



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

January 2016: Super soups!

Black Bean and Bacon Soup

- 3 or 4 slices thick-cut bacon, chopped
- 1 medium sweet onion, chopped
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 (15 oz.) can diced tomatoes with jalapeños
- 2 (15 oz.) cans black beans
- 2 cups chicken stock
- salt and pepper
- crème fraiche or sour cream to serve
- Chopped fresh cilantro, to serve
- Lime wedges, to serve
- Hot sauce, to serve

In a heavy-bottomed pot or Dutch oven, crisp the bacon over medium to medium-high heat. Scoop the cooked bacon onto a paper-towel-lined plate, and set aside. Leave the bacon fat in the pot.

To the pot, add the onion and a pinch of salt and pepper, and cook for 2-4 minutes until softened. Add in the garlic and cumin and cook for 1 to 2 minutes more. Add in the tomatoes and their juice, the beans and their liquid, and the chicken stock, and bring to a boil. Lower the heat to simmer and cook for 30 minutes.

Using a slotted spoon, scoop 2-4 cups (depending upon how thick you want your soup...leave more in if you want it thicker) of the bean/onion/tomato mixture out of the liquid, and set aside. Pour the remainder of the soup into your blender, and puree until smooth. Pour it back into the pot, and stir in the reserved bean mixture.

Serve the soup with an assortment of toppings (the more, the better!) including: crème fraiche, the crisped bacon, lime wedges, fresh cilantro, cotija cheese, and hot sauce.

Makes 4 servings

Kuri (or Pumpkin) Soup with Ancho and Apple

- 1 medium (3 pound) kuri squash or sugar pumpkin
- 2 Tablespoons butter
- 1 medium onion, sliced 1/4-inch thick
- 1 dried ancho chile, stemmed, seeded and torn into flat pieces
- 1 medium apple, cored, peeled and roughly chopped
- 1/2 teaspoon black pepper
- 1/2 teaspoon cinnamon
- 4 cups chicken or vegetable stock
- Salt
- Sugar

Peel the squash or pumpkin, chop off the stem end and cut it in half lengthwise, slicing through the cavity that holds the seeds. Wrap and refrigerate half for another use; from the other half, scoop out the seeds and pull off the stringy fibers that entangle them. Scoop the seeds into a small bowl (you should have about 1/4 cup) and chop the squash or pumpkin into roughly 1-inch pieces (you should have about 3 cups).

Melt the butter in a medium (3-quart) saucepan set over medium heat. Add the seeds and onion, and cook, stirring frequently, until the onions are richly golden and the seeds have started to brown, about 10 minutes. Add the chile pieces and cook, stirring, for a minute or two, until they are fragrant and lightly toasted. Add the squash (or pumpkin), apple, pepper, cinnamon and water. Bring to a boil, then reduce the heat and let the mixture simmer until everything is very tender, about 30 minutes. Ladle into a blender, loosely cover and blend until completely smooth. (Don't fill the blender more than half full. Blend in batches if necessary) Set a medium-mesh strainer over the pot and pass the soup through. Season with salt (usually about 1 teaspoon) and a little sugar (1/2 teaspoon or so brings out the flavor of the apple). Rewarm and serve warm in warm bowls.

Makes 4 servings



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Lentil Soup with Sausage, Chard and Garlic

- 1/2 cup olive oil, divided
- 4 large links of sweet Italian sausage, casings removed
- 1 medium onion, diced
- 2 celery stalks, sliced or diced
- 2 medium carrots, peeled and sliced into half-moons or diced
- 4 cloves garlic, sliced (reserve half for later in recipe)
- Kosher salt
- A pinch of crushed red pepper flakes (optional)
- 1 cup brown lentils, sorted and rinsed
- 2 bay leaves
- 1 28-ounce can crushed tomatoes
- 6 cups water, vegetable stock or chicken stock
- Freshly ground black pepper
- 3 to 4 cups shredded Swiss chard leaves
- Grated Pecorino Romano cheese to finish

Heat 1/4 cup olive oil (enough to coat bottom of pot) in a large pot on medium heat. When hot, add the sausage, breaking it up with a wooden spoon until it starts to brown, about five minutes. Add the onion, celery, carrots, first two garlic cloves, a pinch of salt, and if you like your soup spicy, a pinch of red pepper flakes. Cook with the sausage until the vegetables soften a bit, another 5 minutes. Add the lentils, bay leaves, tomatoes, water, more salt and black pepper to taste. Bring to a simmer and allow to cook until the lentils are tender, about 40 minutes. (It might be necessary to add more water if the soup gets too thick).

When the lentils are cooked, add the chard and cook until the leaves are tender, just a few minutes more. Discard the bay leaves.

To finish, divide soup among bowls, then add the remaining 1/4 cup olive oil and 2 garlic cloves to a small skillet and heat over medium until the garlic softens and hisses. Drizzle this over soup bowls, and top with fresh Romano, passing more at the table. Leftovers will keep for several days in the fridge.

Makes 6 servings

Miso and Roasted Carrot Soup

- 1 pound carrots cut into 1-inch pieces
- 1 large leek, white and light green parts only, halved and thinly sliced
- 1 medium sweet onion, halved and thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 medium russet potato (about 1 pound), peeled and diced
- 8 cups vegetable stock
- 1/3 cup yellow miso paste
- 2 tablespoons fresh lemon juice
- 1 tablespoon black sesame seeds, pepitas or cilantro

Preheat the oven to 425°.

On a parchment-lined baking sheet, toss the carrots, leek, onion, olive oil and salt until combined. Arrange in an even layer and roast in the oven until lightly browned and caramelized, about 30 minutes.

Transfer the vegetables to a large stockpot along with the potato and water (or stock). Bring to a boil; turn the heat to medium and simmer, uncovered, until the potatoes are fork tender, about 20 minutes.

Puree using a blender or immersion blender until smooth. Taste for seasoning and add more salt as necessary. (Depending on how salty your miso paste is, you might need more).

Transfer the soup to bowls or mugs and garnish with the black sesame seeds, pepitas or cilantro.

Makes 4 to 6 servings