

Lenten Cooking

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LEADER: O Bread of Life,
PEOPLE: Meet us in the making of this meal.

As we perform the various tasks of
washing, chopping, sifting, mixing,
simmering, baking, and boiling,
**let those little acts coalesce
into an embodied liturgy of service—**
an outworking of love offered
for your purposes,
that through us, your tender care
might be translated into
the comforting and cheery language
of nurturing food and drink
offered for the benefit of others.

**Let us invest in this preparation
a lovingkindness toward those
who will partake.**
Let us craft this meal with a care
as would befit any endeavor touching eternity.

**Meet us in the making of this meal, O Lord,
and make of it something more
than a mere nourishment for the body.**
Make it the center of a sheltered space
where grace freely flows.
Let the slow savoring of these foods
give pause to those who will soon partake,
prompting them to linger long at table,
taking rest from the labors of the day,
engaging in good conversation.

**Let the comforting qualities
of the dishes we prepare,
become catalysts for a rich
fellowship, a warm consolation, and
a fruitful increase of holy affections.**

May this meal serve to remind
those who share its pleasures

A LITURGY FOR THE

Preparation of a Meal

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O, WHETHER YOU EAT OR
DRINK, OR WHATEVER
YOU DO, DO ALL TO THE
GLORY OF GOD.
I CORINTHIANS 10:31

of the goodness
and the hope
that infuses all creation.

Unto that end, let us labor creatively,
with imaginations engaged,
knowing that we are cooks
in the kitchen—yes—
**but we are also agents of a deep eternity,
whose prepared meals might
feed more than the body,
nourishing also the hearts
and hopes of those
sometimes-weary souls who
are well-served by our labors.**

Amen.

A Liturgy for Baking Bread

Edible Theology by Kendall Vanderslice, 2020

*Note this bread takes two days to bake

Begin by gathering your supplies:

3 cups of white flour, unbleached all purpose or bread flour will do

1/2 cup whole wheat flour

1/4 teaspoon yeast (instant or active dry)

1 teaspoon salt (kosher preferred)

1 1/2 cups water, warm to the touch

1 large mixing bowl

a bowl scraper, if you have one

a light, damp tea towel

and your bible

As you prepare your workspace, also prepare your heart and mind.

Slowly breathe and meditate on these words:

Inhale—My soul finds rest

Exhale—In God alone

Psalms 62:1

Measure your flour, yeast, and salt into your bowl, and continue meditative breathing.

Feel the

texture and temperature of each element between your fingers. Give thanks for the community of farmers, millers, and grocers who have brought these ingredients to your table today.

Form a well in the center of the bowl and pause to pray:

Come, let us sing to the Lord;

let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving,

and raise a loud shout to him with psalms.

For the Lord is a great God, and a great King above all gods.

In his hand are the caverns of the earth,

and the heights of the hills are his also.

The sea is his for he made it, and his hands have molded dry land.

Come, let us bow down and bend the knee,

and kneel before the Lord our Maker.

For he is our God,

and we are the people of his pasture and the sheep of his hand.
Oh, that today you would hearken to his voice!

Psalms 95:1-7

Pour the water into the center of the well.

*With your fingers, slowly pull the flour bit by bit into the watery center.
Thicken the water slowly, rubbing out dry clumps of flour as they form.
Contemplate on the feeling of these substances transforming within your hands.
As the water thickens, continue pulling in flour until the two mixtures are worked into one.*

Now stop.

The work is not yet done—but it is not all yours to do.

*Gently clean the dough off your hands with your bowl scraper and then warm water.
Cover your mixture with the damp towel and step away to a silent place.
Trust that transformation occurs when your hands and your heart are at rest.*

A reading, while you wait:

Exodus 16

The word of the Lord.

Thanks be to God.

A song from the Mary, the mother of God:
My soul proclaims the greatness of our Lord,
my spirit rejoices in God my Savior;
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me, and holy is his Name.
He has mercy on those who fear him in every generation.

