

# Green Farm Juicery Soup Recipes

## Poblano Corn Cowder

Servings: 12-14

### Ingredients

- 4 tablespoons olive oil
- 2 onions, diced
- 2 red bell peppers, diced
- 4 large poblano peppers, diced
- 8 garlic cloves, rough chopped
- 6 cups potatoes, diced- Yukon (peel), baby or red (no need to peel)
- 6 cups veggie broth (or use 6 cups water and 6 teaspoons broth base)
- 3 teaspoon salt
- 2 teaspoon fresh black pepper
- 3 teaspoon ground cumin
- 4 teaspoons ground coriander
- 3 teaspoons dried oregano
- 2 bay leaf
- 8 cups frozen fire-roasted corn (divided)
- 4 cups oat milk
- 2 Limes & Cilantro

In a large pot, heat oil over medium high heat. Saute onion, 3-4 minutes until fragrant. Lower heat to medium, add bell pepper, poblano peppers and garlic, saute 4-5 minutes until fragrant.

Add potatoes and broth and salt, pepper, cumin, coriander, oregano and bay leaf. You should have just enough liquid to cover potatoes- if not, add a little more. Cover and bring to a gentle simmer, until potatoes are tender, about 10-15 minutes.

Place half of the corn in a blender with the oat milk. Blend until silky smooth. Pour this into the soup pot, along with the remaining half of corn. Simmer for a few minutes until heated through.

Taste and adjust the salt to taste. Add lime juice if bottling. If serving warm in-store, serve with lime wedges and cilantro.



# Green Farm Juicery Soup Recipes

## Mediterranean Chickpea Stew

Servings: 10

### Ingredients

- 4 TBSP Olive Oil
- 2 Cups of Sweet Potato, peeled and cut into small cubes
- 2 Large Onions, chopped
- 4 Celery Stalks, chopped
- 4 Carrots, peeled and chopped
- 2 Red Bell Peppers, cored and chopped
- 6 Garlic Cloves, minced
- 2 TBSP Ginger, grated or minced
- 2 Cans (13.5 oz) Chickpeas, drained and rinsed
- 2 tsp coriander
- 2 tsp cumin
- 1.5 tsp turmeric
- 1 Can (32 oz) Crushed Tomatoes
- 12 Cups of Vegetable Broth
- 2 to 4 TBSP of Lime Juice
- 2 Cups Parsley, finely chopped
- 1 tsp Salt (and more to taste)
- Pepper to taste

Heat olive oil in large pot over medium-high heat. Add the sweet potatoes, onions, celery, carrots, and bell peppers. Season with salt. Cook, tossing regularly, for approximately 7 minutes or until the sweet potatoes have softened. Add the garlic, ginger, chickpeas, and spices. Cook for another 5 minutes, tossing regularly.

Add the crushed tomatoes and broth. Bring to a boil for 5 minutes, then reduce the heat to medium-low. Cover the pot part-way and cook over medium-low heat for 25 minutes or until the flavors meld.

Turn the heat off. Add the lime juice and fresh or parsley. Add additional salt and pepper to taste.



# Green Farm Juicery Soup Recipes

## Coconut Apple Ginger Dal

Servings: 8

### Ingredients

- 2 TBSP Coconut Oil
- ¼ tsp Cayenne Pepper
- ½ tsp Ground Cumin
- ½ tsp Ground Turmeric
- 1 Large Onion, finely chopped
- 4 Garlic Cloves, finely chopped
- 3 TBSP Ginger, finely chopped
- 2 Large Granny Smith Apple (unpeeled), grated
- 3 Cups Red Lentils (rinsed) or Mung Dal (rinsed and soaked for at least 2 hours)
- 2 Cans (13.5 oz) Coconut Milk
- 5 Cups of Water or Vegetable Broth
- 4 TBSP Lime Juice
- 1.5 tsp of Salt (and more to taste)
- ½ tsp Pepper

Heat oil in a large pot over medium-high. Toast cayenne, cumin, and turmeric, stirring, until fragrant, about 1 minute. Add onion and ginger and cook, stirring, until softened, about 3 minutes. Add garlic and cook for an additional 1 minute. Add apple and lentils (or dal) and stir to coat.

Stir in coconut milk and 5 cups water/broth and bring to a boil. Reduce heat and simmer, stirring occasionally, until lentils are completely soft and dal is thick, 20–25 minutes. Add lime juice and season with salt and pepper.



# Green Farm Juicery Soup Recipes

## White Bean & Veggie Stew

Servings: 8

### Ingredients

- 4 TBSP Olive Oil
- 1 Large Onion, chopped
- 3 Carrots, peeled and chopped
- 2 Celery Stalks, chopped
- 2 Leeks, only use white parts, wash thoroughly and thinly slice
- 3 Garlic Cloves, minced
- 1 to 1.5 tsp red pepper flakes
- 1 Can (32 oz) Crushed Tomatoes
- 2 TBSP Tomato Paste
- 8 to 12 Cups of Vegetable Broth
- 2 Cans (13.5 oz) Cannellini Beans, drained and rinsed
- 1 Bunch of Kale, stems removed, chopped
- Salt & Pepper to taste

Heat olive oil in large pot over medium-high heat. Add onion, carrots, celery, leeks, garlic and red pepper flakes. Sweat veggies for about 10 mins covered. Add tomatoes and tomato paste, cook over moderate heat 3-4 mins. Add beans and enough broth to cover veggies. Bring to boil and then simmer until veggies tender 20 to 25 minutes. Add the kale at the end for about 5 to 10 mins. Season to taste with salt and pepper.



# **Green Farm Juicery Soup Recipes**

## **Roasted Butternut Squash Soup with Pumpkin Seed Topping**

Servings: 8

### **Ingredients**

- 3 pounds of butternut squash, cubed
- 4 TBSP coconut oil or olive oil
- 1 large gala apple, quartered and hulled
- 1 large onion, quartered
- 4 Cloves Garlic, minced
- 1 TBSP Ginger fresh, minced
- 1 TBSP fresh sage or 1 tsp dried sage
- 4 Cups Vegetable Broth
- 1 tsp kosher salt
- ½ tsp Pepper
- ¼ tsp Ground Nutmeg
- pinch cayenne -optional
- 1/2– 3/4 cup Coconut Milk (full fat from can)
- 1 TBSP Maple Syrup
- 1/2 teaspoon Apple Cider Vinegar

Preheat oven to 425F

On a parchment-lined sheet pan place butternut squash, apples and onion toss with 2 TBSP of olive oil and Roast for 30 – 35 minutes.

Once the butternut squash, apples and onion are finished roasting. Blend the roasted mixture with the veggie stock until well blended. If the ingredients are hot, be careful! Make sure to hold the lid down tight on the Vitamix with a towel to prevent the blender exploding.

Heat 2 TBSP of olive oil in large pot over medium-high heat. Add garlic, ginger and sage and sauté for approximately 3 minutes. Add the blended vegetables (squash, apples and onions). Now add nutmeg, cayenne, coconut milk, maple syrup, acv and salt and pepper, bring to a simmer and cook for a few minutes.

Season to taste.



# Green Farm Juicery Soup Recipes

## Pumpkin Seed Topping

- 2 Cups of Raw Pumpkin Seeds
- ½ - 1 tsp Cayenne Pepper
- 1 TBSP Maple Syrup
- 1 tsp Salt

Preheat oven to 325F

Toss all ingredients together in a bowl.

Toast all ingredients on a parchment lined sheet pan for 15 minutes.

