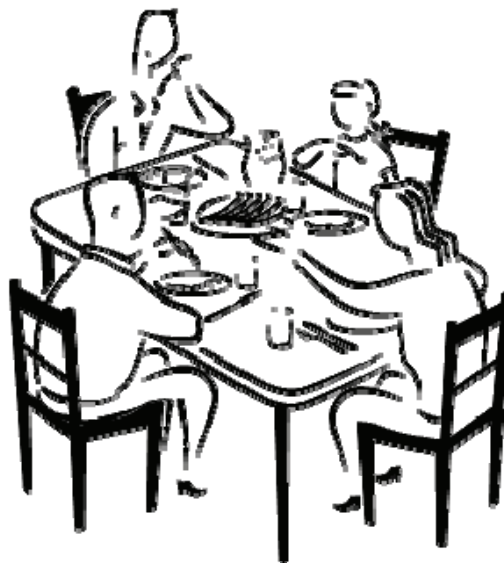


**Soup
&
SIOP
Cookbook**

2013-

14



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Esquites

(Mexican Roasted Corn Salad)

- 2 tablespoons butter
- 3 cups corn (about 4 ears), cut from the cob
- 1/2 jalapeno, seeded and finely diced
- 3 tablespoons mayonnaise
- 1 glove garlic, grated
- 2 green onions, sliced
- 1 handful cilantro, chopped
- 1 lime, juice
- 2 tablespoons cotija (or feta), crumbled (cotija is best if you can find it....)
- chili powder to taste (I added half a teaspoon)

Directions

1. Melt the butter in a heavy skillet over medium-high heat.
2. Add the corn, toss and let it sit cooking until charred, mix it up and let it char again, about 6-10 minutes.
3. Add the jalapeno, sauté for a minute and remove from heat.
4. Mix everything and serve warm or at room temperature.

Option: Adding one diced avocado is so amazing!

From: <http://www.closetcooking.com/2012/08/esquites-mexican-corn-salad.html>

Mediterranean Chicken Salad

- 6 tablespoons olive oil
- 2 tablespoons plus 2 teaspoons tarragon vinegar
- 1 tablespoon chopped fresh tarragon
- 1/2 tablespoon fresh lemon juice
- 1/2 tablespoon Dijon mustard
- 3 cups diced cooked chicken (from one 3-pound purchased cooked chicken)
- 1/2 cup orzo (rice-shaped pasta; about 3 ounces)
- 1 cup halved cherry tomatoes (about 10 ounces)
- 1 6-ounce jar marinated artichoke hearts, drained
- 1/2 cup coarsely chopped pitted Kalamata olives
- 1/3 cup dried currants
- 1 1/2 tablespoons drained capers

Directions:

Combine oil, vinegar, tarragon, lemon juice, and mustard in small bowl; whisk to blend. Season dressing to taste with salt and pepper. Place chicken in medium bowl. Mix in 1/4 cup dressing.

Cook orzo in large pot of boiling salted water until just tender but still firm to bite. Drain. Rinse under cold water to cool; drain well. Transfer orzo to large bowl. Stir in remaining dressing and toss to coat. Add chicken mixture, tomatoes, artichoke hearts, olives, currants, and capers. Season salad to taste with salt and pepper and serve.

Strawberry Spinach Salad

8 cups torn fresh spinach

1 pint fresh strawberries, sliced or quartered

1 can mandarin oranges, drained (I used a large can)

1/4 cup julienned red onion

Dressing:

1/2 c. vegetable or olive oil

1/3 cup sugar

1/4 cup cider vinegar

1 Tablespoon poppy seeds

1 1/2 teaspoons finely chopped onion

1/2 teaspoon Worcestershire Sauce

1/4 teaspoon paprika

Mix together. Toss with salad ingredients just before serving.

