

Tomato Soup

Serves 6

Saved by Soup

2 teaspoons olive oil
1 medium onion, finely chopped
2 medium carrots, finely chopped
¼ pound fresh fennel bulb (about
half a small bulb), finely chopped
1 rib celery, trimmed and finely
chopped

3 cups S&W tomatoes diced with
puree, pureed in food processor
5 cups chicken broth
salt
freshly ground black pepper
2 tablespoons chopped fresh parsley
2 tablespoons chopped fresh basil
garnish: sour cream and milk

Sauté onion, carrots, fennel and celery in oil over medium-high heat, 2 to 3 minutes. Stir in tomato puree and broth. Bring to boil. Simmer 20 minutes partially covered. Season with salt and pepper to taste. Serve in individual bowls. Thin sour cream to pouring consistency with milk. Swirl about 1 tablespoon into each soup bowl. Garnish with herbs.

***Mexican Roasted Tomato Soup**

Serves 6

Diana Gough

2 teaspoons olive oil
1 medium onion, finely chopped
1 carrot, finely chopped
¼ pound fresh fennel bulb, finely chopped
1 rib celery, peeled and finely chopped
1 jalapeno chili, seeds and ribs removed, minced
1 clove garlic, unpeeled

1 28-ounce can S&W diced tomatoes in puree, pureed in food processor
4 cups chicken broth
¼ teaspoon chipotle chili seasoning
salt to taste
Optional: ¼ teaspoon liquid smoke
Garnish: fresh cilantro leaves, coarsely chopped and sour cream

Line a large baking sheet with foil. Toss onion, carrot, fennel, celery, jalapeno and garlic in oil; salt lightly. Spread out the vegetables on the baking sheet. Roast in preheated 400-degree oven for 30 minutes or until the edges of

the vegetables are slightly browned. Do not let the vegetables burn.

Peel and mash the garlic. Pour vegetables, garlic, tomato puree, chicken broth and chipotle seasoning into a large saucepan. Simmer 20 minutes partially covered. Puree half the soup in blender and return to saucepan. Season to taste with salt, pepper, liquid smoke and/or more chipotle seasonings. Serve in individual bowls garnished with cilantro and a dollop of sour cream.

***Cream of Asparagus Soup**

Makes 9 cups

Gourmet, 2001

Note: Great for the Christmas!

2 pounds green asparagus, discard tough, fibrous ends

1 large onion, chopped

2 tablespoons unsalted butter

5 cups low-salt chicken broth

1/2 cup crème fraîche or heavy cream

1/4 teaspoon fresh lemon juice, or to taste

salt

Garnish: 2 hard-boiled eggs, chopped; paprika

Cut tips from 12 asparagus stocks into 1/2-inch pieces. Reserve for garnish.

Cut stalks and all remaining asparagus into 1-inch pieces. Sauté onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring,

until softened, about 5 minutes. Add asparagus stalks and sauté for 5 more minutes. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.

While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes, drain and set aside. Purée soup in batches in a blender until smooth (use caution when blending hot liquids). Gently whisk in cream and lemon juice. If stringy asparagus is clinging to whisk, use food mill remove. Season with salt and pepper to taste and return to pot to heat or refrigerate. Garnish each bowl with asparagus tips, chopped egg and a sprinkling of paprika.

***Gourmet Gazpacho**

Serves 8

8 large ripe tomatoes or 2 28-ounce cans S&W Ready-Cut Tomatoes	3 tablespoons olive oil 2 ½ tablespoons lime juice
1 teaspoon orange peel, grated	¾ tablespoon salt
1/2 cup orange juice	1/2 tablespoon chili powder
1 large cucumber, peeled and diced	1/4 teaspoon pepper
1/4 cup green onion, finely chopped	jalapeno sauce to taste
1/4 cup green pepper, finely chopped	Garnish: 1 large avocado, peeled and diced and sour cream
1 7-ounce can whole kernel corn with peppers	

Peel all the tomatoes: Bring water to a boil in large saucepan. Submerge one tomato at a time for 2 to 3 minutes, or until the peel easily comes off in with your fingers. Submerge the peeled tomato into a bowl of cold water. Repeat with the other 7 tomatoes. Drain and dry with paper towels.

Take 4 of the tomatoes, quarter and gently squeeze out seeds and juice into a

blender; set aside. Finely dice the 4 tomatoes and set aside. Chop the remaining 4 whole tomatoes, and add to the juice in the blender. Puree the mixture.

