



Reap the benefits of a summer garden with these tasty soups and stews just right for a crisp fall evening

From the first tender pea shoots in spring, to the last brilliant orange pumpkins in autumn, vegetables are the cook's harbinger of the changing seasons. Vegetables are often thought of as sides that complement a main dish of meat, fish or poultry. While this is a great way to showcase the garden's gems, one chef is celebrating vegetables in all their starring roles — breakfast, salads, sides and entrees. **The Passionate Vegetable**, by fresh food chef and educator, **Suzanne Landry**, has a myriad of delicious recipes that fit any type of eating style, from vegan and vegetarian, to recipes that include meat.

Everyone knows that eating a variety of vegetables every day is the best way to get the vitamins and minerals needed for optimal health. Having taught natural foods cooking classes for over thirty years, Suzanne believes in encouraging and educating people to eat more vegetables and high-fiber whole grains and beans and less meat protein. Focusing on the connection between food and healing, Suzanne has created fresh and flavorful dishes that allow home cooks to make the most of seasonal produce from local farmers markets, stands, and gardens to cook tasty, yet healthy, well-balanced meals.

More than a cookbook, **The Passionate Vegetable** reveals the pure simplicity and great flavor of fresh,

seasonal vegetables with recipes that are easy to prepare. Chapters include: **Healthy Start Breakfasts, Salads that Satisfy, Fresh Garden Salads, For the Love of Soups, Amber Waves of Grain, Bean Cuisine, and Vegetables: Nature's Bounty.** Suzanne has included a chapter devoted to meat – **To Meat or Not to Meat**, and healthy treats.

Suzanne's journey of healthy eating began with her father, who died young from cancer. "My father believed that without good health nothing else in life mattered. The (17) seventeen years of recurring cancer taught him the value of good health. His death, along with my own health challenges and those of my children, were the catalyst for my journey to explore the connection between food and healing. I know with absolute certainty that changing our diets from high animal protein to one high in fruits, vegetables and whole grains can improve our health."

The Passionate Vegetable brings good health and great flavor together in one easy-to-use package!

Editor's note -To make use of your garden's bounty, we asked Suzanne to share a couple of her soups that will get us toasty warm on the inside as we prepare for fall and winter's chill.



Marvelous Minestrone (Serves 4)

The title says it all! A big hit with family, friends, clients and students.

- 2 Tbs. extra virgin olive oil
- 1 cup onion (medium), chopped
- 2-3 cloves fresh garlic, chopped
- ½ cup green pepper, chopped
- ½ cup red pepper, chopped
- 1 small jalapeño pepper, minced (for a spicy soup)
- 3 carrots, chopped
- 2 stalks celery, chopped
- 2 bay leaves
- 1 tsp each of basil and oregano, dried
- 1 tsp sea salt
- ¼ tsp black pepper or to taste
- 6 cups water, divided
- 1 cup precooked beans (kidney, white bean, etc.)
- ½ cup fresh string beans, chopped
- 1 small zucchini, chopped
- ½ cup tomato sauce or 1 small can
- ½ cup elbow macaroni, precooked
- ½ cup Italian parsley, chopped

Optional: ½ tsp. wakame flakes

1. Preheat olive oil in large pot and sauté onion and garlic for 2-3 minutes on medium heat.
2. Add chopped jalapeño, both peppers, carrots, celery, bay leaves, basil and oregano, sea salt and pepper. Add enough water to the pot so that it will come above the vegetables by two inches. You may add more water later. See Soup Tips in the beginning of the chapter. Cover, bring to a boil and then reduce to medium heat. Continue to simmer for 5-8 minutes. Carrots will start to become tender.
3. Add chopped string beans, zucchini, cooked beans and tomato sauce and wakame flakes if using. Check for desired thickness on soup before adding more water. Simmer until string beans are tender, another 5 minutes. Adjust the seasoning. Remove bay leaves before serving.
4. Precook the macaroni noodles according to package directions and drain. Place the cooked macaroni in individual bowls. Ladle soup into bowls. When storing leftovers, it is a good idea to keep the noodles separate from any soup stock. This prevents the noodles from becoming too soft. Garnish with chopped parsley, serve and enjoy.

Parisian White Bean Soup (Serves 4 - 6)

- 1 Tbs. extra virgin olive oil
- ½ cup onion, chopped
- 2 cloves garlic, minced
- ½ cup leek bottoms, chopped
- ½ cup carrots, sliced
- 4½ cups water, divided
- ½ tsp sea salt
- 1 cup precooked white beans (cannellini)
- 1 cup packed spinach, washed and chopped
- 1 cup leek tops, cleaned and sliced thin
- 1 small red pepper roasted or 1/3 cup chopped fresh
- ½ cup fresh basil, chopped
- ¼ tsp black pepper
- 2 scallions, chopped for garnish
- Option: 1 Tbs. light miso



1. Preheat oil in large pot and sauté onion and garlic in olive oil for 2-3 minutes. Add leek bottoms and carrots. Add 2 cup of water and sea salt, cover and bring to boil, lower heat and simmer for 5 minutes.
2. Add beans, spinach, and leek tops, red pepper and basil with remaining water, cover and simmer again for 10 minutes.
3. Remove a ladle of soup into a small bowl, add miso, and dilute with spoon, stirring until miso is dissolved. Return to pot, but do not boil at this point, otherwise, you will destroy the important enzymes in miso. If not using miso, increase salt by ½ tsp. If you wish, garnish with chopped scallions.

Bites of Insight: To roast peppers. Place red pepper directly on open flame and char the skin on all sides or lightly oil skin and place in a pan directly under broiler and broil until skin blackens. Continue turning until the entire pepper is black, remove and place in a covered bowl for 3-5 minutes. To remove skin, rub off with your fingers, remove seeds and white core and chop into ½ pieces.

The above recipes are taken from The Passionate Vegetable by Suzanne Landry.

Suzanne is an inspiring health educator and gourmet organic chef. For over 30 years, she has shared her love of natural foods cooking and her passion for health with more than 10,000 students nationwide. Read more about Suzanne and where you can purchase her book at www.homecareforyou.com and click on the magazine icon.

