

Gypsy Soup from the Moosewood Cookbook

3 – 4 tablespoons of olive oil\
2 cups chopped onion
2 cloves crushed garlic
2 cups chopped, peeled sweet potatoes or winter squash
½ cup chopped celery
1 cup chopped fresh tomatoes
¾ cup chopped sweet peppers
1 ½ cups cooked chickpeas
3 cups stock or water
2 teaspoons paprika
1 teaspoon turmeric
1 teaspoon basil
1 teaspoon salt
Dash of cinnamon
Dash of cayenne
1 bay leaf
1 tablespoon tamari (soy sauce)

In a soup kettle or large saucepan sauté onions, garlic, celery and sweet potatoes in olive oil for about 5 minutes. Add seasonings, except tamari, and the stock or water. Simmer, covered, fifteen minutes. Add remaining vegetables and chickpeas. Simmer another 10 minutes for so – until all the vegetables are as tender as you like them.

Note: The vegetables used in this soup are flexible. Any orange vegetable can be combined with green.... For example, peas or green beans could replace the peppers. Carrots can be used instead of, or in addition to the squash or sweet potatoes.

Note from Kate. For the January Free Workshops, I usually double this recipe. I also add more vegetables and chickpeas. I use sweet potatoes, never squash and always include carrots and both red and green peppers. I also add more stock to compensate for the additional vegetables.