In a large bowl combine diced tomatoes, pureed tomatoes and all other ingredients except avocado and sour cream. Stir well to blend; cover and chill overnight. Before serving adjust seasonings to taste. Garnish each bowl of soup with diced avocado and a dollop of sour cream.

Quick Gazpacho

Makes 7 cups

3/4 cucumber peeled

3 large scallions

3/4 teaspoon oregano

4 1/2 tablespoons olive oil

6 tablespoons lime juice (about 5 sm limes)

1 (46 ounce, ~6 cups) can, good quality tomato juice

1/4 teaspoon pepper

3/4 teaspoon salt

Garnish: 1/2 to 3/4 avocado or cucumber, peeled and chopped

Chop all ingredients except avocado and puree in a blender. Chill. Add avocado or cucumber just before serving.

Cold Cucumber Soup with Beet Mousseline

Serves 4

Cucumber Soup:

1 large onion, sliced
1 tablespoon finely chopped fresh dill
1 tablespoon vegetable oil
2 cups chicken broth
2 tablespoons fresh lemon juice
4 cucumbers, peeled, seeded and
chopped

freshly ground white pepper to taste
4 to 8 ounces sour cream

Beet Mousseline:

1 8-ounce can sliced beets
1 tablespoon balsamic vinegar
¼ cup sour cream

Cucumber Soup: In large heavy saucepan sauté onion and 1 tablespoon dill in oil over moderately low heat, stirring occasionally, until onion is somewhat softened, about 5 minutes. Add broth and cucumbers; simmer 20 minutes. In a blender puree mixture in batches until smooth. Stir in lemon juice, white pepper and salt to taste. Chill soup at least 4 hours and up to 1 day. Just before serving, whisk in sour

cream. Adjust seasoning. Top with a dollop of Beet Mousseline.

Beet Mousseline: Drain beets and coarsely chop. Puree in food processor and pour into a small bowl. Fold in sour cream.

***The World's Best Pea Soup**

Serves 15

2 pounds dried peas
½ cup olive oil
4 large yellow onions
4 large carrots, peeled
4 celery stalks, peeled
4 cloves garlic, peeled and mashed
4 quarts chicken stock, low sodium
1 ham shank or 1 cup left over chopped ham
4 sprigs parsley
4 bay leaves
1 to 2 teaspoons fresh thyme leaves
1 tablespoon whole black peppercorns
2 medium Yukon potatoes, peeled

Equipment: Large aluminum bowl, large, heavy soup pot

Preparation: Chop the onions, carrots, celery and potatoes into 1-inch pieces. Finely chop with a food processor. Put all the chopped vegetables and garlic in a large bowl.

Warm the oil in the soup pot over medium heat. Add the vegetables and sauté for about 8 minutes, stirring frequently. Add the stock, peas, ham, parsley sprigs, bay leaves, peppercorns and thyme. Bring to a boil. Reduce heat to a low simmer, cover, and cook for 2 hours stirring occasionally.

Pull out the parsley and bay leaves. Trim meat from shank and remove as much fat as possible. Chop meat and add back to the soup. Add salt and pepper to taste. Freezes well.

***Minestrone Soup**

Serves 6-8

Cook's Illustrated

2 small leeks (or 1 large), white and light green parts sliced thin crosswise (about $\frac{3}{4}$ cup) and washed thoroughly

2 medium carrots, peeled and cut into small dice ($\frac{3}{4}$ cup)

2 small onions, peeled and cut into small dice ($\frac{3}{4}$ cup)

2 medium celery stalks, cut into small dice ($\frac{3}{4}$ cup)

1 medium baking potato, peeled and cut into med dice ($1\frac{1}{4}$ cup)

1 medium zucchini, cut into med dice ($1\frac{1}{4}$ cup)

3 cups stemmed spinach leaves, cut into thin strips

1 28-ounce can S & W Petite Cut tomatoes, drained

8 cups free range chicken broth, reduced salt

1 Parmesan cheese rind, about 5 x 2-inches

1 15-ounce can cannellini beans, drained and rinsed
salt and pepper

$\frac{1}{4}$ cup basil pesto

Garnish: Parmesan cheese, grated

Bring vegetables, tomatoes, chicken broth and cheese rind to boil. Reduce heat to medium-low; simmer, uncovered and stirring occasionally, until vegetables are tender but still hold their shape, about 20 minutes. (Soup can be refrigerated for 3 days or frozen for 1 month.)

