



Harmonic Recipes Collection

Healthy Soups



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Popeye Soup



1 avocado
1 cup water or veggie stock
2 cucumbers (unwaxed)
1 cup fresh raw spinach
1 green onions
1 clove garlic
1/2 red bell pepper
Bragg Liquid Aminos or celtic sea salt to taste
Fresh lime juice to taste

Blend avocado and half the water or stock and puree...then add rest of ingredients one at a time, blending to desired thickness and thinning with remaining water if desired. You can also add a couple of minced sun - dried tomatoes too. WARM SLIGHTLY OR COLD!

Pumkin Soup

Who knew pumpkin could be so versatile! Serve this soup piping hot on a cold autumn day or make it in the summer and serve it chilled. Either way, it's sure to please.

2 cups mashed cooked pumpkin (can used canned)
3 Tablespoons olive oil or butter
1/2 cup onion, chopped
1 teaspoon sea salt
1 Tablespoon organic brown sugar or maple syrup
1/4 teaspoon nutmeg
1/4 teaspoon coriander
1/4 teaspoon cumin
1/4 teaspoon freshly ground black pepper
3 cups chicken broth or vegetable broth
1/2 cup coconut milk (canned)
1/4 cup grated Parmesan cheese (optional)

Sauté onion in olive oil until onion is transparent, about 4 or 5 minutes. Transfer to a large pot and stir in the brown sugar, salt and seasonings along with the chicken broth. Bring to a boil then reduce heat and simmer a few minutes to allow flavors to blend. Working in batches, process the soup in a blender until creamy. Return soup to pot and stir in coconut milk and grated cheese. Serve hot.
Serves 4.

Raw Creamy Green Soup with Salsa

The rich, creamy goodness of avocado combines with spicy & crunchy peppers to make this raw soup the perfect flavor blend. Serve gently warmed in winter and chilled in the summer for a refreshing hot weather meal. Consider it for breakfast!

4 cups organic vegetable broth
2 ripe avocados, peeled and quartered
1 cup fresh spinach
1 large cucumber, peeled
1/2 jalapeno pepper, seeded
2 Tablespoons fresh lemon juice
3 Tablespoons cilantro, chopped
3 cloves roasted garlic
1/2 teaspoon spicy basil (optional)
Black pepper to taste
1/2 cup onion, diced
1 cup tomato, diced
1 cup bell peppers (combination of green, red , yellow orange)
chopped

Place half of the broth in a heavy-duty blender such as a Vita-Mix. Add the avocados, spinach, cucumber, jalapeno, lemon juice, cilantro, roasted pepper and spices then mix on high until soup is smooth and creamy. Stir in remaining broth. Pour soup into large serving bowl or soup tureen and stir in the onion, tomato and bell peppers. Thin with water or more broth, if desired.

Serving suggestions: Serve chilled, room temperature or gently warmed. If you blend the soup in the blender long enough it will warm up, but be careful not to heat it past 105 degrees F. Soup should feel slightly warm to your finger, never hot. It's a natural with organic corn chips on the side or in the soup. Garnish with chopped cilantro, cubed avocado, spinach leaves, or rings of sliced bell peppers.

Recipe Twist: Omit the diced onion, tomato and bell peppers and leave the soup creamy, adding a small dollop of your favorite sour cream or sour cream substitute, then swirl through it with a knife to make a beautiful white pattern in the green soup.

Taco Soup

Quick & easy hearty meal.

2 (15 oz.) cans diced organic tomatoes
1 (11 oz.) can corn, not drained
1 or 2 (15 oz.) cans vegetarian chili
1 cup water
1 (15 oz.) can kidney beans, drained
1 package taco seasoning OR 2 T. chili powder,
1 (15 oz.) can black beans, drained
1 teaspoon ground cumin
1/2 teaspoon each onion and garlic powder
1 (15 oz.) can garbanzo beans, drained
1/4 cup pure maple syrup (optional)

Combine all ingredients together in a large pot or crock pot and heat through. Serve with organic corn chips or toasted sprouted grain wrap "chips". For an extra special treat, top with fresh guacamole. Serves approximately 15. Freezes well in plastic bags or other airtight containers.

Sprouted Grain Wrap "Chips"

Use purchased sprouted grain tortilla wraps. Place 2 wraps on a lightly oiled baking sheet at a time and brush top of wraps with small amount of olive oil. Sprinkle with sea salt and any other seasoning such as a little cayenne, cumin, chili powder, garlic powder, etc. Cut into wedges with pizza cutter and bake at 375 degrees F for 5 – 6 minutes or until wedges begin to curl a little and are lightly browned on the edges.