He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, and has lifted up the lowly.
He has filled the hungry with good things, and the rich he has sent away empty.

He has come to the help of his servant Israel.
for he has remembered his promise of mercy,

the promise he made to our fathers, to Abraham and his children forever.

Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now, and will be forever. Amen.

And a prayer for guidance:

Heavenly Father, in you we live and move and have our being:

We humbly pray you so to guide and govern us by your Holy Spirit. That in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

*Now uncover your mixture once again and grip an edge firmly in your hand.
Stretch and fold and contemplate on the change that has occurred:*

water flooding and softening the grain, bursting open its tightly wound but untapped strength.

*Stretch the edge and fold it over the dough, rotate the bowl 90° and repeat.
As you build both elasticity and strength, pray in this way:*

Inhale:

Stretch—Oh God | Fold—who comes

Exhale:

Stretch—to us | Fold—in Bread

Inhale:

Stretch—Do not | Fold—let us

Exhale:

Stretch and Fold—Go

Repeat three more times.

Cover your dough and let it rest in the fridge until the same time tomorrow.

Remember: transformation occurs, even in our rest.

A benediction before you depart:

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus

for ever and ever. Amen.

Ephesians 3: 20, 21

Gather your dough, a bit of flour, a Dutch oven, sheet tray, or bread pan.

As you prepare your workspace, prepare your heart and mind.

Slowly breathe and meditate on these words:

Inhale—May the words of my mouth and the meditation of my heart

Exhale—Be acceptable in your sight, oh God

Psalm 19: 14

As you flour your counter and pour out your dough, continue meditative breathing.
Marvel at its beauty and strength, the bubbles that signal new and growing life.
Smell the scent of fermentation, tangy and a little bit sweet.

O gracious light, pure brightness of the everliving Father in heaven,

O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun, and our eyes behold the vesper light,

we sing your praises, O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,

O Son of God, O Giver of Life, and to be glorified through all the worlds.

Stretch and fold just four times more, back and front and side to side.

As you do so, pray this prayer:

Inhale:

Stretch—Worship | Fold—the Lord

Exhale:

Stretch—in the beauty | Fold—of his holiness

Inhale:

Stretch—let the whole | Fold—earth tremble

Exhale:

Stretch—before | Fold—him

Now gently poke your little blob, allow yourself the joy of just how fun it feels!

Once again your bread needs rest, her journey from dough to bread must be slow.

As she rests, she relaxes into her newfound strength. If you push her, she's apt to tear.

While she rests, turn on your oven and preheat to 450°F.

If you have a Dutch oven, preheat it too, but if not a tray will do.

A reading, while you wait:

Matthew 4: 1-11

The word of the Lord.

Thanks be to God.

And a song from Simeon, who did not die until he saw Jesus face to face:

Lord you now have set your servant free to go in peace as you have promised.

For these eyes of mine have seen the Savior, who you have prepared for all the world
to

see: A light to enlighten the nations, and the glory of your people Israel.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is

now, and will be forever. Amen.

Luke 2:29-32

*Return to your bread, well rested now, and flip her belly up.
Stretch and fold four times once more, then fold her in half and tug tight.
Place her seam side down on a piece of parchment for one last rest.*

*Her strength must relax for this final push, where she will grow with the last bit of energy
she can muster.*

Step away to a quiet place.

Inhale and exhale with each line of this prayer:

Inhale: O Lord, show us your mercy

Exhale: and grant us your salvation.

Inhale: O Lord, save our nation,

Exhale: and guide us in the way of justice and truth.

Inhale: Clothe your ministers with righteousness,

Exhale: and make your people joyful.

Inhale: O Lord save your people

Exhale: and bless your beloved creation.

Inhale: Give peace in our time, O Lord,

Exhale: for only in You can we live in safety.