Add beans and cook just until heated through, about 5 minutes. Remove and discard cheese rind. Stir in pesto and spinach.

Season with salt and pepper to taste. Garnish with grated Parmesan cheese.

***Butternut Squash Soup**

Serves 10

Bon Appétit, 11-98

5 tablespoons butter
2 ½ pounds butternut squash,
peeled, seeded, cut into ½-inch
pieces (try FP)
2 cups chopped leeks
½ cup chopped peeled carrot
½ cup chopped celery

2 small Granny Smith apples,
peeled, cored, chopped
1 tablespoon minced thyme
1 teaspoon minced sage
5 cups chicken stock
1 cup apple cider
salt
Garnish: drizzles of sour cream or
crème fraiche and chopped chives

Melt butter in large soup pot over medium-high heat. Add squash, leeks, carrot and celery; sauté until slightly softened, about 15 minutes. Mix in apples, thyme and sage. Add stock and 1 cup cider and bring to boil. Cover and simmer until apples are tender, stirring occasionally, about 30 minutes. Cool slightly.

working in batches, puree soup in a blender; return to the pot. Add salt to taste.

Bring soup to simmer. Ladle into bowls. Drizzle with sour cream. Top with chives.

Roasted Vegetable and Barley Soup

Serves 8

Bon Appétit, Feb. 03

olive oil

4 large plum tomatoes, halved
lengthwise

3 medium carrots, peeled and
quartered

6 ounces crimini mushrooms,
thickly sliced

1 large onion, cut into 1-inch
wedges through root end

1 red bell pepper, quartered

1 medium zucchini, halved
lengthwise

3 garlic cloves, unpeeled

2 tablespoon olive oil

8+ cups chicken broth

½ ounce dried porcini mushrooms,
broken into pieces

3 large basil leaves

1 bay leaf

Parmesan cheese rind

¼ cup pearl barley

Liquid Smoke

Preheat oven to 400-degrees; adjust rack to middle of oven. Oil large, very heavy baking pan. Arrange tomatoes and next 6 ingredients in pan. Drizzle with oil. Roast until vegetables are tender and brown around edges (don't burn!), stirring occasionally, about 30 to 45 minutes. Peel garlic and reserve. Coarsely chop half vegetables and reserve. Transfer garlic and remaining vegetables to large pot.

Add ½ cup chicken stock to baking pan and scrape up browned bits; add to pot. Add roasted vegetables, remaining broth, dried porcini, basil, bay leaf and cheese rind. Simmer, covered, about 20 minutes. Remove bay leaf and rind. Puree in blender. Return to pot with bay leaf and cheese rind. Add barley. Simmer, covered, about 40 minutes. (You may need to add additional chicken broth if soup becomes too thick.) Add reserve vegetables. Add Liquid Smoke to taste. Adjust seasoning and serve.

Mushroom Soup

Serves 4

1 pound crimini mushrooms	1 sprig fresh thyme
2 tablespoons dried porcini, soaked in hot water for 15 minutes	3 tablespoons sherry
4 tablespoons butter	2 tablespoons flour
1/3 cup celery, diced	2 ½ cups mushroom or beef stock
1/3 cup leeks, diced	1 egg yolk
1/3 cup onion, diced	1 cup light cream
	dash nutmeg

Remove stems from crimini mushrooms and slice. Drain (reserve the liquid) and chop porcini mushrooms. Sauté all mushrooms, leeks, onion, celery and thyme for 5 minutes. Add sherry and cook, covered, 5 more minutes. Remove pan from heat. Discard thyme stem. Add flour and stir well. Slowly add stock and porcini liquid, stirring constantly. Return pan to heat, bring to low boil.

In separate bowl, whisk egg yolk, cream and nutmeg. Remove pan from

heat. Whisk in the cream mixture.

Place 1 cup of soup liquid and ½ cup mushrooms in a blender and puree well. Return blended mixture to soup in pan and reheat until the soup thickens, stirring continuously.

