

Hearty Winter Soups

by Ann

If it's Sunday, you can find me slicing, dicing, and chopping in my little country kitchen. These are two of my favorite recipes. They are easy to prepare, vegan, and quite nutritious. And they are delicious! They freeze exceptionally well. I freeze them in individual containers and use them as a grab and go lunch for busy days at work or as a quick dinner when I'm too tired to prepare something fresh. For best results, use organic veggies whenever possible.

HEARTY SLOW COOKER SPLIT PEA SOUP

1 pound dry split peas
2 - 3 large onions, chopped
1 - 2 cloves garlic, minced
3 - 4 carrots, thinly sliced
3 stalks celery, sliced
3 tops of the celery stalks with leaves on
2 large white (or orange) sweet potatoes, diced 6 cups water or organic vegetable broth
salt and pepper to taste

Sort and rinse peas. In a ceramic crock pot combine all ingredients and stir. Set crock pot to high and cover. Cook on high for approximately 2 hours (time will vary depending on your slow cooker). Reduce to low setting and cook for approximately 8 hours. Stir occasionally. Add additional water if needed. Sprinkle with grated carrots and serve with two kinds of organic apple wedges (granny smith and gala) for an additional treat.

EASY VEGAN CHILI

4 tsp. extra virgin olive oil
3 large onions, chopped
2 28-ounce cans of diced tomatoes 1 cup organic vegetable broth
1 - 19 ounce can of kidney beans, drained and rinsed
1 - 19 ounce can of black beans, drained and rinsed
2 cups fresh or frozen organic corn
1 green bell pepper, chopped
1-1/2 to 2 cups of cooked pearl barley or organic brown rice
4 tsp. chili powder
salt & pepper to taste
Add 1/4 tsp. cayenne pepper, if desired

Heat oil and sauté onions in large pot. Stir in the remainder of the ingredients. Bring to a boil. Reduce heat and simmer covered for about 10 to 15 minutes. Serve with a green

salad and an assortment of crunchy fresh, organic veggies, and enjoy!

Ann is a social worker with CS who lives in New York and is committed to social justice and environmental responsibility.