Inhale: Let not the needy be forgotten

Exhale: nor the hope of the poor be taken away.

Inhale: Create in us clean hearts, O God,

Exhale: and take not your Holy Spirit from us.

*Repeat as many times as you must to trust these words are true
(your bread needs a half an hour, it's okay if you do too)*

*With a sharp knife or razor blade, slice deeply across the top.
You must provide direction for this final push of energy to go.*

*Now place her in the oven and spritz with a bit of water, then watch as she changes
before
your eyes. Watch her grow and burp and relax (about 30 minutes) then pull her out and
hear her sing.*

*She'll crackle when the coolness meets the heat and her muscles tighten up once more.
When she's cooled completely, break her open and share with the ones you love.
May the God of hope fill us with all joy and peace in believing through the power of
the Holy Spirit. Amen.*

Romans 15: 13

Traditional Biscuits

- 2 cups all-purpose flour
 - 1 tablespoon baking powder
 - 1 tablespoon sugar
 - 1 teaspoon salt
 - 1/3 cup butter or shortening cold
 - 1 cup milk or buttermilk
 - 2 tablespoons melted butter for brushing (optional)
-
- In a large mixing bowl, stir together flour, baking powder, sugar, and salt.
 - Grate your butter using a cheese grater and stir into the flour mixture OR cut butter into small pieces and use a pastry cutter to cut the fat into the flour mixture until it resembles coarse meal or sand.
 - Gradually pour in the buttermilk or milk, stirring until the dough just comes together.
 - Turn the dough out onto a clean countertop and form it into a ball.
 - Press the dough flat until it is 1-inch thick. Use a circle biscuit cutter or a drinking glass to cut out your biscuits. Combine leftover scraps and continue re-pressing and cutting until all dough is used.
 - Place cut biscuits on an un-greased baking sheet and bake at 425 degrees for about 12-15 minutes, until the tops are nicely browned. Brush the tops with melted butter, if desired.

PRO TIPS:

- Keep your butter or shortening as cold as possible. Place it into the freezer for 10 to 15 minutes before using in the recipe for extra flaky results.
- Handle the dough with your hands as little as possible.
- Work quickly to keep your dough cold. If you need to, pop the formed biscuits into the fridge for 15 to 30 minutes to chill before baking.

Recipe from thestayathomechef.com [Links to an external site.](#)

Sourdough Biscuits

- 2 cups all-purpose flour
- 2 teaspoons sugar
- 2 teaspoons baking powder
- 1 teaspoon kosher salt
- 3/4 teaspoon baking soda
- 1/2 cup unsalted butter, frozen
- 1 cup active sourdough starter
- 1/2 cup buttermilk

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper or a silicone baking mat.
2. In a large bowl, combine flour, sugar, baking powder, salt and baking soda.
3. Grate butter using the large holes of a box grater. Stir into the flour mixture.
4. In a medium bowl, whisk together sourdough starter and buttermilk. Add to the flour mixture and stir using a rubber spatula until a soft dough forms.
5. Working on a lightly floured surface, knead the dough 2-3 times until it comes together. Using a rolling pin, roll the dough into a 1 1/2-inch thick rectangle. Cut out 8-10 rounds using a 2-inch biscuit or cookie cutter.
6. Place biscuits onto the prepared baking sheet. Place into oven and bake for 14-18 minutes, or until golden brown.
7. Serve warm.