***Bourbon Street Black Bean Soup**

15 ounces mixed beans (no lentils)

1 ³/₄ quarts cold water

1 ham shank or 2 meaty ham hocks

¹/₂ pound hot Italian chicken or pork sausage, cooked, or mild sausage with red pepper flakes

1 tablespoon each: minced fresh cilantro and parsley

2 teaspoons fresh thyme leaves

1-28 ounce can S&W Ready-Cut tomatoes

3 stalks fresh celery, peeled, with leaves, chopped

1 medium onion, chopped

3 cloves garlic, minced

salt and ground pepper to taste

¹/₂ cup dry sherry

Garnish options: sour cream, sharp cheddar, green onions, cilantro

Wash beans. Soak overnight in water to cover by 2 inches. Taste the soaking liquid. If bitter, drain and rinse the beans. Otherwise use the liquid in the following step. In large pot, place beans with 1 $\frac{3}{4}$ quarts water. Cover and bring soup to boil. Lower heat to medium low and cook 1 hour, stirring occasionally.

Add additional water if necessary to cover beans by 1 inch, then add ham shank, sausage, cilantro, parsley, thyme, tomatoes (including juice), onions and garlic. Bring to boil. Reduce heat to medium low, cover, and cook for 1 hour or until beans are tender.

Remove ham shank or hocks. Discard bones and fat and dice the meat. Return meat to soup and simmer 30 minutes Add $\frac{1}{2}$ cup sherry wine. Season to taste with salt and pepper. Stir. Best if refrigerated overnight before serving.

Garnish: sour cream, grated sharp cheddar, chopped green onions, fresh cilantro.

Chinese Cabbage Soup with Green Onions

Serves 6

Bon Appetit

½ pound ground pork
6 fresh shitake mushrooms,
(garnish)
3 tablespoons soy sauce
2 tablespoons dry sherry
1 tablespoon sesame oil

Optional: 2 tablespoons fresh
ginger, minced
2 teaspoons sugar

2 tablespoons rice vinegar
1 ½ teaspoons chili-garlic sauce
1 tablespoon sesame oil
4 cups finely shredded Napa
cabbage (from head)
6 green onions, thinly sliced
8 cups low-salt chicken broth
Optional: 1/2 cup chopped cilantro
salt and pepper

Sauté ground pork until no longer pink. Drain of excess grease and pat dry with paper towels. In a medium bowl, combine pork, soy sauce, dry sherry and 1 teaspoon sesame oil. Marinate for 30 minutes

Remove stems from mushrooms and discard. Slice into ¼-inch pieces. Sauté mushrooms in 2 teaspoons sesame oil; set aside.

Heat 1 tablespoon sesame oil in heavy large frying pan over medium-high heat. Add cabbage and green onions and sauté until cabbage is tender, about 3 minutes. Transfer cabbage to large soup pot. Add broth, ground pork including marinade, (ginger) sugar, rice vinegar and chili-garlic sauce. Taste and adjust seasonings. Can be prepared ahead to this point.

Heat soup until steaming. Ladle into bowls and garnish with mushrooms and (cilantro).

***White Gazpacho**

Makes 5 cups

Daniel Boulud

Note: Have your guests try to guess the ingredients in this soup!

4 slices, about ¼ pound top-quality white bread, crusts removed

2 cups water

½ cup slivered almonds, very lightly toasted

1/3 cups pine nuts, very lightly toasted

1 small clove garlic, peeled and split

1 teaspoon salt, or to taste

1 ¼ pound organic seedless green grapes. Select ones that are very sweet; they should be slightly yellow in color.

6 tablespoons extra-virgin olive oil

2 tablespoons white wine vinegar

½ teaspoon sherry vinegar

freshly ground white pepper

Optional: green food color

Soak bread in water for 10 minutes.

In a blender, grind almonds, pine nuts, garlic and salt scraping down sides often; take care to not turn them into a paste. Transfer nuts to food processor along with the grapes; puree. Lift bread from water (reserve the water) and squeeze the bread between your hands to extract some of the excess liquid. With the motor running, add the bread along with the oil, both vinegars, and $\frac{1}{4}$ to $\frac{1}{2}$ of the water. Check the soup's consistency—it should be as thick as good heavy cream. If it is closer to sour cream, add more water.

Strain the gazpacho and taste for seasoning, adding pepper and more salt as needed. Stir in 1 to 2 drops green food color. Refrigerated for up to 12 hours. Serve in small shot glasses as a starter or in place of a sorbet between courses.