Cream of Asparagus Soup

Use organic ingredients as much as possible

3 Tablespoons olive oil

4 quart organic veggie broth with no yeast

1 bunch leeks

2 sweet onions

4 pounds asparagus

1 bunch celery

Sea salt

fresh ground pepper

3 cans organic coconut milk or cream – sugar free

2 medium red skin potatoes

3 bulbs roasted garlic

1 raw bulb of garlic

5 Tablespoons whole wheat flour

Bay leaf & tarragon seasoning to taste (remove bay leaf before blending)

Finely dice potato and onion and cook in 1 cup of stock and 1 Tablespoon of the oil for 5 to 10 minutes. Wash the asparagus and remove any tough ends. Cut in thin slices. Chop celery small, using leaves and all. Add the asparagus, celery and remaining vegetable stock to the potatoes and onions. Cook for 10 minutes, until the vegetable are quite tender. Add the seasonings and puree the whole mixture in a blender in several batches, filling the blender no more than half full each time. Heat the remaining tablespoon of oil in a small saucepan. Stir in the flour and cook it over medium heat for 1 to 2 minutes. Slowly stir in the coconut milk and bring sauce to a boil, stirring constantly over medium heat just until it thickens. Stir thickened sauce into the soup and adjust seasonings to taste.

For an elegant touch, set aside the asparagus tips and gently steam them. Stir tips into soup just before serving so they will float atop the soup as a garnish.

Serves 25

Garbanzo Bean Soup

Also known as chickpeas, garbanzo beans add a meaty flavor and texture to this delicious soup.

1 Tablespoon olive oil
4 garlic cloves, finely minced
2 teaspoons fresh rosemary, finely chopped
2 (15 oz.) cans garbanzo beans, rinsed and drained
1 (14.5 oz.) can diced tomatoes
8 cups organic chicken broth OR vegetable broth
3/4 cup small-sized pasta of your choice
3 cups fresh kale, chopped
2 Tablespoons fresh chopped parsley
Additional rosemary and/or parsley for garnish
Salt and coarsely ground black pepper to taste

Sauté garlic and rosemary in oil in a large pot over medium heat about 1 minute. Add tomato, broth, and garbanzo beans, bringing to a boil; reduce heat and simmer 20 minutes. Add pasta and simmer about 10 minutes or until pasta is al dente (softened but still firm). Stir in chopped kale and parsley and cook additional 5 minutes, then salt and pepper to taste. Garnish with fresh herbs.

Serves 4

Soup thickens as it stands, so thin with water or additional broth when reheating soup.

Minestrone Soup

A traditional favorite made healthier than the original.

1 lb. sausage flavored soy (meat substitute) browned in 2 T. olive or grape seed oil, crumbled.

In a large pot combine:

- Crumbled soy sausage
- 6 cups water and 4 Tablespoons beef bouillon OR 6 cups vegetable broth
- 6 cups diced tomatoes, canned or fresh
- 1 (8 oz.) can tomato sauce
- 1 small onion, chopped
- 1 cup shredded cabbage
- 3 stalks celery, sliced
- 4 large carrots, scrubbed and sliced
- 1 1/2 cups fresh or frozen green beans, whole or snapped in half
- 2 small potatoes, diced, optional (leave peel on)
- 1 cup diced zucchini or if small, just slice them
- 2 cloves garlic, minced
- 2 Tablespoons fresh or 1 Tablespoon dried parsley (Italian flat leaf parsley is most flavorful)
- 2 Tablespoons fresh basil, snipped, OR 1 Tablespoons dried basil
- 1 teaspoon fresh or 1/2 teaspoon dried oregano
- 1/2 teaspoon fresh or 1/4 teaspoon dried thyme
- 1/2 cup grated parmesan cheese, optional

Simmer gently for 2 – 3 hours for flavors to blend, and then stir in:

- 1 (15 oz.) can kidney beans, drained
- Break 1/2 cup whole wheat/grain spaghetti into pieces and add to soup. Cook until pasta is soft. Could be served either hot or cold.

Serves 12

Cream of Broccoli Soup

A healthy take on an old favorite. This recipe could be used with just about any vegetable.

5 Tablespoons coconut oil
12 Tablespoons whole wheat flour
1 can (14 oz.) coconut milk
5 – 6 cups fresh or frozen broccoli, chopped (reserve a few florets to use as garnish)
1/2 cup chopped onions
6 cups organic chicken broth or vegetable broth
OR 6 cups water with 6 teaspoons chicken or vegetable bouillon
1/4 teaspoons cayenne pepper (optional)
Fresh cracked black pepper, to taste

Melt coconut oil in medium sized sauce pan over medium heat and stir in whole wheat flour to form a paste. Gradually stir in coconut milk with a whisk and cook over medium heat until very thick. Set aside. Place chopped broccoli and onion in a large pot with broth and bring to a boil. Lower heat and cook until broccoli is barely tender. Remove from heat. Puree half of the broccoli and bouillon in blender until smooth. Stir puree and the rest of the broccoli and broth into the thickened coconut milk mixture and stir until well blended. Add cayenne pepper, if desired, and black pepper. Return to heat if necessary. Serve hot. Garnish each bowl with a few broccoli florets.

