



Cooking Soups with Produce

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Vegetable Steaming Times



Asparagus whole:
5-10 minutes



Leeks halved
5-8 minutes



Artichokes Whole
25-35 minutes



Onions sliced
15-20 minutes



Beans (green & yellow)
5-8 minutes



Peas shelled
10-15 minutes



Beets Whole
15-20 minutes



Peppers whole
6-8 minutes



Broccoli florets
4-7 minutes



Potatoes whole
20-30 minutes



Carrots sliced
6-10 minutes



Spinach leaves
3-5 minutes



Cabbage wedges
6-10 minutes



Sugar Snap Peas
3-5 minutes



Cauliflower florets
6-8 minutes



Sweet Potatoes chunks
7-10 minutes



Celery slices
4-9 minutes



Swiss Chard chopped
3-5 minutes



Corn on the Cob
10-15 minutes



Tomatoes whole
3 minutes



Kale chopped
4-7 minutes



Zucchini slices
5-6 minutes

Steaming

Here are some suggested cooking times for steamed veggies of all types. Steaming retains nutrients and is easy.

You do not need a special pot. A strainer over a saucepan with boiling water will do.

This is a great guide to keep handy if you are not familiar with a particular vegetable, or accustomed to steaming foods.

Speake C. Vegetable steaming times: 4 ways to steam veggies. The Gardening Cook. Feb 9 2021.
<https://thegardeningcook.com/vegetable-steaming-times/>

How to eat beets and their greens!

Red beet roots are a good source of vitamin C, potassium, magnesium, iron and dietary fiber. They also provide 2.2 grams of protein per cup.

Grate raw beets into salads or stir fry or toss in a smoothie!



Beet greens are in the same family as Swiss chard and can be cooked the same way. Like all greens, be sure to wash well to remove soil.

Add beet greens to soup, steam and mixed with rice or pasta, or toss raw greens into smoothies. Blanch (quick boil) or steam and add to pesto.

Speake C. Vegetable steaming times: 4 ways to steam veggies. The Gardening Cook. Feb 9 2021. <https://thegardeningcook.com/vegetable-steaming-times/>

USDA. Beet greens, cooked, boiled, drained, without salt. FoodData Central. Apr 1, 2019. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/170376/nutrients>

Mediterranean Lentil & Spinach Soup

This is a hearty soup full of protein, fiber, vitamins and minerals that may be missing from common soft food items. To make the most of these nutrients, retain water used for cooking lentils and add your favorite vegetables.

You can replace the vegetable broth with water and change any seasoning to taste.



Christian C. Mediterranean lentil and spinach soup. Forks Over Knives. May 13, 2019.

<https://www.forksoverknives.com/recipes/vegan-soups-stews/mediterranean-lentil-spinach-soup/>

Mediterranean Lentil & Spinach Soup

32 oz low-sodium vegetable broth
1 c brown or green lentils, rinsed and drained
1 medium onion, chopped (1 c)
2 stalks celery, chopped (½ c)
1 carrot, chopped (½ c)
3 cloves garlic, minced



1 green zucchini or yellow squash, cut into ½" pieces
1 tsp ground cumin
1 tsp fresh oregano, snipped
2 medium tomatoes, chopped (2 c)
Sea salt and freshly ground black pepper, to taste
4 cups fresh baby spinach



Mediterranean Lentil & Spinach Soup

Directions:

1. In a 6-quart pot, combine the first six ingredients (through garlic) and 1 cup water or broth. Bring to boil over medium-high heat. Reduce heat and simmer, covered, 25 to 30 minutes or just until lentils are tender.
2. Stir in squash, cumin and oregano. Simmer, uncovered, 10 minutes or until squash is tender. Stir in tomatoes and heat through. Season with salt and pepper. Remove from heat.
3. Before serving, stir in raw spinach.



Potato Leek Soup

This is a creamy warm soup that can be made with or without milk and seasoned with your favorite herbs.

Nutritional yeast adds a nutty, cheesy flavor while being low in sodium.