Recipe from damndelicious.net[Links to an external site.](#)

Gluten-Free Biscuits

- 2 cups gluten-free all-purpose flour I like Pillsbury gluten-free. Not all gluten-free flours are created equal. You may experience different baking results depending on the gluten-free flour blend you choose.
 - ½ teaspoon xanthan gum ,leave out if your flour already contains it
 - 1 tablespoon gluten-free baking powder
 - 1 teaspoon salt
 - 2 tablespoons granulated sugar
 - 1 cup buttermilk Make your own buttermilk by adding 1 tablespoon of white vinegar or lemon juice to the cup of milk and let stand 5-10 minutes in the refrigerator to stay cold. Dairy-free use almond, cashew, or coconut milk and add the vinegar to make dairy-free buttermilk.
 - 6 tablespoons unsalted butter dairy-free/Vegan use Smart Balance butter, shortening, or Earth Balance butter
 - 1 large egg egg-free/Vegan use Bob's Red Mill Egg Replacer
 - 2 tablespoons gluten-free all-purpose flour (I Like Pillsbury gluten-free)
-
- Preheat oven to 450° F.
 - In a large bowl add the gluten-free flour, baking powder, salt, sugar, and give it a quick whisk or stir to combine the ingredients. I like Pillsbury gluten-free flour. Not all gluten-free flours are created equal. You may experience different baking results depending on the gluten-free flour blend you choose.
 - Cut the butter into small pieces and put in the freezer for 10 minutes. If you do not have buttermilk make your own buttermilk by adding 1 tablespoon of white vinegar or lemon juice to the cup of milk and let stand 5-10 minutes in the refrigerator to keep cold. You can also make buttermilk out of dairy-free milk.
 - Cut in butter (or shortening for dairy-free) into the flour with a pastry [Links to an external site.](#)cutter or fork until it looks like the size of small peas.
 - Add in the buttermilk and the whisked egg (or egg replacer) and stir until a soft dough forms. (I whisk the egg right in the buttermilk) The key is to not over mix because over-mixing causes the dough to yield tough biscuits. The dough will be sticky.
 - Add one tablespoon of flour to a large piece of parchment paper. PLEASE DO NOT ROLL OUT THE DOUGH.
 - Place the dough on top of the floured parchment paper. Dust the top of the dough with 1 tablespoon of flour and gently fold dough over on itself 2 times. You do this by folding the dough in half on top of itself and then doing it a second time.
 - With your hands form a dough round that is about 7 inches in diameter and 1 inch thick. If you make it any larger or flatter you will end up with hard, flat biscuits.
 - Cut out 2-inch biscuits using a [Links to an external site.](#)biscuit cutter, the mouth of a glass or the lid of a mason jar. Do not twist cutter when cutting; this will crimp the edges of the biscuit causing it not to rise well. Reform the

dough scraps into a dough round and cut out more biscuits. Put the biscuits on a greased large cast iron pan or baking sheet. You will have 12 biscuits to bake.

- Bake the biscuits for 15-20 minutes at 450° F. At the 15-minute point please check your biscuits to see if they are golden brown. Please watch your biscuits because all ovens are different.
- I like to brush melted butter on top of the warm biscuits. Serve warm and enjoy!
- The biscuits can be stored in an airtight container. They are best enjoyed warm.

Notes

- I like Pillsbury gluten-free flour. *Not all gluten-free flours are created equal. You may experience different baking results depending on the gluten-free flour blend you choose.*
- I test baked with the Bob's Red Mill Cup for Cup, Great Value Gluten-Free Flour, King Arthur, Pamela's, Better Batter and Pillsbury Gluten-Free flour. The Bob's Red Mill flour, the Great Value Flour, King Arthur and Pamela's has sorghum flour in it, which is different from the Pillsbury gluten-free flour.
- The biscuits made with Bob's Red Mill, Great Value Brand, King Arthur, and Pamela's were not as fluffy and the dough was wetter. If you use King Arthur gluten-free flour you will need to add ½ cup more flour to the recipe. **So you will need 2 ½ cup of King Arthur gluten-free flour.**
- The best way to measure gluten-free flour is the "spoon & level" method. Using a spoon, scoop the flour into the measuring cup. After you've spooned the flour into the measuring cup, use the back of a knife to level off the top of the measuring cup. Friends, please do not scoop the flour out of the bag with your measuring cup.
- For dairy-free option use Smart balance butter or shortening, almond, cashew or coconut milk.
- For egg-free use **Bob's Red Mill Gluten-Free Egg Replacer**. *The egg-free biscuits were not as fluffy as the regular biscuits but were still flaky and delicious!*
- If Vegan use egg replacer, shortening/Earth Balance butter, and dairy-free milk. *The Vegan biscuits were not as fluffy as the regular biscuits but were still flaky and delicious!*
- You can batch make the biscuits and save some for later. Flash freeze the cut biscuits (unbaked) for 30 minutes on a parchment lined baking sheet before placing them in a freezer bag and putting them back into the freezer. When you are ready to make your biscuits bake the frozen biscuits for 15-20 minutes at 450° F. Please watch your oven because all ovens are different.
- Mama says, "Check all of your labels!"

