

## SOUPS

### Mostly Raw Bean Soup

Cook beans with Celtic Salt until done, then remove from the heat. Then in a blender, place raw onions, celery, tomatoes, potatoes, or any other raw vegetables you have on hand with some distilled water, and blend into a puree. These blended raw vegetables are then blended into the still warm bean stock. This makes a soup that is still quite warm on a cold day, still mostly raw, and very delicious.

### Black Bean and Quinoa Chili

1 cup rinsed and drained quinoa  
2 cups water  
1 large onion, diced  
1 green bell pepper, seeded and diced  
1 cup chopped celery  
1 jalapeno pepper, seeded and minced  
2 tomatoes, cored and diced  
1 cup diced carrots  
Two 16-oz cans black beans, drained  
One 28-oz can crushed tomatoes  
1 Tbsp. chili powder  
1 Tbsp. dried parsley (or 2 Tbsp. fresh)  
1 Tbsp. dried oregano  
2 tsp. ground cumin  
½ tsp. salt or to taste  
4 green onions, chopped (optional)

Combine quinoa and water in saucepan, cover and bring to a simmer over medium heat. Cook until liquid is absorbed, about 15-20 minutes. Remove from heat and let stand about 10 minutes. Meanwhile, heat a large, non-stick pan; add onion, bell pepper, celery and jalapeno. Saute 7 minutes over medium heat. Stir in fresh tomatoes and carrots; sauté 3-4 minutes. Stir in beans, crushed tomatoes, and seasonings; cook about 25 minutes over low heat, stirring occasionally. Stir in quinoa; cook 5 minutes more. Ladle into bowls and top with green onions if desired. Makes 8 servings.

### Butterbean and Herb Cream Soup

2 cups lima beans, soaked overnight  
2 bay leaves  
Fresh chives, basil, and parsley, to taste  
Sea salt to taste

Boil the lima beans in enough water to cover until very soft with the bay leaves. Do not drain. Discard the bay leaf and add the chopped herbs and seasonings. Transfer to a blender (in batches) and blend till smooth. Serve with a thick wholegrain sourdough bread and a crisp salad.

### Coconut Corn Chowder

5 cups diced potatoes  
1 cup diced onion  
1 tsp chicken-like seasoning  
1 tsp onion powder  
1 tsp butter flavored salt or salt  
2 cups water  
4 cups frozen corn  
½ tsp dill weed  
1 can coconut milk

Place potatoes, onions, and seasoning (except dill weed) in water and simmer for 15 minutes or until tender. Remove 2 cups of the cooked potatoes with a slotted spoon (will get some of the onions too but that's alright) and place in blender. Stir in the frozen corn and dill weed into the kettle of soup. Turn off heat while blending the sauce. Add coconut milk to the blender with the cooked potatoes. Blend for about 30 seconds until smooth but not starchy. Add blended mixture to the soup. May add more water or salt as needed to taste. Heat to serving temperature. Variation: Replace the coconut milk with 2 cups soy milk or blend ¾ cup cashew nuts with 2 cups water.

### Sweet Potato/Yam Soup

1 onion, chopped  
4 Cups cooked sweet potatoes or yams (yams are sweeter)  
2 Cups vegetable broth  
2 Cups non-dairy milk  
1 tsp rosemary  
Juice from one-quarter organic orange  
1 tsp organic orange peel, minced  
Salt to taste

In a soup kettle, sauté the onion in the oil. Add the sweet potatoes or yams, the broth, milk, and rosemary. Bring to a boil and simmer for 5 minutes. Add the orange peel and orange juice. Puree in a food processor or blender. Add salt to taste. Yield: 8 servings