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Satiating Summer Soups - Recipes

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Sponsored by: Pleasing Your Plant-Based Palate, Healthy World Sedona

Refreshing, Comforting, Quick, Easy, and Ambrosial Soups That Will Gratify Your Palate

Don't want to spend a lot of time in the kitchen? Don't want to heat up the kitchen using your stove and oven? I don't either, especially during the warmth of the summer months. Then this is the class for you. We'll be making a plethora of luscious and hearty soups that take moments to prepare yet taste like they took all day. And they require no cooking whatsoever! We'll be making the soups right on the spot during the class and then share the joy of savoring them.

Gazpacho

3 pounds ripe Roma tomatoes, peeled, cored, seeded, and coarsely chopped*
1 seedless cucumber, peeled and coarsely chopped
2 red bell peppers, seeded and coarsely chopped
1 jalapeno, coarsely chopped (seeded if you don't want the extra heat)
¼ cup Neopolitan Herb Dark Balsamic Vinegar
1/3 cup olive oil
Sea salt and freshly-ground black pepper to taste

- For the optimal flavor profile, combine all ingredients in a large mixing bowl 12-24 hours before processing. If time is of the essence, however, just go for it.
- In a blender, puree all ingredients, except salt and pepper, until smooth and silky.
- Season to taste with sea salt and black pepper.
- Serve in soup bowls.
- You can garnish with chopped cilantro, parsley, and/or roughly chopped pepitas.

*For a fire-roasted flavor, roast or grill the tomatoes until the skin is charred before peeling.

Thai Corn Coconut Soup

2 cups corn (about 4 ears fresh corn, or 2 cups frozen and thawed)
1 13.5-ounce can coconut milk (full fat)
2 tablespoons Lemongrass White Mint Balsamic Vinegar
3 kaffir lime leaves, chopped (or 1 teaspoon lime zest)
1 shallot, chopped
3 cloves garlic, chopped
1" piece of fresh galangal, finely minced (or 2 teaspoons dry)
1" piece of fresh ginger, finely minced (or 2 teaspoons dry)
1 teaspoon unrefined dark brown sugar or 1 teaspoon brown rice syrup
1 teaspoon ground cumin
¾ teaspoon ground coriander
½ teaspoon turmeric
¼-1/2 teaspoon dried crushed chili, or 1-2 teaspoons chili sauce

*An important aspect of sharing original recipes is to give proper credit to the author(s) of the recipe(s). I hope that you enjoy using these recipes and making them your own; but please do so with that integrity in mind. With much gratitude. Linda

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Chopped fresh cilantro for garnish

- Place all ingredients into blender and process until smooth.
- Garnish with fresh chopped cilantro