From: Karen Jensen (retired CSD teacher)

Kale Caesar Salad

2 bunches of kale

1/2 cup shredded parmesan

1/2 cup chopped walnuts

1 cup bread cubes

Ground pepper to taste

Dressing

2 cloves of garlic

1/2 t salt

Juice of 1 lemon

2 T grated or shredded parmesan

1/4 c olive oil

Make the dressing. Mince the garlic. Sprinkle with salt, and then crush into a paste with the side of your knife. Place in a screw top jar. Add the remaining ingredients and shake well.

Remove central ribs from kale and cut into thin ribbons. Or use baby kale, less work. Place in a bowl. Add dressing and toss, making sure all leaves are coated with dressing. This should be done at least 15 minutes before eating. The lemon will break down the kale, making it tastier.

Toast the walnuts and bread cubes until fragrant (nuts) and crisp (bread). Add to the kale, along with the parmesan.

Toss again. Add a sprinkle of parmesan and some fresh ground pepper to finish.

(From: a riff on a kale salad from Minto Island Growers)

Thai Slaw

1 package of bean sprouts

1/2 package of shredded carrots

1 red pepper, sliced thin

3 green onions, sliced thin

1/2 cucumber, peeled and sliced in half circles

1 mango, peeled and diced

1 apple, peeled and diced

1/2 c chopped cilantro AND basil

1/4 cup chopped mint

1/2 cup peanuts (chopped or not)

1/2 cup jalapenos (optional)

Dressing (*adjust according to taste*)

Juice of 2 limes

2 T oil (peanut, olive, whatever you have)

1 t sesame oil

1 t fish sauce

1 T sugar

1 T rice wine vinegar

1/4 t ground ginger, or fresh if you have it

1. Make the dressing—whisk everything together.
2. In a large bowl, add all the vegetables and fruit and toss gently.
3. Add the chopped herbs and dressing and toss again.
4. Allow the flavors to meld, and top with peanuts, and jalapenos.

(From: I kind of made this up, based on the Thai flavors I love.)

Italian Zucchini Soup

1 lb. Italian Sausage (sweet or hot, to taste) casings removed

2 cubs celery cut 1/2 inch on an angle

2 lobs. Zucchini sliced 1/4 inch thick

1 cup chopped onion

2 28 oz cans tomatoes

2 testpoons salt

1 teaspoon Italian seasoning

1 teaspoon oregano

1 teaspoon sugar

1/2 teaspoon basil

1/4 teaspoon garlic powder

2 green bell peppers, cut into 1/2 inch squares

Brown sausage. Drain off fat. Add celery and cook 10 minutes, stirring occasionally. Add the remaining ingredients **EXCEPT** the peppers. Simmer 20 minutes covered. Add the peppers and simmer 10 minutes more, covered. Serve with grated parmesan cheese.

From: my ex-mother-in-law, an excellent cook, Dorie Zinck

Gazpacho

1 1/2 lbs tomatoes, peeled, seeded and chopped

1 Tomato juice

1/2 cup chopped red pepper AND red onion

1 cup cucumber, peeled, seeded and chopped

1 small jalapeno, seeded and minced

1 medium garlic clove, minced

1/4 cup olive oil

1 lime juiced

2 t balsamic vinegar AND Worcestershire sauce

1/2 t ground cumin

1 t salt

1/4 t fresh ground pepper

2 T fresh basil, chiffonade

1. Fill a 6 quart pot half way with water and bring to a boil. Make an x on the end of each tomato. Drop them into the boiling water for about 15 seconds, remove and allow to cool until able to handle. Pat dry, peel, seed tomatoes. When seeding the tomatoes, place strainer in a bowl to catch the tomato juice. You will need about 1 cup of juice for the gazpacho.
2. Place the tomatoes, juice in a large bowl. Add all other ingredients EXCEPT the basil and stir to combine. Transfer 1 1/2 cups of mixture to a blender and puree for 15-20 seconds on high speed. Return pureed mixture to the bowl and stir.

