

Rainbow Veggie Soup with Vegan Basil Pesto (Serves 6)

**Note: The Saladmaster Food Processor has 5 cones. In this recipe you will need Cones #1, #2, #3. If you don't have the SMFP, ignore the info about the cones.*

- 6 C chicken OR veggie broth, preferably homemade (see Note)
- 1 Tbsp minced garlic (1 small bulb cone # 1)
- 1½ C sliced onion (1 medium onion cone# 2)
- sea salt and pepper
- 2 C diced red peppers, seeds removed, about 1 medium pepper
- 2 C peeled, seeded and chopped butternut squash, peeled, (quartered/cone #3)
- 1 medium unpeeled carrot, coarsely chopped (cone #3)
- 2 C Romanesco or green cauliflower, cut into bite-sized florets (1/4 head cone #3), one 14.5 oz can fire-roasted diced tomatoes with medium green chilies (w/Chilies is optional)
- 1 Tbsp chopped fresh thyme
- 1 small bunch swiss chard, chopped, stemmed included (2-3 C packed)
- 1/2 tsp turmeric powder

Place 1/2 C of the broth, the minced garlic and sliced onions in medium soup pot over medium high heat. Season with salt and pepper. Bring to a simmer, then reduce heat to medium low. Cook until onions are translucent, stirring frequently, about 10-15 minutes. Add more broth if pan is dry and getting too brown. Some color is good.

Add remaining broth followed by red peppers, butternut squash, carrot, cauliflower, tomatoes, and 1 teaspoon of the thyme. Bring to a simmer over high heat, then reduce heat to low. Season with salt and pepper. Bring to a simmer over high heat, then reduce heat and simmer for about 20 minutes. Stir the Swiss Chard into the soup and cook another 5-10 minutes, until chard is tender.

Remove from heat. Add remaining 2 teaspoons chopped thyme. Sprinkle in some turmeric and season to taste with S & P. This soup is best made a day ahead. Serve with a generous dollop of our Vegan Basil Pesto with Pistachios and Pumpkin Seeds (see Recipe). Yield: @10 C

Note: We like to use homemade chicken broth for the base of the soup. If you are short on time, you can use Better Than Bouillon Chicken base. Follow the water/base ratio on the package instructions. For vegan option, Rapunzel bouillon cubes are great (and GF) and Better than Bouillon veggie base works well also. (Read labels careful as some Better Than Bouillon products have gluten and some don't.

Vegan Basil Pesto with Pistachios and Pumpkin Seeds

*Note: The Saladmaster Food Processor has 5 cones. In this recipe you will need Cones #1. If you don't have the SMFP, ignore the info about the cones.

These days we have been cooking with less dairy and quite frankly, we don't miss it a bit. We have also been mixing up the more traditional pesto recipes with a combo of nuts seeds for added dimension. Feel free to get creative and mix and match different nuts and seeds into the food processor. Just use what ya have layin' around. That's how this recipe came about!

4 cups firmly packed basil leaves (one 4-oz bunch)
1/2 C raw pistachios
1/2 C raw pumpkin seeds
1/2 C mild olive oil, plus more as needed
1/2 C vegan parmesan, such as Follow your Heart
1 T. nutritional yeast
2 tsp lemon juice
1 1/2 tsp minced garlic (cone #1)
salt and pepper

Wash basil and spin dry. Pulse all ingredients in a food processor. Store in a glass container in the refrigerator with a thin layer of olive oil to prevent oxidation.

Note: Serve with our Rainbow Veggie Soup (see Recipe). This blast of flavor is great to have on hand for swirling into pasta, rice, or quinoa. It provides a great blanket of flavor served over a chicken breast, a leg of lamb, a fillet of salmon or any of the vegan meat substitutes. And, it perks up a simple plate of sliced summer tomatoes or baby new potatoes. Sometimes we eat it by the spoonful as a snack!

Makes @2 cups

Anti-Viral Lemonade

We have been making this anti-viral flu tonic as preventative health measure for our families during flu season. So far...so good. We have been nursing it both warm and room temp to boost the immune system. The kids like it, but no garlic for them:) Quick tip: Fresh lemon juice works well, but if you can handle a little bitterness, add the whole lemon (cut in half) with the juice. Adding the whole lemon boosts the phytochemicals, as well as the anti-viral, anti-fungal properties. Drink to your health! Stay warm and well.

4 C hot water (not boiling)
1/4 C fresh squeezed lemon (or blend entire lemon)
2 Tbsp raw unpasteurized local honey or Manuka honey
1/2 to 1-inch piece fresh ginger
1/2 to 1-inch piece fresh turmeric
1/4 raw apple cider vinegar
cayenne pepper to taste
2 clove garlicks (optional)

Blend all ingredients in high speed blender. Strain (and your bold and want the extra fiber, don't:) and serve warm or room temp.

Makes @ 4 1/2 Cups

Chicken Stock

Yield: About 8 cups

4 lbs chicken bones, preferably roasted (Mix of backs, wings, necks, feet)
about 12 cups water
1/4 cup raw apple cider vinegar
1 large onion, roughly chopped
2 stalks celery, roughly chopped
2 garlic bulbs, cut in halve crosswise
parsley sprigs, optional
pepper
sea salt

1. Preheat oven to 425 degrees. Spread bones evenly on sheet tray and season with salt and pepper. Cook until golden brown, 45 minutes to 1 hour.
2. Place bones in 7 qt roaster, and cover with water. Add apple cider vinegar, and if time allows, let the mixture sit for 1 hour so the vinegar can leach the mineral out of the bones. Add remaining ingredients. Add more water if needed to cover the bones.
3. Bring to a boil and skim the scum from the top, if necessary. Discard scum.
4. Reduce to a low simmer, cover, and cook for 12-24 hours (if you're not comfortable leaving the pot to simmer overnight, turn off the heat and let it sit overnight, then turn it back on and let simmer all day the next day.)
5. Let the broth cool, strain it and refrigerate. Skim off the fat that rises to the top of the broth after refrigerating and discard.
5. Add more sea salt to taste and drink the broth as is or store in fridge up to 5 days or freezer up to 6 months for use in soups or stews.