

Summer Vegetable Soup

Serves 6

2 Tbsp olive oil
2 yellow onion, roughly chopped
3 whole garlic cloves
2 carrots, cut into 1" pieces
2 potatoes, cut into 1" pieces
¼ lb green beans, cut into 1" pieces
2 med zucchini, cut into 1" pieces
½ small head of cabbage, cut into 1" pieces
¼ cup chopped fresh herbs
Salt and pepper to taste

This is a very versatile soup and any garden surplus can be used as a substitute for the above ingredients. Make sure to use assertive vegetables in your broth for more flavor.

To make this soup a bit hardier than a typical summer vegetable soup we made a broth of pureed vegetables rather than a stock.

In a soup pot just cover chunks of potato, carrot, onion, and whole garlic cloves with water and simmer until vegetables are fork tender. Puree or mash broth and season with salt and pepper to taste. More water may be added to thin broth. Briefly sauté remaining vegetables in olive oil and add to warm broth to finish cooking. Just before serving stir in chopped herbs and taste for salt and pepper.

Panzanella Bread, tomato, and olive oil salad

Serves 6

1¼ lb ripe tomatoes
1 large fennel bulb, thinly sliced
1 lb 2-day old rustic bread
4 Tbsp chopped fresh fennel (tops of bulb)
1 sweet red onion, thinly sliced (optional)
10 to 12 large fresh basil leaves, roughly torn
½ cup extra virgin olive oil
¼ cup red wine vinegar
Freshly ground black pepper to taste

Cut tomatoes into small cubes. Toss tomato with sliced fennel, onion, olive oil, and vinegar in a serving bowl and taste for salt and pepper. Cube or roughly tear bread into ¾ inch pieces. Mix bread into seasoned vegetables, add herbs, and toss to evenly distribute dressing. Taste for more salt and pepper and serve.

Salad is best if vegetables are at room temperature for assembly.

Zucchini Spice Bars

Makes 1- ½ sheet pan or 2- 8" by 8" pans

3 cups whole wheat pastry flour
2 tsp baking powder
1 tsp baking soda
1 Tbsp ground cinnamon
1 tsp ground nutmeg
½ tsp each ground cloves and ginger
1 tsp salt
2 cups brown sugar
4 eggs
Scant 2/3 cup vegetable oil
1 Tbsp vanilla
3 to 4 cups grated supper squash

Preheat oven to 350°.

Sift dry ingredients together. Beat together eggs, sugar, oil, and vanilla extract. Beat in dry ingredients and stir in grated squash. Pour into a greased ½ sheet pan and bake for approximately 20 minutes. 8" by 8" pans will bake for about 40 minutes.

1½ cups chocolate chips stirred into batter make a tasty addition.
