

West African Peanut Soup

2 C chopped onion
1 T peanut or vegetable oil
1/2 t cayenne or other ground dried chiles, or to taste
1 t grated fresh gingerroot
1 C chopped carrot
hefty pinch salt
2 C chopped sweet potato
4 C vegetable or chicken stock
2 C tomato juice
1 C smooth peanut butter
1 T sugar
1 C chopped green onion

Saute onion in oil until translucent. Stir in cayenne, ginger, carrots, and salt to taste, and saute a couple minutes more. Mix in sweet potato and stock, bring to a boil, and simmer until vegetables are tender - about 15 minutes.

Puree the vegetables with cooking liquid and tomato juice - an immersion blender makes this easier. If using a stand blender, return puree to pot and stir in peanut butter until smooth. Taste the soup for sweetness - add just enough sugar to enhance the natural sweetness of the carrot and sweet potato.

Serve topped with plenty of chopped green onion.



Soup Social

Get the Recipe for How to Thrive This Winter

Sunday, November 19

12:30-2:30pm

Braintree Town Hall

5379 Route 12A

byob(owl)
+ spoon
+ a guest!

Bond with your neighbors over hot soup & hot tips on how to:

- be safe at home & on the road
- be well in body & mind
- be involved with your community:
Braintree - Brookfield - Randolph

Activities
for
kids!

info@KimballLibrary.org / 728-5073

presented by Randolph Rotary, Town of Randolph, Kimball Library

Thank you for attending! And thanks also to:

The Town of Braintree, for donating the venue.

Chef's Market, for donating yummy tomato soup.

Representatives from: Bethany Church, Capstone Community Action, Gifford Medical Center, Greater Randolph Senior Center, NAMI-VT, Playhouse Theatre, Randolph Area Food Shelf, Randolph Area Mental Health Resources, Randolph Town Clerk, Ridgeline Outdoor Collective, SASH, Walk+Bike+Roll Randolph

Mickie and Mark, for lending your crockpots :)

Five ingredient chili

1 lb. ground beef or turkey
1 small white onion, diced
3 (15 oz.) cans diced tomatoes with green chiles
2 (15 oz.) cans beans, drained (black beans, kidney beans, a combo, or whatever you like)
2 Tbsp. chili powder
optional toppings: shredded cheese, chopped green onions, sour cream, cilantro, etc.

In a large pot, cook ground beef or turkey over medium-high heat until browned, stirring frequently. Use a slotted spoon to transfer the cooked meat to a plate. Reserve 1 T of drippings in pot and discard the rest.

Add the onion to the pot and saute until soft, 4-5 minutes,

Return the meat to the pot and add remaining ingredients. Stir to combine. Bring to a boil, reduce heat to medium low, and simmer, covered, for 10 minutes.

Serve garnished with optional toppings.

Dhal Soup

1 tablespoon Neutral Vegetable Oil
1 Large Onion (finely diced)
add Salt (and freshly ground black pepper)
2 Garlic Cloves (minced)
1 tablespoon Ginger (minced)
2 teaspoons Curry Powder
1 teaspoon Ground Cumin
2 cups Dried Red Lentils (rinsed and drained)
1 (13.5-ounce) can Light Coconut Milk
2 cups Water
Cilantro to garnish

In the crockpot sauté the onions for 5-6 minutes or until tender and translucent. Add the garlic and continue to cook for 1 additional minute. Add the spices, cook 1-2 mins more. Add lentils and water. Cook on high for 2-3 hours.

20 minutes before the time is up add the coconut milk, lemon juice, and cilantro.

If at any point the lentils soak up too much of the liquid, add more to thin the soup to your liking. Use an immersion blender to puree the mixture if you prefer a smooth texture, or leave as-is for a chunkier texture. Adjust salt to taste.

Green Chile Chicken Stew

1 pound chicken Thighs
1-2 T flour or cornstarch
vegetable or olive oil
salt and black pepper to taste
1 T minced garlic
1/2 large yellow onion, diced
4 C diced white potatoes
28 oz chopped green chiles
4 C chicken broth

Optional:

Corn
Mushrooms
Zucchini
Diced tomatoes
Fresh Cilantro to top

Can be made in a Dutch oven or in a slow cooker/crockpot.
Dredge chicken in flour. Brown the chicken thighs in Dutch oven or crockpot.
Season with salt, pepper, minced garlic, and green chile.
Add the onion and potatoes.
Pour chicken broth on top.
Cover and cook on low until potatoes and browned chicken thighs are cooked through and shred easily with a fork. You might have to remove the thighs, shred, and return.
Add the optional ingredients and simmer until cooked through.
Top with cilantro and serve with warm flour tortillas.

Roasted Butternut Squash Soup

1 large butternut squash (about 3 pounds), halved vertically* and seeds removed
1 tablespoon olive oil, plus more for drizzling
1/2 cup chopped shallot (about 1 large shallot bulb)
1 teaspoon salt
4 garlic cloves, pressed or minced
1 teaspoon maple syrup
1/8 teaspoon ground nutmeg
Freshly ground black pepper, to taste
3 to 4 cups (24 to 32 ounces) vegetable broth, as needed
1 to 2 tablespoons butter, to taste

Preheat oven to 425 degrees and line a rimmed baking sheet with parchment paper. Rub olive oil over cut side of squash and sprinkle with salt and pepper.
Turn squash face down on pan and roast until completely cooked through, about 40 to 50 minutes (don't worry if skin or flesh browns). Set squash aside until cool enough to handle, about 10 minutes.
Meanwhile, in large soup pot, warm 1 tablespoon olive oil over medium heat until shimmering. Add chopped shallot and 1 teaspoon salt. Cook, stirring often, until softened and starting to turn golden on edges, 3 to 4 minutes. Add garlic and cook until fragrant, about 1 minute, stirring frequently. Transfer contents to your stand blender.*
Scoop butternut squash flesh into blender; discard tough skin. Add maple syrup, nutmeg and a few twists of freshly ground black pepper to blender. Pour in 3 cups vegetable broth, being careful not to fill container past the maximum fill line (you can work in batches if necessary, and stir in any remaining broth later). Blend on high (or select the soup preset, if available), being careful to avoid hot steam escaping from the lid. Stop once your soup is ultra creamy and warmed through. If you like a thinner consistency, stir in remaining cup of broth. Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Taste and stir in more salt and pepper, if necessary.
*To use an immersion blender: Cook the shallot mixture in a large soup pot. Then add the scoops of cooked butternut squash, all 4 cups of broth, maple syrup, nutmeg and a few twists of freshly ground black pepper. Bring the mixture to a simmer and cook, stirring occasionally, for 15 to 20 minutes so the flavors have a chance to meld. Carefully use your immersion blender to blend the soup completely, then add 1 to 2 tablespoons butter or olive oil, to taste.