recipe from mamaknowsglutenfree.com [Links to an external site.](#)

White Bean Chicken Chili

- 4 cans of Great Northern white beans (don't drain)
- 1 block of pepper jack cheese, cubed
- 1 jar Pace picante
- 1 rotisserie chicken, shredded (leave chicken out for vegetarian option)

1. Add ingredients to crock pot and cook on high for 4 hours

Easy Potato Soup

- 1 bag cubed frozen hash browns
- 1 lb bacon fried (omit for vegetarian option)
- 1 block cream cheese
- 1 1/2-2 cans chicken broth (vegetable broth for vegetarian option)
- Optional add ons- green onions and sour cream

1. Fry Bacon and crumble.
2. Add all ingrediants to crock pot
3. Cook on high 4-5 hours. Check every hour and stir.

Beer Cheese Soup

- 3 T butter
- 2 carrots, shredded
- 1 medium onion, shredded
- 1 stalk celery, shredded
- 2 cloves garlic, minced
- 3 T flour
- 1 t dry mustard powder
- 2 c chicken stock
- 1 1/2 t Worcestershire sauce
- 1/2 t nutmeg
- 1 12 oz bottle beer
- 3 C Cheese
- 1/2 C heavy cream
- Salt and Pepper to taste

1. Peel and shred carrots. Shred onion and celery, and mince garlic.
2. Turn Instant Pot to saute. Once hot, add butter and let melt. Add carrots, onion, celery, and garlic. Stir periodically until onion starts to turn translucent, then add flour and mustard powder. Stir again and cook two minutes, continuing to stir on occasion, then turn off Instant Pot. This can be done without instant pot on the stove top.
3. Add chicken stock and stir, making sure to scrape up any bits stuck to the bottom. Add Worcestershire sauce, beer, and nutmeg. Place lid on Instant Pot and seal. Set to cook for 6 minutes, then let it Natural Pressure Release for 10 minutes. Simmer on stovetop in soup pot for 10-15 minutes if not using instant pot.
4. Remove lid and puree contents.
5. Add shredded cheese, a small handful at a time. Stir to ensure each addition melts. Add cream, if desired, then add salt and pepper to taste. Serve immediately.

Recipe from [Honest and TrulyLinks to an external site.](#)

Butternut Squash Soup

- 3.5 pound Butternut squash (cut in half and remove seeds)
- 1 Granny Smith apple (cut in half and remove seeds)
- 1 Tablespoon butter
- 3 Tablespoons olive oil
- 2 sweet onions diced
- 4 carrots peeled and diced
- salt and pepper to taste
- 40 ounces chicken stock (or broth)
- 1/4 cup cream
- 1/8 teaspoon paprika
- 1/4 teaspoon ground cumin
- Garnish with fresh herbs, pepitas, sour cream, cracked pepper

1. Cut squash and apple in half and remove seeds then place cut sides down on a foil-lined baking sheet. Place into a preheated 400-degree oven for 45 minutes or until squash is tender. Remove from oven and allow to cool.

2. Scoop out the flesh from the squash and apple. Heat butter and oil in a Dutch Oven over medium heat. Add onion and carrots and cook for 20 minutes.

