

# Adaptable Soup

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## Ingredients:

1 tablespoon olive oil  
1 part onion - 1 small onion diced  
1/4 part garlic - 2 cloves minced  
1/2 part carrot - 1 carrot chopped  
1/2 part celery with leaves - 1 stalk chopped  
1/4 part fresh herbs and spices - add flavors that you like  
*(1 tablespoon fresh or 1 teaspoon dried is good rule of thumb)\**  
Dry white or red wine or other acid such as vinegar or lemon juice  
*(1/2 cup wine, or 2-3 tablespoons vinegar, or juice of 1/2 lemon)\*\**  
1 part leafy greens *(2 cups kale, collards, or cabbage)*  
1 part beans or meat *(1 can beans or 1-2 cups cooked beans or meat chopped)*  
1 part root vegetables or starch *(1 cup rutabaga, turnips, potatoes, etc.)*  
Optional 1 part other vegetables *(mushrooms, tomato, sweet potato, squash, etc)*  
Salt and Pepper to taste  
Optional Starch *(pasta/rice)*  
Aprox. 8 cups water or broth (chicken broth is standard, but vegetable also works)  
*If you want brothy soup, you want enough to cover over ingredients by about an inch.*

1. Start with large stock pot. Heat on medium heat, add oil and onion. Sauté until translucent.
2. Add garlic, carrots, celery and herbs and spices. Stir to mix thoroughly and allow to cook for a minute or so. Add acid.
3. Next add rest of ingredients and cook for 20 minutes or until veggies are desired tenderness.

\* Herbs and spices are one of the main ways to change the style and flavor of your soup — try Madras curry and use chickpeas as the bean for an Indian style soup. Or try a red or green curry paste and reduce water by 2 cups and add 1 can coconut milk for a Thai style soup. Add Italian seasoning like fresh oregano and thyme along with and tomatoes for an Italian style soup.

\*\* Acid is a powerful flavor booster because it opens up flavors that neither fats nor water release. Also, red wine is high in umami, a chemical component of some foods which heightens flavors. Use white wine in pale soups, red in dark ones, and anticipate 1/2 cup for every 8 cups of liquid.

Additional Tip: Garnish with some yogurt to add tartness and creamy protein and fat. Also fresh chopped chives, cilantro, or parsley can add a fresh touch and beauty to finish a soup.