

Stem Shell Soup

This Soup nourishes every cell in your body!
It utilizes stewardship, creativity, and health in the alchemy of soup!

VEGETABLE STOCK

Step I

Save all “discards” from prepping vegetables – I store mine in the freezer until soup making time. Save the “paper” from onions and garlic, as well as peel from lemon/citrus. Use only one or two peels per batch. Put ingredients in a big pot.

Fill pot 3/4 full of water so that all plant material is covered. Start on high heat until you have a rolling boil and then simmer for 20 minutes.

Add egg shells and approximately 1/3 cup vinegar of choice – I like Bragg’s Apple Cider Vinegar – The acid makes calcium bioavailable in broth. Simmer another 15 minutes.

Let cool. Strain out solids. Add Celtic Salt to taste.

You can freeze the Stock in freezer bags for future use. Freeze flat for efficient storage.

SOUP

Step II

In a large soup pot – Cover the bottom with olive oil; heat until you see oil smoking (smoke point 385°). Add diced onion. Sauté until transparent. Add other root vegetables (diced) and sauté until tender. [If you have less time add the stock and boil everything together – There is a subtle flavor difference so try both ways!

Add your greens toward the end and cook until you have the desired consistency. If you haven’t added stock yet, do it now – let it boil 10 to 15 minutes. You can add seeds (fennel, mustard, etc.) now.

Add spices that powdered or leaves last, and let steep with cover on after heat is turned off for maximum flavor.

FINISHING

Step III

This last phase determines the overall balance – flavor and consistency!

Finishing the soup is an artform. With practice, you can turn the most mediocre soup into something fantastic! Here are some tips on finishing your soup.

Tips for managing your soup’ consistency

If soup seems too thin –

- Add pulverized dried sassafras leaves (gumbo filé)
- Blend up several ladelfuls of the soup solids – Sometimes I like to blend up the whole soup – This makes it easy for elderly soup fans.
- Add arrowroot, cornstarch, Xanthum gum, tapioca, kudzu root to make a thicker base. You will need to experiment with each to comprehend the type of thickening each contributes.
- OIL – I use olive oil sometimes to give it more body and nutrition. Do so at the end so oil stays relatively stable.
- Blend up leftover pasta to thicken your soup.

If soup seems too thick –

- Add more stock, water, or watery vegetables – Squash, onions, etc.

If Soup is too:	Add:
Bitter	Sweet – Honey, Brown Sugar, Molasses
Sour	Bitter, Cream, Sweet
Sweet	Bitter, Sour

If Soup is too:	Add:
Hot/Spicy	Dairy, Cream, Sour Cream
Salty	Large quartered potatoes – Remove after several hours or overnight.

* Remember starches absorb flavor so don’t put too much in your soups

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TIPS FOR EASE, COMFORT, AND COMMUNITY

Host a KITCHEN PARTY

Invite friends over to help prep veggies. You can riff off of “Stone Soup” and assign different veggies to each participant, all prepare together, and share ingredients. It’s a great way to have variety without quantity.

SOUP GROUP

Have several friends who take care of the soup making on a given week. Share your creations. Rotate chefs on a weekly or monthly basis. Make your portion and extra quart jar for each member of the group. Four friends makes for one cook session for each per month, but new soup each week for all.

SHOPPING LIST

Green Onions
Parsley
Kale
Onions
Ginger
Carrots
Celery
Garlic
Vinegar
Celtic Sea Salt
Olive Oil
Dande-Greens
Greens
Spinach, Arugula, Etc.

OPTIONAL SHOPPING LIST

Turmeric
Horse Radish
Beans
Grains
Fennel Seed
Okra
Beets with Greens
Sweet Potato
Seaweed
Rosemary
Mustard Seeds



June Bradley is a culinary artist with years of herbal practice, commercial cooking, and nutritional consulting as avocations. She is a certified personal trainer through NASM and promotes health on all levels.

JE (aka Junebug) is available for consultations to:

- Organize your kitchen for cooking efficiency.
- Prep work and knife skills training.
- Structure your cook/prep time to fit into your schedule so weekday meals take less than 15 minutes to prepare.
- Consult re: Tools, cookware, and utensils to help you cook healthier and speedier.

Please call (828) 899-2787 or e-mail studibug7@gmail.com.