3. Cover and chill for 2 hours and up to overnight. Serve with the basil on top.

From: Food network, courtesy of Alton Brown, 2007

Classic Beef Chili (spicy)

1/4 cup chili powder

1 Tablespoon ground cumin

2 teaspoons ground coriander

1 teaspoon red pepper flakes

1 teaspoon dried oregano

1/2 teaspoon cayenne pepper

Salt and ground black pepper

2 Tablespoons vegetable oil

2 medium onions, minced

1 red bell pepper, cut into 1/2 inch pieces

6 cloves minced or pressed garlic

2 lbs 85% lean ground beef

2 14 oz cans dark red kidney beans, drained and rinsed

1 28 oz. can diced tomatoes

1 28 can tomato puree

Water, as needed

1. Combine chili powder, cumin, coriander, red pepper flakes, oregano, cayenne and 1 teaspoon salt in a small bowl and set aside.

2. Heat the oil in a large Dutch oven over medium heat until shimmering. Add the onions and bell pepper and cook until softened, 8—10 minutes. Stir in the garlic and cook about 30 seconds longer. Stir in the spic mixture and cook and stir constantly for another minute. Do not let them burn!
3. Stir in half the beef, increase the heat to medium-high and cook until no longer pink, 3-5 minutes. Add the other half of the beef and repeat. Stir in the beans, diced tomatoes with their juice and the tomato puree and bring to a simmer. Cover, reduce to a gently simmer and cook, stirring occasionally, for 1 hour.
4. Uncover and continue to simmer gently until the beef is tender the sauce is dark, rich and slightly thickened, about 45 minutes longer. Add water if needed.
5. Season with salt and pepper to taste before serving.

From: America's Test Kitchen's Soups, Stews & Chilis

Wild Card Chili (mild)

1 lb. chopped or ground beef

1/2 cup chopped onion

8 oz. tomato sauce

1 teaspoon chopped hot red pepper (I used a few red pepper flakes instead)

1/1 teaspoon salt

1/2 teaspoon garlic salt

2 Tablespoons chili powder

1 Tablespoon molasses

1 16 oz. can red beans, drained and rinsed

1 16 oz. can refried beans

1 cup water

Brown beef. Add onions and cook until softened. Pour off fat. Add the remaining ingredients. Cover and simmer for 1 hour.

From: Marlboro Man Cookbook circa 1975

Pumpkin Coconut Curry

3 1/2 cups of pumpkin puree (or butternut squash)

2-3 T coconut oil

1 large onion, coarsely chopped

4 cloves of garlic

2 T red curry paste

1-2 t grated ginger

1 can of coconut milk

1/4 cups of maple syrup

4 cups of vegetable broth

Salt and pepper to taste

If you can, roast the pumpkin yourself. It tastes so good and makes your house smell like pumpkin pie.

In a large pot over medium heat, heat the coconut oil. Add the onion and sprinkle with salt and pepper. Cook until soft and translucent and add garlic cloves, curry paste and ginger. Cook until fragrant, about 2-3 minutes more.

Add the pumpkin and mix everything together. Let the pumpkin cook a few more minutes, breaking apart any larger pieces. Before things start to stick to the bottom of the pot, add the coconut milk and broth. Add the maple syrup and cayenne. Cover and simmer 20-25 minutes, stirring occasionally.

In batches, puree the soup in a blender. Return to the pot and taste, and adjust seasonings as necessary.

From: www.loveandlemons

Turkey Wild Rice Soup

3 10 ¼ oz cans condensed chicken broth

2 cups water

½ cup uncooked wild rice

½ cup finely chopped green onions

½ cup butter

¾ cup flour

½ tsp. salt

¼ tsp. poultry seasoning

1/8 tsp. pepper

2 cups half & half

1 ½ cups cubed cooked turkey or chicken

8 slices bacon, crisply cooked and crumbled

1 Tbsp chopped pimento

2 to 3 Tbsp. dry sherry, if desired

In large saucepan, combine chicken broth and water. Add wild rice and green onions. Bring to a boil. Reduce heat; cover and simmer 35 to 40 minutes or until rice is tender.

