

(Almost) Famous Recipes of the Month

Veggie Black Bean Soup

2 T olive oil	1 t ea. chili powder & dried oregano
½ c diced celery	1 ½ t salt
2/3 c minced onions	½ t fresh-ground black pepper
3/8 c diced bell pepper	2 – 3 c vegetable broth
2/3 c chopped carrots	1 c water
1 T minced garlic	3 -15 oz. cans rinsed/drained black beans
1 ½ t ground cumin	1 -10 oz. can Rotel (your choice)

Garnishes: chopped green onion, chopped avocado, shredded cheddar cheese, chopped tomatoes, salsa, crushed corn chips, fresh cilantro

Heat olive oil to medium-high in a large Dutch oven. Add next 4 ingredients; sauté 10 minutes or until tender. Add garlic & seasonings; sauté 3 more minutes.

Add broth, water, beans, & Rotel. Bring to boil & reduce to simmer. Cook 20 – 30 minutes.

Use immersion blender to puree some (about ½) of soup to your liking, and stir back into main soup and heat through. Serve you're your choice of the above garnishes.

Non-vegetarian option: Use chicken instead of veg. broth and add chopped, cooked chorizo.



Vegetarian Spaghetti

2 – 16 oz. cans stewed tomatoes w/onions, celery, & peppers

2 – 16 oz. cans tomato sauce

3 cloves garlic, minced

2 bay leaves

To taste: fresh or dried basil, thyme, oregano, rosemary, hot pepper flakes, salt & pepper

1 small onion, chopped

3 – 4 zucchini in 1" chunks

2 colorful bell peppers, sliced

1 large onion, sliced in ¼" rings

1 lb. mushrooms, sliced & sautéed in 1 T olive-oil for 5 minutes

Grated Parmesan cheese

Hot, cooked vermicelli

Simmer 1st group of ingredients in large Dutch oven for 3 – 4 hours.

1 hour before serving: layer 2nd group of ingredients in microwave-proof bowl (no water) and cook on high for 5 minutes. Stir into sauce and continue simmering 1 hour.

Ladle over hot vermicelli. Pass the Parmesan cheese & pepper flakes.

Non-vegetarian option: Add browned ground beef in the last hour.



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