

Lentil Soup

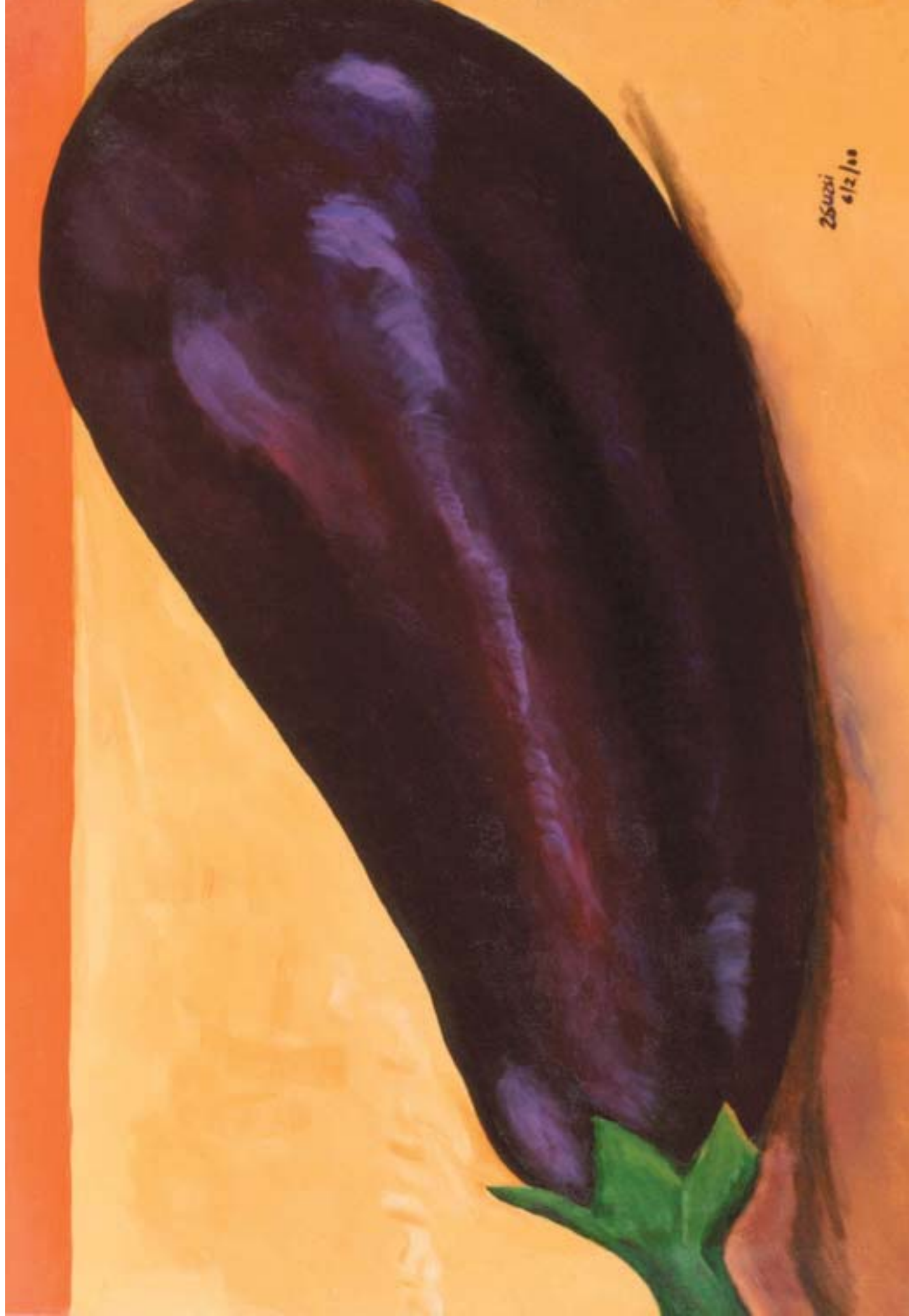
Ingredients:

1 cup dried lentils, soaked for 1 hour
2 cups eggplant, cut in small pieces
1 cup brown mushrooms, cut in small pieces
2 scallions, chopped
4 cups water
2 cups vegetable stock
1 Tbs. fresh rosemary
1 Tbs. fresh oregano
½ cup cilantro, chopped
2 Tbs. olive oil
salt and pepper to taste
juice of one lime

Direction:

In a large soup pot over medium heat, sauté the eggplant, mushroom, and scallions in olive oil until glossy. Add the soaked lentils and sauté for another 2-3 minutes. Add water and vegetable stock and cook over low heat until done. Stir in the rosemary and oregano and simmer for another 2-3 minutes. Add salt and pepper to taste, along with the cilantro and lime juice.

The Giant
(24x30, acrylic on canvas)



Butternut And Kambusha Squash Soup

Ingredients:

2 cups fresh butternut squash, chopped
2 cups fresh kambusha squash, chopped
2 Tbs. olive oil
2 tsp. fresh ginger, chopped
1 scallion, chopped
1 Tbs. sugar
1 tsp. ground cardamom
1 tsp. safflower
salt and pepper to taste
3 cups water
1 cup vegetable stock

Direction:

Heat olive oil in a stockpot, then add the squash and chopped scallions. Sprinkle the sugar on top and sauté over low heat for 5 minutes. Add the fresh ginger and simmer for another 5 minutes. Add the water, vegetable stock, ground cardamom, safflower, salt, and pepper. Cook until done. If you prefer a smoother consistency, puree in a food processor.

