

Hearty Vegetable Soup with Pesto

2 tablespoons cold pressed sesame oil

1 large onion, diced

½ cup diced red bell pepper

2 large carrots, diced

1 leek, white and light part only, washed and diced

3 tablespoons garlic, minced

½ head green cabbage, thinly sliced

½ cup broccoli or cauliflower, cut into small pieces

1 herb bundle (6 springs flat leaf parsley, 6 sprigs thyme, and 2 bay leaves), tie all up in a string

6-8 cups homemade vegetable broth or chicken stock

Sea salt and pepper to taste

Grated Parmesan for garnish



In a large soup pot over medium heat, warm the oil. Add the onion, bell pepper, carrots, leek and garlic. Saute until the vegetables are tender.

Add the cabbage, broccoli, and the herb bundle. Slowly add the vegetable broth while heating the soup until the soup is thick with the vegetables, not watery. Season to taste with the salt and pepper.

Pour the soup into bowls and top with a spoonful of homemade pesto and grated Parmesan cheese.*



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**The pesto:*

6-8 large cloves garlic

2 large bunches basil leaves (about 4 cups)

½ cup pine nuts

Juice of ½ lemon

2/3 cup grated Parmesan cheese

1 cup extra virgin olive oil

1 teaspoon sea salt & twist of black pepper, to taste

In food processor, combine the garlic, basil, oregano, pine nuts, lemon juice, and the Parmesan. While food processor is on, slowly add the olive oil and keep mixing until mixture is very smooth, add more oil if necessary. Season with the salt and pepper. Use immediately or store in small jars with a little olive oil on top in the refrigerator for up to a week, or just freeze to be used later.

From Cuisine for Whole Health, by Pauli Halstead



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One-pot Chicken with Onions, Mushrooms, and Lightly Steamed Veggies

¼ cup butter (KerryGold is great, can be found at Trader Joe's)

1 onion, sliced

1 cup mushrooms, sliced

2-3 cloves garlic, minced

¼ cup Marsala wine (sweet cooking wine)

Celtic sea salt and pepper

4-8 chicken legs, skin on (free-range and organic)

Mixed vegetables, cut into bite size pieces



Preheat oven to 425 degrees.

Heat butter in a large saucepan, then sauté onions for 5-7 minutes, until soft and translucent, season with salt and pepper. Add mushrooms and garlic, cook for 3 minutes, then add Marsala wine, stirring for 4-5 minutes, until liquid is evaporated. Place chicken legs over mixture, coat with the Marsala sauce and season again with salt and pepper. Place in the oven at 425 degrees for 10 minutes, then reduce temperature to 350 degrees and continue to bake for 15 minutes. Remove pot from oven and place vegetables around the chicken, put back in the oven and cook 15 minutes more. Skin of chicken should be golden brown and vegetables soft. Remove from pot and pour onion and mushroom sauce over top and serve.

From Complete Guide to Real Food, by Rozlyn Mignogna



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