In medium saucepan, melt margarine; stir in flour, salt, poultry seasoning and pepper. Cook 1 minute, stirring constantly.

Slowly add half & half; cook until slightly thickened, stirring constantly. (Do not let boil). Stir in part of broth from cooking rice.

Add remaining ingredients. Heat gently, stirring frequently. Do not let boil. Garnish with additional crumbled bacon and green onions if desired.

From: Betty Crocker Soup cookbook, circa 1975

White Bean and Kale

2-3 T of olive oil

1 cup of mushrooms

½ cup chopped carrots

2-3 chopped shallots (or about 1/2 an onion)

2 garlic cloves, minced

½ cup white wine

3 cups of broth

1 15 oz can of white beans (cannellini)

1 T finely chopped rosemary

1 T sherry vinegar

1 small bunch of kale, stems removed and leaves chopped

1 T fresh tarragon, chopped

1 T chives, chopped

Salt & pepper

1. In a medium pot, heat oil over medium heat. Add shallots, salt and pepper, cooking until they turn translucent (5-7 minutes). Add carrots, garlic and mushrooms and stir. Continue cooking until mushrooms wilt down, another 10 minutes or so, stirring occasionally. Turn down the heat if your vegetables start to burn.
2. Add white wine, stir to get the bits off the bottom of the pan, and cook until the liquid reduces (5-7 minutes). Add the beans, broth, rosemary and bring to a boil. Add kale. Reduce heat and simmer for 15-20 minutes or so.
3. Mix in sherry vinegar, tarragon and chives. Toss in a few pinches of red pepper flakes to taste, and more salt and pepper if needed.
4. Serve with freshly grated parmesan cheese and crusty bread.

From: [www.loveandlemons](http://www.loveandlemons.com)

Spanish Meatball Soup (makes 1 gallon)

1 1/2 cup chopped onion
1/2 cup chopped green pepper
1 cup chopped celery
3 cloves minced garlic
2 Tbsp. oil
1 cup uncooked rice
3 1/2 quarts beef stock
2 cups diced tomatoes
1 cup tomato puree
1/4 tsp cayenne pepper
1/2 tsp crushed red pepper
1 tsp. chili powder
1/2 tsp ground cumin
Salt to taste.

Sauté first 4 ingredients in the oil. Add the remaining ingredients; cook until rice is tender. Add meat balls when serving.

Meat balls for Spanish Meat Ball Soup

1 1/2 lb. ground beef

2 eggs

1/2 cup bread crumbs (I used fresh)

1 tsp. salt

1/4 tsp cayenne

1/4 tsp cumin

1/2 tsp chili powder

Mix all ingredients thoroughly and form into marble-size balls. Bake at 350 degrees for 15 minutes. Add to hot soup!

(I used my smallest "scoop", definitely worth investing in if you like meatball soups!).

From: Jack's Soups and More (chef at Multnomah Falls restaurant in the 70's)

Lentil Barley (Quinoa) Stew

2 t olive oil

1 cup sliced leeks

3 cups broth

1 cup water

3/4 cup beer

1 cup chopped carrot

1 cup chopped celery

1/2 cup chopped parsnip

1/4 cup chopped celery leaves

1/4 cup chopped fresh dill

1/4 cup uncooked pearl barley (quinoa)

1/2 t black pepper

1/4 t dried thyme

2 bay leaves

1/2 cup dried lentils

Salt and pepper

1. Heat oil in a large pot over medium heat. Add leek to the pan and sauté for 2 minutes. Add broth, water and beer. Bring to a boil. Add ingredients through bay leaves and return to a boil. Cover, reduce heat, and simmer for 15 minutes. Stir in lentils, cover and cook for 30 minutes. Discard bay leaves.
2. Place 1 1/2 cups of soup in a blender. Blend until smooth. Return pureed soup to pot and stir in salt and pepper. Return mixture to a boil, cover, reduce heat and simmer 10 minutes until thoroughly heated, stirring occasionally.