Serves approximately 8 – 10

Substitutions: Any vegetables you like can be substituted for the broccoli. Try asparagus, carrots, cauliflower, celery, zucchini, potatoes, or a medley of your favorites. Stir in fresh herbs to add interest.

Kale Stew

A great way to incorporate the health benefits of kale into your diet.

3 Tablespoons olive oil OR grape seed oil
1 large onion, diced
6 – 8 cloves garlic, minced
4 large potatoes, skins on, diced
1 large bunch kale, chopped fine
2 quarts organic chicken broth or vegetable broth
(can substitute bouillon and water for broth)
2 (16 oz.) cans white beans, drained
Salt & freshly ground black pepper to taste

Sauté onion and garlic in oil in a large soup pot over medium heat until tender.

Pour in broth and bring to a boil. Stir in potatoes and kale, then reduce heat and simmer until potatoes are very soft, about 20 – 25 minutes. Use a potato masher or fork to roughly mash the potatoes which will thicken the broth. Add beans and heat through. Season with salt and lots of black pepper.
Serves 4 – 6

Butternut Squash – Pear Soup

Smooth, creamy and satisfying.

2 Tablespoons extra virgin olive oil
1/2 cup chopped onion
1 can (14 1/2 oz) ready-to-serve chicken broth OR vegetable broth (chicken bouillon and water may be substituted)
1 pound butternut squash, peeled, seeded and cut into 1-inch cubes
2 medium pears, peeled and sliced
1 teaspoon chopped fresh OR 1/4 teaspoon dried thyme leaves
1/2 teaspoon salt
1/4 teaspoon ground coriander
1 1/2 cups soy or rice milk

Pour oil in large saucepan and add onion, cooking until tender, stirring occasionally. Stir in broth, squash, sliced pears, thyme, salt, white pepper, and coriander. Heat to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until squash is tender. Pour half of the soup into blender and process until smooth; pour into another container. Repeat with remaining soup. Return soup to saucepan. Stir milk into soup. Heat over medium heat, stirring frequently until hot. (Do not boil.) May be garnished with sliced unpeeled pear and pecans.

Zucchini Bisque

A do-ahead soup base that will save the taste of summer to savor in the winter.

10 zucchini, seeded and cut into chunks (a good way to use these prolific garden veggies)
1 large onion, chopped
3 cloves fresh garlic, minced

Place vegetables in a large pot and barely cover with water. Boil vegetables until tender, approx 45 minutes. Cool slightly and puree in blender in several batches. Freeze in pint bags (about 2 cups puree per bag)

To serve: defrost a pint bag of puree and add:
1/2 cup coconut milk
1 teaspoon curry powder
Salt & pepper to taste

One pint of puree makes 3 – 4 servings.

Add in suggestions: Try adding lightly steamed vegetables, sautéed mushrooms & onions, or shrimp to give variety to this soup.

Rich Country Vegetable Soup

Not your ordinary vegetable soup. The addition of healthy vegetable mayonnaise makes it so deliciously rich that everyone will want second servings. This may become your new family favorite.

3 cups red potatoes, chopped
2 cups shredded green cabbage
2 cups sliced carrots, scrubbed but not peeled
2 cups celery, chopped
1 large onion, chopped
1/2 cup green bell pepper, chopped
1/4 cup each chopped red and yellow bell peppers (optional, but enhances color—add just before serving)
8 cups organic beef broth or vegetable broth
1 teaspoon dried thyme or 3 tsp.fresh thyme
1/8 cup fresh parsley, chopped (add just before serving)
Black pepper to taste
1/2 cup vegetable mayonnaise

Cover prepared vegetables with the broth in a large pot (except red and yellow peppers and parsley) and bring to a boil. Stir in thyme and pepper then simmer until vegetables are tender. Remove from heat and take out 1 cup of the broth from the pot and mix it with the 1/2 cup vegetable mayonnaise until well blended. Stir back into the soup. (The color of the soup will turn a beige color, but the addition of the colorful peppers and parsley will perk it up. The mayo makes the flavor of the soup so deep and rich that it is worth the color compromise!) Stir in the red and yellow peppers, parsley and adjust the seasonings and serve hot.

Serves 10.

Lucky Green Veggie Soup

1 quart of a healthy veggie broth or equivalent bouillon and water
Healthy no-beef, no MSG beef bouillon to taste
Slightly steamed broccoli and cauliflower
Organic green beans
Corn
Diced onions to taste
Heat together. Add organic baby spinach shortly before serving.
Salt & pepper to taste.



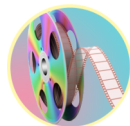
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