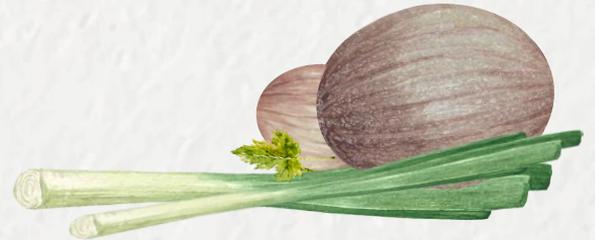


Thacker D. Winter potato leek soup. Forks Over Knives. Nov 9, 2020.

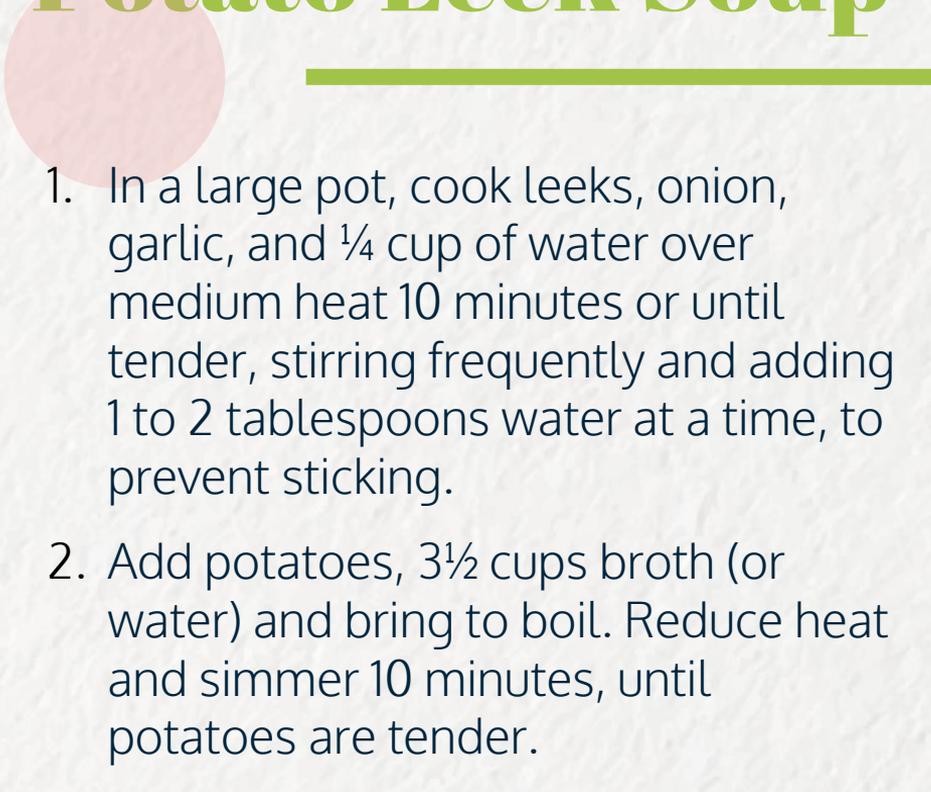
<https://www.forksoverknives.com/recipes/vegan-soups-stews/winter-potato-leek-soup/>

Potato Leek Soup

- 2 leeks (white parts only), cut into ¼-inch pieces (2 c)
- ½ small onion, diced (½ c)
- 6 cloves garlic, minced (or garlic powder to taste)
- 6 medium potatoes (any variety), peeled and cut into ½-inch dice (2 lb)
- 3½ to 4 cups vegetable broth
- 1 cup milk (or non-dairy milk alternative like soy, cashew or almond milk)
- 1 Tbsp nutritional yeast (optional)
- Sea salt and freshly ground black pepper, to taste
- 1 Tbsp chopped fresh parsley (or dry)
- ¼ c roasted chestnuts or walnuts, chopped



Potato Leek Soup



1. In a large pot, cook leeks, onion, garlic, and $\frac{1}{4}$ cup of water over medium heat 10 minutes or until tender, stirring frequently and adding 1 to 2 tablespoons water at a time, to prevent sticking.
2. Add potatoes, $3\frac{1}{2}$ cups broth (or water) and bring to boil. Reduce heat and simmer 10 minutes, until potatoes are tender.
3. Add milk and nutritional yeast (if desired). Using a hand blender, or carefully transferring soup to a blender in batches, blend to a creamy texture. Add additional stock to thin to desired consistency. Return soup to pot if necessary and heat until warmed through.
4. Season with salt and pepper to taste. Garnish with parsley and chestnuts or walnuts just before serving.