

Minestrone

This classic Italian favorite will again challenge your knife skills, but the result is your reward. Enjoy it with a large salad or by itself as a soup with attitude. Be imaginative about ingredients: basically just salad ingredients in a different form.

Yields 6 cups

NMB BL

3 large Roma tomatoes rough chopped

2 cups orange juice (about 2 medium oranges)

Peel the oranges, cutting away the pith and rind. Rough chop peeled oranges and tomatoes and place in a high speed blender. Blend smooth, or for about 30-40 seconds. Strain blended mixture through a ***More than a Nut Milk Bag*** and catch resulting juice in a mixing bowl. This produces about four cups of juice. Set aside.

Whisk in:

1 teaspoon salt

1 teaspoon coriander

1 teaspoon cumin

1 teaspoon onion powder

4 teaspoons tomato powder

Fold in the following vegetables:

½ cup zucchini finely diced

½ cup Roma tomato finely diced

½ cup carrot finely diced

½ cup celery finely diced

½ cup corn kernels

½ cup peas

½ cup broccoli florets finely cut (optional)

Serve chilled or at room temperature.

heating soup

To heat these soups during the summer (or anytime) I put the soup mixture in a pot on the stove and using a thermometer or my finger I continually check the temperature to be sure the soup stays below 115°.