

## Spring/Summer Seasonal Soups

### Soup #1

8 cups water  
4 bay leaves  
2 inch strip dried kombu  
1 large organic onion finely chopped  
4 organic carrots finely chopped  
1 cup sliced organic celery  
1 28 oz can diced organic tomatoes, no salt  
½ cup dried or 1 cup fresh, finely minced organic parsley  
½ cup dried organic green lentils  
½ cup dried organic red lentils

Put all ingredients in a large pot and simmer gently for 1 hour. After ½ hour, remove kombu, chop into ¼ inch pieces and return to the soup pot.

For a deeper flavour, sauté the onion, celery and carrots in 1 teaspoon olive oil for 10 minutes in the bottom of the pot before adding the other ingredients.

### Soup #2

12 cups water  
4 bay leaves  
1 large organic onion finely chopped  
2 organic carrots finely chopped  
1 cup sliced organic celery  
½ cup sliced organic pea pods  
1 cup diced organic roasted bell peppers  
½ cup chopped zucchini  
½ cup dried or 1 cup fresh, finely minced organic parsley  
1 cup dried organic red lentils  
Optional: 1 cup chopped organic baby beet greens or red romaine lettuce stirred in last minute

Put all ingredients in a large pot and simmer gently for 1 hour. After ½ hour, remove kombu, chop into ¼ inch pieces and return to the soup pot.

### Soup #3

8 cups water  
4 bay leaves  
2 inch strip dried kombu  
1 large organic onion finely chopped

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4 organic carrots finely chopped  
1 cup sliced organic celery  
½ cup sliced organic pea pods  
1 28 oz can diced organic tomatoes, no salt  
½ cup dried or 1 cup fresh, finely minced organic parsley  
2 teaspoons fresh shredded basil  
½ cup cooked organic cannellini or white kidney beans

Put all ingredients in a large pot and simmer gently for 1 hour. After ½ hour, remove kombu, chop into ¼ inch pieces and return to the soup pot.

### Soup #4

10 cups water  
4 bay leaves  
2 inch strip dried kombu  
2 cloves crushed garlic  
1 large organic onion very finely chopped or blended with 2 cups of the water  
6 cups very finely sliced organic kale  
Optional: 1 can well rinsed organic cannellini or white kidney beans

Put all ingredients in a large pot and simmer gently for 1/2 hour. After 15 minutes, remove kombu, chop into ¼ inch pieces and return to the soup pot.

### Soup #5

8 cups water (substitute 4 cups with organic low sodium veggie or chicken stock)  
4 bay leaves  
1 large organic onion finely chopped  
4 organic carrots finely chopped or shredded  
1 cup sliced organic celery  
1 package frozen chopped spinach  
¼ cup dried or ½ cup fresh, finely minced organic parsley  
1 cup dried organic green lentils

Put all ingredients in a large pot and simmer gently for 1 hour. After ½ hour, remove kombu, chop into ¼ inch pieces and return to the soup pot.

### Soup Garnishes

Thin sliced green onions, chives, lemon balm, fresh thyme, fresh oregano, grated ginger, pea sprouts, bean sprouts, shredded basil, etc. to taste.