From: *Cooking Light*, November 2010

Mulligatawny (serves 6)

1 1/2 lbs. bone-in split chicken breasts, trimmed (about 2 breasts)

1 Tbsp. vegetable oil

2 Tbsps. unsalted butter

2 1/2 tsps. garam masala (most grocery stores carry this now)

1 1/2 tsps. ground cumin

1 1/2 tsps. ground coriander

1 tsp. ground turmeric

2 medium onions, minced

2 carrots, peeled and chopped medium

1 celery stalk, chopped medium

1/2 cup sweetened shredded or flaked coconut

4 medium cloves garlic, pressed

4 tsps. minced or grated fresh ginger

1/4 cup flour

1 tsp. tomato paste

7 cups chicken broth

1/2 cup dried brown lentils, rinsed and picked over

1 cup plain yogurt, for serving

1. Pat the chicken dry and season with salt and pepper. Heat the oil in a large Dutch oven over medium-high heat. Brown the chicken lightly on both sides, about 5 minutes, and then transfer to a plate.
2. Melt the butter in the same pot over medium heat. Stir in the garam masala, cumin, coriander and turmeric and cook about 30 seconds. Stir in the onions, carrots, celery and coconut and cook until softened, about 5-7 minutes. Stir in the garlic and ginger and cook about 30 seconds. Stir in the flour and tomato paste, cooking for 1 minutes. Gradually whisk in the broth, scraping up any browned bits and smoothing out any lumps and bring to a boil.
3. Add the browned chicken, cover and simmer gently until the chicken registers 160 degrees on a meat thermometer, about 15—20 minutes. Remove the chicken from the pot, let cool slightly, then shred the meat into bite-size pieces, discarding the skin and bones. Set aside.
4. Working in batches, puree the soup until smooth. (I only pureed part of the soup, as I like a little more texture to the soup. Use your own judgment as to how much you want to smooth it out, but do puree at least part of it.) Stir in the lentils, cover and simmer gently until the lentils are tender, 35 to 45 minutes. (Don't over cook them!)
5. Stir in the shredded chicken and let it heat through, about 2 minutes. Off the heat, stir in the cilantro and season with salt and pepper to taste. Dollop individual portions with yogurt and serve.

From: America's Test Kitchen's Soups, Stews & Chilis

Fava Bean and Tomato Soup

1 pound dry fava beans, rinsed

8 cups vegetable broth or water

6 garlic cloves, unpeeled

1 large white onion, sliced 1/2-inch thick

1 1/2 pounds tomatoes

6 medium dried guajillo or pasilla chiles, stemmed & seeded

2 tablespoons extra virgin olive oil

2 tablespoons cider vinegar

3/4 teaspoon dried Mexican oregano

1 1/2 teaspoon fine-grain sea salt, plus more to taste

1/2 cup loosely packed chopped cilantro

2 tablespoons chopped fresh mint, pref. spearmint

1/2 cup crumbled Mexican queso anejo or feta

1. Place the fava beans in a large soup pot and cover with the broth. Simmer over medium-low heat, partially covered, until very tender, about an hour. The beans should be starting to fall apart at this point.
2. While the beans are simmering, roast the garlic in a heavy skillet over medium heat, turning occasionally, until you get black spots all over, and the cloves have softened up - about 15 minutes. Cool a bit, remove the papery skins, chop finely and set aside. Place the onions in a single layer, on a rimmed baking sheet, about 4-inches under a hot broiler for 4-5 minutes on each side, until soft and deeply browned. Cool a bit, peel and finely chop. Use the same method for the tomatoes, six minutes or so. Flip, and roast the other side, another 6 minutes. Cool a bit, then peel and chop, saving all the juices.
3. Add the garlic, onion, and tomatoes to the fava beans and simmer until the beans are the consistency of a coarse puree, 15-30 minutes.