3. Add squash, apple, and chicken broth and bring to a boil. Reduce heat to medium, and cook for 10 minutes. Stirring often.

4. Remove from heat add paprika and ground cumin. Use an immersion blender to puree mixture.

5. Return to low heat and stir in cream. Heat for 5 minutes.

6. Serve with garnish (sour cream, pepitas, cracked peppercorns, and/or fresh herbs)

Recipe from foodtalkdaily.com

Green Enchilada Chicken Soup

- 2.5 lbs boneless, skinless chicken breasts or thighs
- 2.5 lbs boneless, skinless chicken breasts or thigh
- 28 oz can green enchilada sauce
- 24 oz chicken broth
- 1 cup half and half or heavy cream
- 2 cup Monterey jack cheese
- 4 oz cream cheese, cubed at room temperature (or softened)
- 4 oz green salsa (salsa verde)
- salt and pepper to taste

Slow Cooker Instructions:

1. In a 6-quart slow cooker add chicken breast or thighs, green enchilada sauce, and chicken broth. Cook on Low 6 to 8 hours.
2. Remove chicken and shred. Add shredded chicken, jack cheese, cream cheese, half and half, and green salsa to slow cooker. Turn slow cooker to warm and stir until cheeses are melted. Add hot sauce or additional salsa to taste.
3. Serve and enjoy! Delicious topped with avocado, cilantro, green onion, and sour cream.

Instant Pot Instructions:

1. Cook your chicken on high pressure with 1 cup of broth for 8 minutes. Do a quick release after 10 minutes. Remove chicken and shred.
2. Set pot to saute medium, and add remaining broth, shredded chicken, green enchilada sauce, salsa, and heat until warm. Add cheese and remaining ingredients. Stir until cheese is melted. Season with salt and pepper if needed.

Stovetop Instructions:

1. In a large stockpot, add chicken and broth. Simmer until chicken is done and can easily be pulled apart. Remove chicken and shred.
2. Add shredded chicken, enchilada sauce, half and half, jack cheese, cream cheese, and green salsa to the pot. Stir and heat soup until it is warm and the cheese is melted. Season with salt and pepper if needed. Serve with additional green salsa, hot sauce, and sour cream on the side. Enjoy!

Recipe from seekinggoodeats.com [Links to an external site.](#)

Miss Addy's Chicken Soup

*Note takes two days to make

- Whole Chicken
- Celery
- Carrots
- Onion
- 2-3 t salt
- 2 t parsley
- 1 t basil
- 1/2 t oregano
- 1 t pepper
- 1 Cup Rice

1. Boil chicken in pot with celery, carrots, onions, salt and pepper (these are all how ever much you desire) for 1 1/2- 2 hours.
2. Let chicken cool in broth then debone. Remove carrots, celery, onions and throw away. Refrigerate broth and chicken separately overnight.
3. Skim fat off broth next day.
4. Add new celery, carrots, onions, parsley, basil, salt, pepper, and oregano to broth. Add rice and boil for 20 minutes.
5. Add chicken

Soup tastes even better the second day after fully made!

Ravioli Soup

*Note soup takes two days to make

- 1 lb hamburger
- 1 28 oz can crushed tomatoes
- 1 14 oz can diced tomatoes
- 1/2 T basil, oregano, onion salt
- 1 T parsley
- 1/2 onion
- 2 cloves garlic
- 1 9oz bag ravioli
- cheese

1. Brown the meat and drain.
2. Bring all ingredients but ravioli and cheese to a boil.
3. Cover and reduce heat to simmer for 50-60 minutes.
4. Let sit overnight
5. Next day cook ravioli separately and add to soup. Top with cheese

