

Winter Soups and Stews

I have been making these recipes for my family for over 40 years. Here are my much healthier versions of the original recipes for you to try!

Basic Recipe for Soups and Stews

Step 1: Put the following in your sauce pan or crockpot and simmer until tender:

- ¼ cup onion finely chopped
- 1-2 cloves garlic finely chopped or minced
- ½ cup celery finely diced
- ½ cup water
- Season with sea salt and cayenne pepper (optional)

Step 2: Add any assortment of soaked beans or lentils and diced vegetables – cook for 30-45 minutes then serve

Spicy Bean Stew: for 2 people

Pictured in the Crock Pot to the right →

This soup can be a mixture of any beans and lentils with diced veggies and served over rice. I like to use my slow cooker so I can get this all ready and leave it cook while I go about my business.

Method: follow step #1 above

Once the above are soft add the following and cook on low for 6-8 hours in the crockpot:

- 1 small yam (diced)
- 1 cup carrots (diced)
- 1 zucchini (diced)
- 1 cup dried bean & lentil combo (these should have been soaked overnight)
- 2 tbsp. sweet red pepper
- 1 tsp. of each: nutmeg, curry & turmeric
- 4-5 cups of water

Stir and add sea salt and cayenne pepper to taste (I like ½ to 1 tsp of each). Serve hot.



Judy's Famous Goulash: The sauce is pictured in the large frying pan above

Step 1: Cook 1 package of rice pasta, rinse with cool water then drain and set aside.

Step 2: Make my favorite easy tomato sauce:

Tomato Sauce: Pictures here with rice pasta to the right →

Sauté the following in a frying pan:

- ½ cup of onion
- 1-2 cloves garlic peeled
- 1 red pepper diced
- 1 cup celery diced
- 1 cup sliced mushrooms

Season to taste with:

- 1 tsp. of each: Celtic Sea Salt, oregano, thyme, basil, cayenne pepper

Add the following to the pan and simmer on low for 20 minutes

- 1 large can organic tomato sauce
- 1 medium can diced tomatoes
- 1 small can tomato paste

Add the cooked pasta to the sauce with 1 cup rice cheese (optional), stir then cover and simmer on low for another 20 minutes (or put in a casserole in a 350F oven for 30 minutes). Serve hot.