Fava Bean and Tomato Soup

4. While the soup is simmering, cut the chiles into little flecks using scissors. Heat the oil in a small saucepan over medium heat. Add the chiles and stir for a minute, then remove from the heat. Add the vinegar, 3 tablespoons of water, oregano, and 1/2 teaspoon of the salt. Set aside and let stand for at least 1/2 hour, stirring occasionally.
5. Just before serving, add a little water and return to a simmer. Remove from heat, stir in the mint, cilantro, and another teaspoon of salt.. Serve with a dollop of the chile mixture, sprinkled with a bit of the cheese.

Serves 8 to 10.

From: www.101cookbooks (*Adapted from the Slow-Simmered Fava Bean Soup with Mint and Pasilla Chile recipe in [Rick Bayless's Mexican Kitchen](#).*)

Guinness Beef Stew (serves 6-8)

- 1 (3 1/2-to 4-pound) boneless beef chuck-eye roast, cut into 1 1/2-inch pieces
- Salt and pepper
- 3 tablespoons vegetable oil
- 2 onions, chopped fine
- 1 tablespoon tomato paste
- 2 garlic cloves, minced
- 1/4 cup flour
- 3 cups low-sodium chicken broth
- 1 1/4 cups Guinness Draught
- 1 1/2 tablespoons packed dark brown sugar
- 1 teaspoon minced fresh thyme
- 1 1/2 pounds Yukon Gold potatoes, unpeeled, cut into 1-inch pieces
- 1 pound carrots, peeled and cut into 1-inch pieces
- 2 tablespoons minced fresh parsley

Adjust oven rack to lower-middle position and heat oven to 325 degrees. Season beef with salt and pepper. Heat oil in Dutch oven over medium-high heat until shimmering. Add onions and 1/4 teaspoon salt and cook, stirring occasionally, until well browned, 8 to 10 minutes

Add tomato paste and garlic and cook until rust-colored and fragrant, about 2 minutes. Stir in flour and cook for 1 minute. Whisk in broth, 3/4 cup Guinness, sugar, and thyme, scraping up any browned bits. Bring to simmer and cook until slightly thickened, about 3 minutes. Stir in beef and return to simmer. Transfer to oven and cook, uncovered, for 90 minutes, stirring halfway through cooking.

Stir in potatoes and carrots and continue cooking until beef and vegetables are tender, about 1 hour, stirring halfway through cooking. Stir in remaining 1/2 cup Guinness and parsley. Season with salt and pepper to taste, and serve.

Cabbage, Potato and Leek Soup

6 tablespoons butter

3 medium leeks, white and light green parts, thinly sliced

8 cups shredded cabbage

2 garlic cloves, finely chopped

2 medium russet potatoes, peeled and diced

2 cups chicken or vegetable stock

2 1/2 teaspoons kosher salt

2 thyme branches

1/2 teaspoon black pepper

Grated Parmigiano-Reggiano, to serve.

1. Melt the butter in a large pot over medium-high heat, add the leeks and cook until soft and golden around the edges, 5 to 7 minutes. Add the cabbage and garlic and cook, stirring occasionally, until cabbage begins to caramelize, about 10 minutes.

2. Stir in potatoes, stock, 4 cups water, salt and thyme. Bring soup to a simmer and cook, partly covered, until potatoes begin to fall apart, 45 to 50 minutes. Add more water, as needed, to reach the desired consistency. Season with black pepper and serve, topped with cheese.

Chicken Phô

Broth

2 unpeeled yellow onions, quartered

Three 1/2-inch-thick slices of unpeeled fresh ginger, smashed

4 quarts cold water

3 pounds chicken bones or chicken wings

One fresh 3 1/2-pound chicken, quartered

1 tablespoon kosher salt

2 teaspoons sugar

Additional spices (optional): Cinnamon, star anise, black cardamoms, coriander seeds, fennel seeds or cloves

1/4 cup Asian fish sauce

1 pound dried rice noodles, a linguine shape (*bánh phở*) if you can find them

Garnishes

1 large scallion, thinly sliced

1 pound mung bean sprouts

1/2 cup torn basil leaves, Thai basil if you can find it

1/2 cup cilantro leaves

2 limes, cut into wedges

2 jalapeños, thinly sliced

Asian chili-garlic sauce

Hoisin sauce

Char onions and ginger: Heat the oven to 400°F. Put the onions and ginger on a lightly oiled baking sheet and roast for 30 minutes, or until softened and lightly browned.

