMN DELICIOUS**  
<https://damndelicious.net/2018/04/18/thai-red-curry-noodle-soup/>

[recipes](#)

# Cheese Tortellini Soup with Cannellini, Kielbasa, and Kale

20 Ratings

Published

## Ingredients

- 2 tablespoons olive oil
- 12 ounces fully cooked smoked kielbasa sausage, thinly sliced
- 1 onion, chopped
- 1 cup chopped fresh fennel bulb
- 4 garlic cloves, minced
- 1 1/2 tablespoons chopped fresh thyme
- 1/2 teaspoon dried crushed red pepper
- 10 cups canned low-salt chicken broth
- 4 cups chopped kale (1/2 bunch)
- 1 15-ounce can cannellini (white kidney beans), rinsed, drained
- 1 9-ounce package cheese tortellini
- 1
- 1 cup grated Asiago cheese\* or Parmesan cheese

## Recipe Preparation

- Heat oil in heavy large pot over medium-high heat. Add next 6 ingredients and sauté until vegetables are soft and kielbasa is brown, about 12 minutes. Add broth and bring to boil. Stir in kale and cannellini. Reduce heat to low and simmer until kale is wilted, about 4 minutes. **DO AHEAD** Can be made 1 day ahead. Cool slightly; cover and refrigerate. Bring to simmer before continuing. Add tortellini to soup. Simmer until pasta is just tender but still firm to bite, about 5 minutes.
- Ladle soup into bowls. Serve, passing cheese separately.

**Watch**

## Roman lentil soup

### **Ingredients:**

1lb brown lentils  
3 large carrots, chopped  
3 celery ribs, chopped  
2 garlic cloves  
2 tbs EVOO  
1 vegetable bouillon cube  
6 cups water  
½ tomato sauce  
½ tsp chilly oil (per serving, optional)  
½ cup crouton (per serving, optional)

### **Instructions:**

Heat EVOO in a large pan over medium heat. Add garlic, carrots and celery. Cook, stirring often for about five minutes. Pour in the lentils, water, tomato sauce and add vegetable bouillon. Reduce heat to low, cover and let cook for approximately 20-25 minutes or until lentils are tender. Serve warm with optional chilly oil and crouton. Enjoy!

## Escarole & Beans (Zuppa di Scarola e Fagioli)

Author: 3 Italian Sisters

Recipe type: soup

Cuisine: Italian

### Ingredients

- 1 head of Escarole, cut into bite size pieces
- 2 tbsp. extra virgin olive oil
- 2 cloves garlic, sliced thin or minced
- salt and pepper to taste
- ½ tsp. red chili flakes
- 2 cups chicken broth or vegetable broth or water
- 1 can cannellini beans, rinsed in cool water.
- pecorino romano cheese
- optional additions: chunks of pepperoni, sausage or soppressata



### Instructions

1. Clean escarole leaves in large basin of water to rid greens of sand and grit.
2. Rinse until all grit is gone and then chop leaves into bite size pieces.
3. In a large pot, add olive oil and minced garlic and saute for 1 min
4. add escarole leaves, salt, pepper, red chili flakes, chicken broth or water and then
5. simmer for 5 minutes until escarole wilts.
6. Add the beans and simmer for 15- 20 minutes more or until escarole is tender, add more broth if you like it soupy.. Adjust seasonings and serve.
7. Sprinkle with grated pecorino cheese and large loaf of toasted italian bread to soak up the delicious broth... Enjoy!
8. Kathleen Barbato, 3italiansisters.com

Recipe by 3 Italian Sisters at <http://www.3italiansisters.com/escarole-beans-zuppa-di-scarola-e-fagioli/>