

Veggie Soup *with* Chickpeas or Chicken

Serves 6

INGREDIENTS

- 1 tablespoon extra virgin olive oil, divided
- 1 medium yellow or white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 cups chopped seasonal vegetables, such as sweet potatoes, green beans, butternut squash, potatoes, bell pepper, zucchini, or yellow squash
- 1 teaspoon fine sea salt, divided, to taste
- 6 cloves garlic, pressed or minced
- 1/2 teaspoon curry powder
- 1/2 teaspoon dried thyme
- 1 large can (28 ounces) diced tomatoes
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 2 bay leaves
- 1/2 teaspoon red pepper flakes (reduce or omit if sensitive to spice)
- Freshly ground black pepper, to taste
- 2 cups chopped kale or collard greens or chard (thick ribs removed), or spinach
- 1 tablespoon lemon juice
- Cilantro to garnish (optional)

Modifications (Add-Ons)

- 3.5 cups of chickpeas (approximately two 15-ounce cans, rinsed) (3/4 cup per serving)
- 2 pounds of chicken (6 ounces per serving)

INSTRUCTIONS

1. Warm 1/2 tablespoon of the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, seasonal vegetables, and 1/2 teaspoon of the salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
2. Add the garlic, curry powder, and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
3. Pour in the broth and water. Add 1/2 teaspoon more salt, 2 bay leaves, and the red pepper flakes. Season generously with freshly ground black pepper. Add the chicken or chickpeas, if desired. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
4. Cook for 25 minutes, then remove the lid and add the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened to your liking.
5. Remove the pot from heat and remove the bay leaves. Stir in the lemon juice and remaining 1/2 tablespoon of olive oil. Taste and season with more salt, pepper, and/or red pepper flakes. (You might need up to 1/2 teaspoon more salt, depending on your vegetable broth and your personal preferences.)
6. Divide into bowls and enjoy. Garnish with a squeeze of lemon and cilantro.



Roasted Root Vegetables

Serves 6-8

INGREDIENTS

- Roughly 3 lbs mixed root vegetables: a mix of yams, sweet potatoes, beets, parsnips, turnips, yucca, cassava, malanga (the more different types you have, the better it is for the gut!)
- 1/2 lb carrots
- 1/2 red onion, peeled
- 6 whole garlic cloves, large
- 1/4 cup extra virgin olive oil, divided
- 2 tbsp fresh thyme leaves (or 2 tsp dried thyme)
- 5 sprigs fresh rosemary (or 3 tsp dried rosemary)
- 1 tsp kosher salt or more to taste
- 1/4 tsp black pepper or more to taste

INSTRUCTIONS

1. Place a rack in the bottom of the oven and preheat oven to 400°F. Slice all vegetables into chunks roughly 1 1/2 inches wide. The more similar the size of the vegetable pieces, the more evenly they will roast.
2. Place the cut vegetables into a large mixing bowl. Add 3 tbsp olive oil, fresh thyme leaves, ground cumin, kosher salt, and black pepper. Stir until all vegetables are evenly coated with oil, spice, and herbs.
3. Brush large-rimmed baking sheet with remaining 1 tbsp olive oil. Spread the vegetables out evenly on the baking sheet. Place the rosemary sprigs on top of the vegetables, evenly spaced across the sheet.
4. Roast the vegetables in the oven for 15 minutes. Stir the vegetables, bringing the chunks from the outside towards the center and the chunks in the center out towards the edges. Return the baking sheet to the oven and continue to roast until the largest chunks are tender and the edges are starting to turn golden/dark, another 15-25 minutes.

5. Remove the roasted rosemary sprigs and stir the vegetables (some leaves of rosemary will remain: this is good). Season with additional salt and pepper to taste, if desired. Vegetables can be served warm or at room temperature. They are also great the next day in a salad.