Cook the chicken: Fill a large stockpot with the water and bring to a boil. Add the roasted onions and ginger, and the chicken bones or wings, quartered chicken, salt, sugar and any of the optional spices and bring to a boil. Lower the heat to moderate and simmer until the chicken is cooked, about 30 minutes.

Remove the chicken and finish the broth: Using tongs, transfer the quartered chicken to a plate and let cool slightly. Remove the meat from the bones and refrigerate. Return the skin and bones to the stockpot and simmer for 2 hours longer. Strain the chicken broth into a large soup pot and cook over high heat until reduced to 12 cups, about 15 minutes. Stir in the fish sauce; adjust to taste.

**Prepare noodles:* In a large bowl of warm water, soak the noodles until pliable, about 20 minutes. You can also prepare the noodles according to the package instructions, if they differ. Bring a large saucepan of salted water to a boil. Drain the noodles, then add them to the saucepan and boil over high heat until tender, about 3 minutes. Drain well. Divide the noodles between 6 large bowls and sprinkle with the scallion.

Finish and serve the soup: Add the reserved chicken to the broth and simmer until heated through. Ladle the broth and chicken over the noodles. Serve with the bean sprouts, basil, lime wedges, jalapeños, chili-garlic sauce, hoisin sauce and crispy shallots.

Spring Minestrone Soup

2 Tbsp olive oil

6 green onions

2 green garlic stalks, or 2 large garlic cloves

1 pound baby potatoes, cut into 1-inch chunks

1 15-ounce can of diced tomatoes

1 quart vegetable stock

Salt

1/2 pound artichoke hearts (fresh or frozen), chopped roughly

1 15-ounce can of chickpeas

1 cup peas (fresh or frozen)

1/2 pound asparagus, cut into 1-inch chunks

2 cups greens (dandelion, chard, spinach, kale, arugula, etc), sliced into thin ribbons

Up to 1/4 cup pesto

Grated parmesan or pecorino cheese for garnish

METHOD

1 Chop the green onions and green garlic and separate the white and light green parts from the green tops. If you are using regular garlic cloves, put them with the white parts of the green onions. Slice the potatoes and artichoke hearts into chunks you would want to eat with a spoon.

2 In a large pot set over medium-high heat, warm the olive oil for 1 minute. Add the white parts of the green onions as well as the garlic and stir-fry for 1 minute. Add the potatoes, stir to combine and cook 1 minute.

3 Add the diced tomatoes with their liquid and the quart of vegetable or chicken stock. Bring to a simmer, add salt to taste, then cover and cook over medium-low heat for 10 minutes.

4 Add the artichoke hearts and cook another 5 minutes, then add the chickpeas and green peas and cook another 5 minutes. Remove the cover from the soup and add the asparagus. Cook 2 minutes. Add the greens and the green parts from the green onions and green garlic, if using. Stir well to combine and cook 1 minute.

5 Turn off the heat and stir in the pesto. Serve topped with grated cheese.

Recipes contained in this cookbook came from a variety of sources. Some have been slightly modified, based on our experiences in cooking them. The sources include:

America's Test Kitchen's Soups, Stews & Chilis

Cooking Light, Sept. 2010

Pillsbury's Soups & Breads pamphlet circa 1985

Jack's Soups & More circa 1983

www.epicurious.com

www.smittenkitchen.com

www.closetcooking.com

Www.loveandlemons.com

Www.foodnetwork.com

Www.simplyrecipes.com

Some of our past friends and relatives

Once again, we would like to thank you for breaking bread with us. Good food, good conversations and good friends and co-workers make life a much better place to be. We look forward to sharing some great times with you again next year!

Kira & Laura