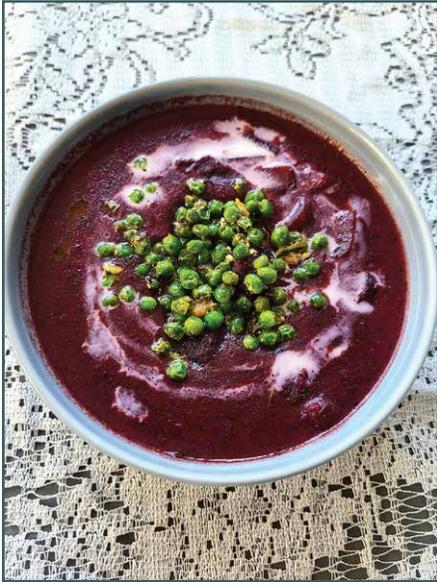




MONSTER SOUP



Ingredients

Soup

3-4 cups chopped red cabbage
4-5 medium-sized beets
2 tbsp cooking oil
2-4 tbsp minced garlic
½ cup diced sweet onion
2 tbsp butter
2 tbsp flour
1 1/2 cups coconut milk
4 cups reserved beet/cabbage juice (from Step #1)
1 1/2 cups strained tomatoes
3 cups potatoes, in chunks
1-2 bouillon cubes
2 tbsp dried dill (or 1/4 cup fresh)

2 tbsp dried thyme (or 1/4 cup fresh)
2 tbsp dried parsley (or 1/4 cup fresh)
1 tsp salt
1/2 tsp white ground pepper
juice of 1 lemon (2-3 tbsp)

Curried Peas

2 tbsp butter or oil
2 cups peas
2-4 tsp curry powder
2 tsp dried oregano
grated zest of one lemon
salt and pepper to taste



Instructions

Servings
6

Prep Time
90 mins

Soup Time
30 mins

Total Time
2 hours

1. Chop, peel, and cut the beets into chunks. Chop the cabbage. Put the beets and cabbage in a large pot, cover with water and bring to a boil. Simmer for 1 hour.
2. Drain the water off the beets and cabbage, reserving this liquid for the soup later.
3. Put the cooked veggies in a small bowl nestled in a larger bowl of ice cubes. Once cool, purée the veggies in your food processor.
4. Sauté the onion with 2 tbsp oil in the bottom of the large pot over medium-high heat for 2 minutes.
5. Add butter into the soup pot. Once melted, add the flour. Stir for 30 seconds until a paste forms, then add 1 1/4 cups of coconut milk. Stir until well combined with the butter and flour.
6. Add the reserved liquid from the boiled beets and cabbage, plus the garlic, salt, pepper, tomatoes, bouillon, and herbs. Bring to a simmer over medium-high heat for 10-15 minutes, stirring occasionally.
7. Add the puréed cabbage and beets, then stir. Reduce the heat to low and simmer for 5-8 minutes.
8. Cook the peas while the soup is simmering. Melt 2 tbsp butter or oil in a frying pan over med-high heat. Add the peas, spices, salt and pepper, and lemon rind. Sauté for 5 minutes, then set aside.
9. Take the soup off the heat and stir in the lemon juice. Ladle the soup into serving bowls. Stain the soup with a few dots of the remaining coconut milk in a circular motion. Top with curried peas and enjoy!