Succotash Soup

Serves 12

1 tablespoon butter	1 large red bell pepper, cut into ½-inch cubes
1 tablespoon olive oil	8 cups low-salt chicken broth
3 medium leeks, thinly sliced	1 pound frozen baby lima beans
½ cup minced shallots	1-14 ¾ ounces frozen white corn kernels
3 garlic cloves, peeled and chopped	1 pound ham, cubed
4 tablespoons parsley	salt and pepper
2 tablespoons chopped fresh thyme	Tabasco
1 tablespoon chopped fresh oregano	

Melt butter and oil in heavy large pot over medium heat. Add leeks, shallots and garlic. Sauté about 5 minutes or until leeks are soft. Add parsley, thyme and oregano. Sauté until fragrant, about 3 minutes. Mix in red bell pepper. Add broth

and 1 ½ cups lima beans and bring soup to boil. Reduce heat to medium-low, cover, and simmer until lima beans are tender, about 10 minutes. Add 1 ½ cups corn kernels. Puree in blender and return to pot. Add remaining lima beans and simmer for 10 minutes. Add remaining corn kernels, cream corn and ham. Heat through. Season to taste with salt and pepper. Serve with Tabasco.

Creamy Lima Bean Soup with Bacon

Serves 2 (8 Cups)

Gourmet, September '91

2 (6) slices lean bacon	1 (3) cups water
1 small (medium-large) onion, chopped	1 (3) 12-ounce package frozen lima beans
1 small (3 medium) garlic cloves, pressed	1/3 (1) cup green onions, thinly sliced
1 (3) cups chicken broth	salt, pepper and Liquid Smoke

Cook bacon until crisp; drain on paper towels; crumble and set aside. Transfer 1 (3) tablespoon bacon fat to skillet and sauté onion until soft, about 5 minutes. Add garlic and sauté 30 seconds. Transfer onion and garlic to large soup pot; add chicken broth, bacon, water and lima beans. Simmer 10 minutes. Puree in blender. Season with salt, pepper and Liquid Smoke to taste. Serve garnished with green onion.

***Moroccan Carrot Soup**

Serves 4

2 tablespoons (1/4 stick) butter	1 tablespoon honey
1 cup chopped white onion	1 ½ teaspoons fresh lemon juice
1 pound large carrots, peeled, cut into 1/2-inch dice (about 2 2/3 cups)	1/8 teaspoon ground allspice
2 1/2 cups low-salt chicken broth	1/2 cup plain yogurt, stirred to loosen
2 teaspoons cumin	garnish: cilantro

Melt butter in large saucepan. Sauté onions for 2 minutes. Mix in carrots, cumin and broth; bring to boil. Simmer, covered, until carrots are very tender, about 20 minutes. Remove soup from heat. Puree in batches in blender until smooth. Return to same pan. Whisk in honey, lemon juice, and allspice. Season with salt and pepper. Taste and add additional spices and/or lemon juice if desired. Ladle soup into bowls. Drizzle yogurt; sprinkle with cilantro.

Hot and Sour Soup

Serves 6 to 8

America's Test Kitchen

7 ounces extra-firm tofu, drained
4 tablespoons soy sauce
1 teaspoon toasted sesame oil
3 tablespoons cornstarch, plus 1 ½
teaspoon
1 boneless, center-cut loin pork
chop, about 6 ounces
3 tablespoons cold water, plus 1
teaspoon
1 large egg
6 cups chicken broth
1 5-ounce can bamboo shoots,
sliced lengthwise into 1/8-inch
strips

4 ounces shiitake mushrooms, stems
removed, caps sliced ¼-inch thick
5 tablespoons black Chinese vinegar
or 1 tablespoon red wine vinegar
plus 1 tablespoon balsamic vinegar
1 teaspoon chili oil
1 teaspoon ground white pepper
3 medium scallions, sliced thin

Place tofu in pie plate and set heavy plate on top. Weight with 2 heavy cans; let stand at least 15 minutes (tofu should release about ½ cup liquid). Whisk 1 tablespoon soy sauce, sesame oil and 1 teaspoon cornstarch in medium bowl; toss pork with marinade and set aside for at least 10 minutes, but no longer than 30 minutes.

Combine 3 tablespoons cornstarch with 3 tablespoons water in a small bowl and mix thoroughly; set aside, leaving spoon in bowl. Mix remaining ½ teaspoon cornstarch with remaining 1 teaspoon water in small bowl; add egg and beat with a fork until combined. Set aside.

