

## 3 Soup Recipes

### Tortilla Soup

4 chicken breasts, boneless, skinless, baked and cubed  
Bake with olive oil, chili powder, cumin, salt and pepper  
1 teaspoon olive oil  
1 small onion, chopped  
1 pasilla pepper, chopped  
2 carrots, chopped  
3 celery ribs, chopped  
3 tomatoes, chopped  
1 zucchini, chopped  
2 garlic cloves, minced  
1 teaspoon chili powder  
1 teaspoon ground cumin  
4 cans (10.5 oz) chicken stock  
juice of 1 lemon  
1 cup cilantro, coarsely chopped

In a large pot over medium heat, sauté the onion, pepper, carrots, celery, tomatoes, zucchini and garlic in olive oil. Cover the pot and let sweat for 5-7 minutes. Add a pinch of salt, chili powder and cumin, stir for 2 minutes. Add the chicken and stir for another 2 minutes.

Add the stock. Let come to a boil then reduce heat to low and simmer for 45 minutes to an hour.

Top with cilantro, Monterey Jack cheese and a dollop of sour cream if desired.

Serves 8

### Butternut squash soup

1 tbs. olive oil  
2 Rosemary sprigs to flavor the oil  
1 inch of ginger, peeled and whole  
2 shallots, chopped  
3 carrots, chopped  
1/3 of a Butterscotch Apple Pear (formerly known as an Asian pear), halved and cubed  
4 springs Thyme, chopped  
5 sage leaves, chopped  
1/8 tsp Nutmeg  
1 small clove of garlic, minced  
2 whole butternut squash, halved and baked  
Bake at 400 degrees for 35 minutes, cool and scoop out the seeds  
Pinch of cayenne pepper  
6 cans 10.5 oz vegetable stock

Start by flavoring the oil by adding olive oil, rosemary, and ginger to the pot. After 4 minutes of lightly sauteeing, remove the ginger and rosemary. Add the shallots and sautee gently. Add the carrots and butterscotch apple pear, thyme, sage, nutmeg, and garlic. Cover and let sweat for 5-7 minutes. Add the butternut squash and cayenne and

stir to combine. Add the vegetable stock and simmer for 45 minutes. Using an immersion blender, blend the soup to your desired consistency. To serve, sprinkle with a touch of finishing salt.

Serves 8

### **Potato Soup**

½ lb pound bacon, cooked- save ¼ cup bacon grease for the soup

1 large fennel bulb, chopped

3 celery ribs, chopped

1 onion, chopped

2 cloves garlic, chopped

1/8 tsp. Nutmeg

2 tbs. chicken bouillon

4 large golden (or other thin skin) potato- baked and chopped (skin on)

Heat the grease from the bacon. Add the fennel, celery, and onion. Sweat the vegetables covered for 5-7 minutes.

Add the garlic, grated nutmeg, and bouillon. Stir to combine. Add the potatoes and 4-6 cups of water. Cover with the lid and let simmer for 20 minutes. Using an immersion blender, blend the soup to your desired consistency. Serve with bacon and cheddar cheese if desired