

Vegan Lentil Soup

Serves 8

Vegan and corn, dairy, egg, gluten, nut and soy free.

Ingredients

- ¼ cup organic olive oil
- 1 organic red onion, chopped
- 3 organic carrots, diced
- 4 stalks of organic celery, diced
- 1 organic sweet potato, chopped
- 1 teaspoon basil
- 2 cups organic kale, chopped
- 1 cup organic Swiss chard, chopped
- 6 cups of water
- 2 14-ounce cans of organic crushed tomatoes
- 4 cups dry lentils
- 1 tablespoon apple cider vinegar
- A dash of crushed red pepper
- Salt and pepper to taste

Directions

Place olive oil, onion, carrots, celery and sweet potato in a soup pot on medium heat and sauté until tender.

Once sautéed, add basil, kale and chard and cook until tender.

Add water, crushed tomatoes and lentils.

Bring to a boil, then reduce heat to low, cover and simmer for 1 hour.

Remove cover, add vinegar, crushed red pepper and salt and pepper to taste, stir and serve.



PHOTO COURTESY LEE COTTON

Nutrition Analysis: 470 cal, 9 g fat, 0 mg chol, 220 mg sodium, 74 g carbs, 15 g fiber, 28 g protein.

Recipe by Lee Cotton, founder and owner of Pilates and Your Palate in Stuart, Fla., Cotton, who has celiac disease, runs the website pilatesandyourpalate.com.

Cheesy Vegan Sweet Potato Soup

Serves 4

Vegan and corn, gluten, nut, soy and added sugar free.

Ingredients

- ½ cup quinoa
- ¼ cup extra-virgin olive oil
- 1 large white onion, diced
- 2 garlic cloves, peeled, chopped
- 4 cups gluten-free vegetable broth
- 2 large sweet potatoes, peeled and grated
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- 1 teaspoon sea salt
- ¼ teaspoon pepper

- 1 bag Go Veggie! Vegan Mexican Cheese Shreds
- ¼ cup parsley, finely chopped

Directions

Preheat oven to 375° F.

Cook quinoa on stovetop according to package directions.

Place a large stockpot over medium heat; add oil and onion. Sauté the onion until golden brown. Add the garlic; cook for another 3 minutes.

Pour in the vegetable broth and grated sweet potatoes; bring to a simmer and add cumin, chili powder, salt and pepper. Cook until sweet potatoes are tender. Then carefully

transfer mixture, in batches, to a food processor. Purée until smooth.

Return mixture to the pot on the stove over medium heat, adding in cheese and quinoa; cook until cheese is melted.

Serve warm with parsley.

Nutrition Analysis: 470 cal, 28 g fat, 0 mg chol, 1990 mg sodium, 48 g carbs, 4 g fiber, 7 g protein.

Recipe by Amie Valpone, a Manhattan-based personal chef, culinary marketing consultant, recipe developer and food writer who specializes in simple gluten-free recipes for the home cook. She blogs at thehealthyapple.com.