Earth Holder Community Compassionate Eating

March Featured Recipes

Golden Potato and Greens Soup

Ingredients

- ¼ cup extra-virgin olive oil, plus more for garnishing
- 2 medium leeks (white and green parts), finely chopped
- 4 garlic cloves, thinly sliced
- 2 pounds baby Yukon Gold potatoes, sliced into rounds (about ¼-inch thick)
- 2 teaspoons ground turmeric
- 1 teaspoon red pepper flakes
- Salt and black pepper
- 1 bunch Swiss chard, kale or mature spinach, stems removed, coarsely chopped but be sure the pieces aren't too large
- Coarsely chopped dill, for garnishing

1. Heat oil in a large pot over medium-high. Add the leeks and garlic and cook, stirring occasionally, until the leeks have softened but have not browned, 4 to 6 minutes. Add the potatoes, turmeric and red pepper flakes and season with salt and pepper. Using a wooden spoon, give the potatoes and leeks a good stir to coat them with the spices.

2. Pour 5 cups of water into the pot, season with more salt and bring to a simmer. Cook, stirring occasionally, until the potatoes are very soft and nearly falling apart, 25 to 30 minutes. Use the spoon to mash down a few of the potatoes to help them release their starch, which will thicken the soup and make it even more creamy. Throw in the Swiss chard and simmer until just wilted, 2 to 3 minutes. Taste and add more salt, if needed.

3. Ladle the soup into bowls. Scatter the dill over top, drizzle with oil and finish with a few cranks of pepper before serving.

--NYT Cooking

Spicy Black Bean Soup

One of the most popular recipes on NYT cooking, adapted here

Ingredients

- 4 (15-ounce) cans black beans or equivalent cooked dried beans with the cooking liquid.
- 2 (roughly 16-ounce) jars mild salsa verde (or 3½ cups homemade)
- 2 (4-ounce) cans chopped green chiles
- 2 tablespoons unsweetened cocoa powder
- 2 teaspoons ground cumin
- 2 teaspoons garlic powder
- ½c up chopped cilantro
- Salt and black pepper
- Any combination of lime wedges, sour cream, pickled red onions, vegan sour cream, tortilla chips and sliced avocado, radishes and fresh chiles, for topping

1. In a large pot, bring the beans, salsa, green chiles, cocoa powder, cumin and garlic powder to a boil over high heat.

2. Cover, reduce heat to medium, and simmer, stirring occasionally, until the beans flatten easily when smashed against the side of the pot, 7 to 10 minutes.

3. Use an immersion blender or potato masher to smash some of the beans until the broth is thickened to your liking, keeping in mind that the soup will also thicken as it sits.

4. Stir in the cilantro, then season to taste with salt and pepper if needed. Serve with desired toppings.

Yield: 6 to 8 servings (10 cups)

Pickled Red Onions

Ingredients

Yield: 2 cups (with pickling liquid)

- 1 large red onion
- 2 teaspoons kosher salt (such as Diamond Crystal)
- 2 teaspoons granulated sugar
- ¾ cup vinegar (white or red wine, distilled or apple cider)

1. Thinly slice the red onion by halving through the root and slicing in the same direction. Separate the slices by hand, as best you can, without getting too obsessive.
2. Place the onion slices in a heat-proof, wide-mouth jar or container (about 1 pint capacity). It might seem like they won't fit, but the onion slices will shrink as they pickle.
3. Add the salt, sugar, vinegar and ¼ cup water to a small saucepan. Heat over medium-high, stirring to dissolve the salt and sugar. As soon as the mixture comes to a boil, remove from the heat and pour half of the liquid over the onion, pressing down the slices with the back of a spoon. Add the remaining liquid, continuing to press down the slices.
4. Cover and give the jar a gentle shake. Set aside to pickle for about 30 minutes. Serve right away, or cool to room temperature and place in the fridge in the pickling liquid, covered, for up to 1 week.