Bring broth to boil in large saucepan set over medium-high heat. Reduce heat to medium-low; add bamboo shoots and mushrooms and simmer until mushrooms are just tender, about 5 minutes. While broth simmers, dice tofu into ½-inch cubes. Add tofu and pork, including marinade, to soup, stirring to separate any pieces of pork that stick together. Continue to simmer until pork is no longer pink, about 2 minutes.

Stir cornstarch mixture to recombine. Add to soup and increase heat to medium-high; cook, stirring occasionally, until soup thickens and turns

translucent, about 1 minute. Stir in vinegar, chili oil, pepper and remaining 3 tablespoons soy sauce; turn off heat.

Without stirring soup, use soup spoon to slowly drizzle a very thin stream of egg mixture into pot in a circular motion. Let soup sit 1 minute, then return saucepan to medium-high heat. Bring soup to gently boil, then immediately remove from heat. Very gently stir soup once to evenly distribute egg; ladle into bowls and top with scallions.

Orange-Scented Beet Soup with Chives

Makes 5 cups

30 ounces medium fresh red beets

1 sweet apple (Ambrosia or Pink Lady), peeled, cored and chopped

¼ cup chopped shallots

1 teaspoon brown sugar

Grated zest of 1 orange

¼ teaspoon salt

1 1/3 cup water

½ cup orange juice

2 tablespoons balsamic vinegar

2 teaspoons fresh lemon juice

2 tablespoons chopped fresh chives

2 ounces goat cheese

Wash and trim the both ends of the beets. Wrap each one individually in foil. Bake in a 400-degree preheated oven for about 2 to 2 ½ hours or until very tender. Allow to cool slightly before unwrapping and discarding the foil. Immerse the beets in water, gently rub off the peel and chop.

Add 20 ounces of chopped beets to a food processor along with the apple, shallots, brown sugar, orange zest and salt. Pulse until pureed. Add the water and continue to puree until smooth. Transfer beet mixture to a bowl; stir in orange juice, vinegar and lemon juice. The soup will be quite thick. (Note: for a smoother consistence, puree the soup in a blender on the highest setting.) Cover and chill until cold, about 1 hour. Divide among 4 bowls; garnish with chives and cheese before serving.

Orange Butternut Squash Soup

Serves 6

1 tablespoon extra virgin olive oil
1 tablespoon unsalted butter
1 onion (finely chopped)
4 carrots (finely chopped)
1 dash salt
1 dash pepper
½ cup orange juice (pulp)
16 ounces butternut squash (puree)
3 cups chicken broth
½ teaspoon nutmeg (grated)
1 tablespoon fresh thyme (chopped for garnish)
1 tablespoon orange zest (garnish)
Optional: sausage or chicken, cooked and chopped

Heat a soup pot over medium-high heat. Add one tablespoon extra-virgin olive oil and 1 tablespoon of butter.

When the butter has melted, add the onion and carrots and cook until the vegetables are soft, about 5 minutes.

Season with salt and pepper.

Deglaze with the orange juice and simmer for 2 minutes, stirring constantly. Don't let the vegetables stick to the bottom of the pan.

Transfer the mixture to a food processor or a blender. Puree the mixture until it is smooth and then return it to the pot over medium heat.

Add the frozen butternut squash puree and chicken broth and stir to combine. Season with salt and pepper to taste.

Bring to a boil and then lower the heat and let it simmer for 10 minutes.

Optional: add chopped sausage or chicken until heated.

Grate some fresh nutmeg and stir to combine. Garnish with thyme and zest.

African Quinoa-Peanut Soup

Serves 8

2 tablespoons olive oil	1 medium zucchini, diced
1 large red onion	1-2 carrots, peeled and diced
2 to 4 cloves garlic, minced	1 teaspoon ground cumin
1 medium red bell pepper, cored, seeded and diced	1 teaspoon dried oregano
2 celery stalks, diced	1 teaspoon fresh grated ginger
1 jalapeno chili, seeded and minced or	½ cup red quinoa, rinsed
one 4-ounce can chopped mild green chilies	½ cup fresh peanut butter
1 handfull celery leaves, chopped	salt and pepper
1 large sweet potato (white-fleshed), peeled and diced	cayenne pepper
6 cups vegetable broth	