Jamaican Spinach Soup- Vegan

- 3 T. olive oil
 - 1 onion, chopped
 - 2 stalks celery, chopped
 - 4 cloves garlic
 - 2 T. fresh ginger, minced
 - 1 T. turbinado sugar (regular granulated sugar is okay too)
 - 2 t. sea salt
 - 1/4 t. ground turmeric
 - 1/4 t. ground allspice
 - 1/4 t. ground nutmeg
 - 2 potatoes, peeled and diced
 - 4 cups chopped zucchini
 - 6 cups vegetable stock or broth
 - 1 pinch cayenne pepper
 - 1 cup chopped fresh spinach
 - 1/2 red bell pepper, minced
-
1. Heat oil in large pot over medium heat. Stir in onion, celery, garlic, ginger, and sugar. Cook 5 minutes, until onion is tender. Season with salt, turmeric, allspice, and nutmeg. Mix in potatoes and zucchini, and pour in the vegetable stock. Bring to a boil, reduce heat to low, and simmer 10 minutes, or until potatoes are tender.
 2. Remove soup from heat, season with cayenne pepper, and stir in spinach. Using a blender, blend all or a portion of the soup and return to pot. Garnish with red bell pepper to serve.

Autumn Vegetable Soup (vegan)

I

- 1 to 2 tablespoons butter or olive oil
 - 1.5 cup chopped leeks
 - 1.5 cups quartered Brussels sprouts
 - 1 large carrot, chopped
 - 1 stalk celery, chopped
 - 1 large potato, chopped
 - 1 cup peeled chopped acorn or butternut squash
 - 3/4 teaspoon salt (adjust to taste)
 - freshly ground black pepper, to taste
 - cayenne, to taste (recommended 1/4 teaspoon if you enjoy cayenne)
 - 2 large cloves garlic, minced
 - 3 cups stock or water
 - 1 cup (packed) chopped Swiss chard or collard greens
 - 1 large firm tomato, chopped
 - 1 bell pepper (any color), chopped
 - 1 1/2 teaspoons dried dill
 - 1/2 teaspoon each dried marjoram and basil
 - 2 teaspoons soy sauce (or to taste)
 - 1 tablespoon fresh lemon juice
 - 1/2 cup sour cream or yogurt, room temperature (optional)
 - sunflower seeds, for garnish
 - minced fresh parsley, for garnish
1. In a soup pot or Dutch oven, cook the first 11 ingredients (everything through the garlic) over moderate heat, covered, for 10-15 minutes. Stir intermittently.
 2. Add stock or water. Bring to a boil, lower to a simmer. Cover and let it cook slowly until everything is tender (another 15-20 minutes).
 3. Add Swiss Chard or greens, tomato chunks, and chopped bell pepper. Simmer about 5 more minutes.
 4. Add herbs, soy sauce, and lemon juice, and continue to simmer another 3 to 5 minutes.
 5. Garnish each bowlful with sour cream or yogurt (optional) and sunflower seeds and parsley.

From Still Life with Menu Cookbook by Mollie Katzen

Potato Sausage Kale Soup

- ½ lb bulk pork sausage
 - 1 medium onion, finely chopped
 - 2 tsp. chicken bouillon granules
 - ½ tsp. garlic powder
 - ½ tsp. pepper
 - 2 medium red potatoes, cut into ½ in. cubes
 - 2 cups sliced fresh kale
 - 3 cups 2% milk
 - 1 cup heavy whipping cream
 - 1 Tbsp. cornstarch
 - ¼ cup cold water
 - Crumbled cooked bacon
1. In a large saucepan, cook sausage and onion over medium heat for 4-6 minutes or until sausage is no longer pink and onion is tender. Break up sausage into crumbles and drain.
 2. Stir in bouillon and the seasonings. Add potatoes, kale, milk, and cream. Bring to a boil. Reduce heat and simmer, covered, 10-15 minutes or until potatoes are tender.
 3. In a small bowl, mix the cornstarch and water until smooth. Stir into soup. Return to a boil, stirring constantly. Cook and stir 1-2 minutes or until thickened. If desired, top with bacon.