

Turtle Delight Soup

3 cups black beans
10 cups water
1 medium onion chopped
2 stalks celery, chopped
1/2 green pepper
1 to 2 cloves chopped garlic
1 T. oregano dried
1 t. ground cumin
Salt to taste
1 can diced tomatoes
1 small can tomato sauce or paste
1 can corn
2 T. orange juice concentrate
1/4 cup lemon juice
2 T. cooked green chilies (optional)
Miso (optional) 2 Tablespoons

Bring water to boil and add beans. Turn heat down to simmer and cook for almost 2 hours or until beans are tender. Sauté onion in a little butter until transparent. Add chopped celery, green pepper, garlic and continue to sauté until soft. Throw in spices and stir for about a minute or so. Add beans, corn, tomatoes and juices. The soup is ready to eat after all is heated through. Garnish with egg slices, lemon slices, yogurt or sour cream, pomegranate seeds or shredded cheese. It is nice to serve these items in bowls and let each person choose their topping. The left over soup thickens and makes a wonderful dish served over rice. If you want this soup a little spicier you can add some hotter spices or chilies. If you do not want to go to the trouble of cooking the beans, then you can use canned black beans. However, the "made from scratch" soup has the best flavor. I like more green peppers, so I usually add a whole pepper. Some folks do not like the heavy pepper taste.

Tomato Basil Soup

2 oz. Olive oil
2 medium yellow onions, diced
4 cloves minced garlic
4 tbsp. chopped basil
16 oz. canned diced tomatoes with juice
16 oz. chicken stock
Salt and pepper to taste

Preparation: Heat olive oil in pot. Add onions and sauté until golden. Add garlic and sauté for another minute. Add basil, sauté one more minute. Add tomatoes and chicken stock, bring to a boil and simmer for 5 to 20 minutes. Puree and adjust seasoning. Yield: 4 cups

Lentil Soup

Heat 1 quart water until boiling. Add 1 cup French green lentils and reduce heat, cooking for 20-25 minutes. While cooking prepare the base and the potatoes. Microwave or steam about 3-4 small potatoes. The blue potatoes are wonderful for this soup.

Base

Chop and sauté 1 large onion in 2 T. oil, with large green pepper, chopped, 3 stalks celery, plus 2 coarsely shredded carrots. Add 2 tsp. each of dried oregano and basil when vegetables are tender. Stir in two cans of tomatoes (diced), one can of tomato sauce, and one can of tomato paste. Salt and pepper to taste. Add 2-3 tablespoons of orange juice concentrate and 1 tablespoon of lemon juice, plus 2 chicken bullion cubes or chicken or vegetable broth. Add lentils and diced potatoes. Stir. Heat until hot throughout – usually only 5 to 10 minutes. Eat and enjoy. Good with Parmesan cheese on top

Other toppings include yogurt, sour cream, chopped green onions, cheese or finely chopped fresh vegetables. You can serve these buffet style in small bowls and let your guests choose what they want.

Other beans can be used instead of lentils. Other vegetables work well in it including zucchini, cauliflower, broccoli, chopped cabbage (at very end), etc. The more you add, the more it becomes like a stew. Just as yummy!