The Settler
(24x30, acrylic on canvas)



Black Beans And Vegetable Soup

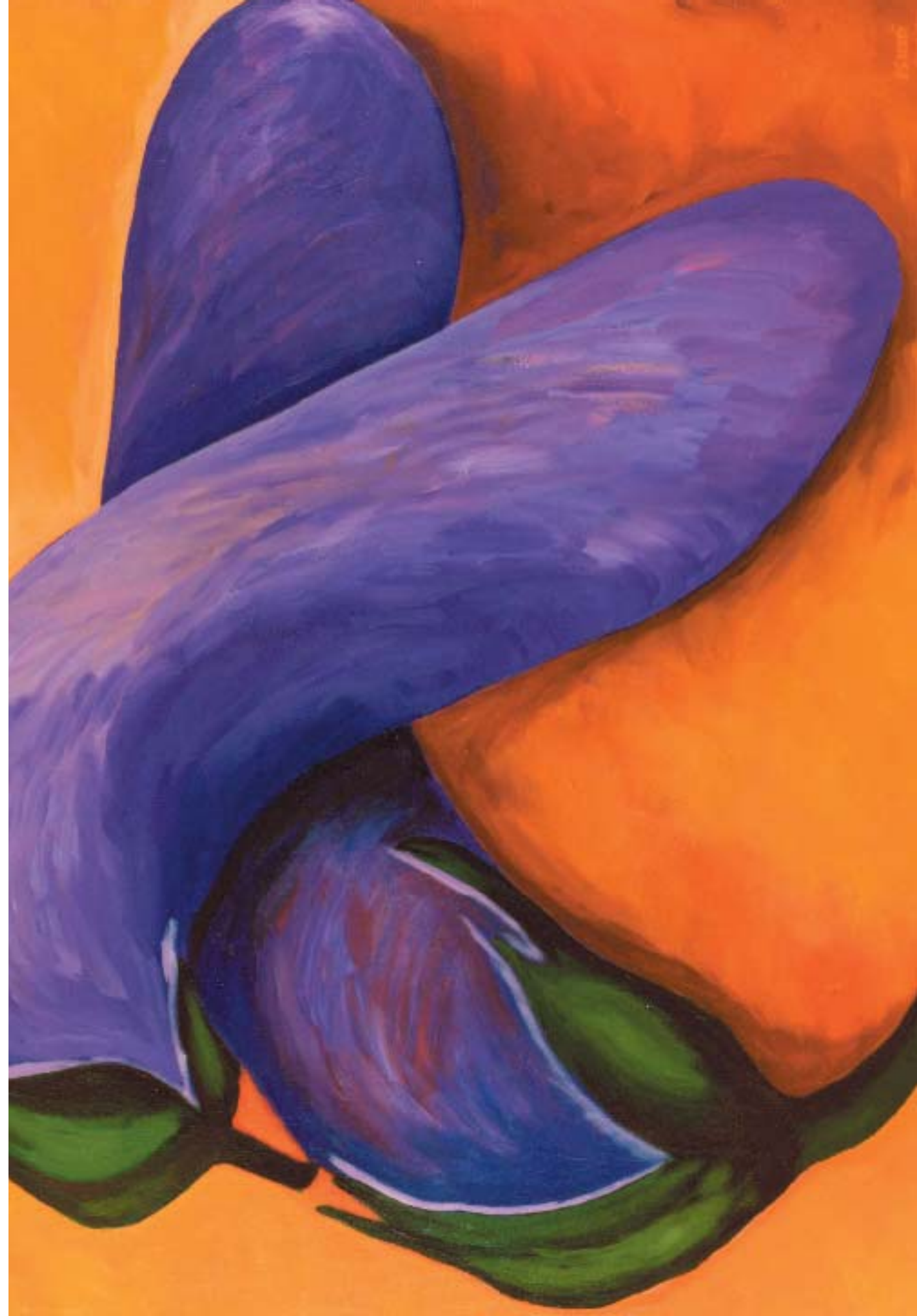
Ingredients:

1 cup dried black beans, soaked overnight
2 cups celery, chopped
2 cups carrots, chopped
1 cup mushroom, chopped
10 cloves garlic
1 onion, cut in chunks
2 bay leaves
1 – 2 inches ginger, chopped
4 cups chicken stock
4 cups water
2 Tbs. olive oil
1 Tbs. oregano
1 bunch cilantro
salt and pepper to taste

Direction:

In a large soup pot, simmer the beans, garlic, onions, and bay leaves with 4 cups of water until halfway cooked. In a separate pan, sauté the vegetables and ginger in olive oil until glossy, then add to the beans. Stir in the chicken stock and oregano. Simmer over low heat until done, then add salt and pepper to taste. To thicken the soup, put half of the beans in a blender, puree, and return to the pot. Garnish with cilantro.

Lovebirds
(24x30, acrylic on canvas)



Fennel And Califlower Soup

Ingredients:

2 bulbs fennel, female, julienned (reserve foliage)
2 cups cauliflower, finely chopped
1 medium-size onion, chopped
1 medium-size red potato with skin, chopped
2 cloves garlic
4 cups chicken broth
1 cup water
1 Tbs. olive oil
1 tsp. saffron
salt and white pepper to taste

Direction:

In a soup pot over medium heat, glaze the onions and potatoes in olive oil, then cook with the water until tender. Transfer to blender and puree. Return to pot and add fennel and cauliflower, along with chicken stock. Simmer until done and add salt, white pepper, and saffron. Garnish with fennel foliage.

Mexican Corn
(30x40, acrylic on canvas)

