## 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!

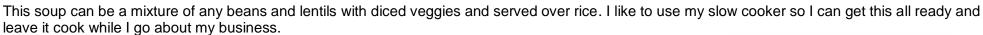
## **Basic Recipe for Soups and Stews**

**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 →



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.

