

# Table of Contents

	page number		
<b>Soup Intro and Tips</b>	1-5		
<b>Basic/veggie-based soups</b>			
Hearty vegetable soup	6		
Savory cabbage soup	7		
Hearty kale soup	8		
Tomato rice soup	9		
Tomato summer squash soup	10		
Southern-style soup	11		
Southwestern-style soup	12		
Onion soup	13		
Harvest soup	14		
<b>Bean/legume-based soups</b>			
Herbed split pea soup	15		
Creamy lemon dill soup	16		
Red lentil soup	17		
Black bean soup	18		
Simple lentil and tomato soup	19		
Chili	20		
Twelve bean soup	21		
Sweet aduki soup	22		
<b>Cream/pureed soups</b>			
Cream of vegetable soup	23		
Butternut squash soup	24		
Carrot soup	25		
Gingered carrot soup	26		
Cream of cauliflower soup	27		
Cream of potato soup	28		
		Cream of tomato	29
		Cream of zucchini soup	30
		Cream of celery soup	31
		Create your own ... soup	32
		Cream of broccoli soup	33
		Broccoli cheese soup	34
		Carrot and fennel soup	35
		Curried sweet potato soup	36
		Pumpkin soup	37
		<b>Chowders</b>	
		Potato chowder	38
		Potato lima chowder	39
		Corn chowder	40
		Spinach and chickpea chowder	41
		Curried vegetable chowder	42
		<b>Stews</b>	
		Lentil stew	43
		Turnip and kale stew	44
		Corn and kidney bean stew	45
		Eggplant and chickpea stew	46
		Autumn stew with dumplings	47
		<b>Soup-related Recipes</b>	
		Wholewheat biscuits	48
		Oat biscuits	49
		Cornbread	50
		Corn muffins	51
		Lentil cakes	52
		Hummus	53
		Sesame salt	54
		Nut milk	55

