

Authentic Teaching Kitchen

10/5/2023

Rebecca Katz' Magic Mineral Broth (from her cookbook, *Clean Soups*)

Ingredients

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, cut into chunks
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam, quartered
5 unpeeled cloves garlic, halved
1/2 bunch fresh flat-leaf parsley
1 8-inch strip of *kombu**
12 black peppercorns
4 whole [allspice](#) or juniper berries
2 bay leaves
8 quarts cold, filtered water
1 teaspoon sea salt

**Kombu is a mineral-rich seaweed that also adds an umami or savory flavor. When kombu is simmered with beans, it helps reduce their gas-producing properties making them more digestible. Kombu is usually found in the Asian section of a grocery store near the nori (seaweed sheets) that are used for sushi.*

Preparations

Rinse all the vegetables well, including the kombu. In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Fill the pot with water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, and simmer, uncovered, for at least 2 hours. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Simmer until the full richness of the vegetables can be tasted.

Strain the broth through a large, coarse-mesh sieve (remember to use a heat-resistant container underneath), then add salt to taste.

Let cool to room temperature before refrigerating or freezing.

Prep Time: 10 minutes · Cook Time: 2 to 4 hours · MAKES 6 QUARTS

Storage: Store in an airtight container in the refrigerator for 5 to 7 days or in the freezer for 4 months.

Per Serving: Calories: 45; Total Fat: 0 g (0 g saturated, 0 g monounsaturated);
Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 140 mg

Latin American Chicken Soup with Greens

From Rebecca Katz *Clean Soups*

2 tablespoons extra-virgin olive oil
1 yellow onion, diced small
Sea salt
2 carrots, peeled and diced
2 celery stalks, diced
1 red bell pepper, seeded and diced
1 small jalapeño peppers, seeded and diced (about 2 teaspoons)
2 cloves garlic, chopped
½ teaspoon ground cumin
¼ teaspoon dried oregano
1 (14.5-ounce) can diced tomatoes
6 cups [Old-Fashioned Chicken Stock](#) , [Magic Mineral Broth](#) or store-bought broth
½ bunch Swiss chard, removed from the stem and thinly sliced (about 1 cup tightly packed)
1 cup thinly sliced cooked chicken
2 tablespoons freshly squeezed lime juice
2 tablespoons chopped fresh cilantro, for garnish
½ avocado, pitted and diced, for garnish

Heat the olive oil in a soup pot over medium-high heat, then add the onion, ¼ teaspoon salt, the carrots, celery, bell pepper, and jalapeños. Sauté the vegetables until they begin to soften, 3 to 5 minutes. Stir in the garlic, cumin, and oregano. Add the tomatoes with their juice, ¼ teaspoon salt, and cook for 1 minute. Add the chicken stock and bring to a boil. Reduce the heat to low, cover the pot, and simmer for 15 minutes. Stir in the chard and cook until it is just tender, about 1 more minute. Add the lime juice, ½ teaspoon salt, and chicken to the simmering soup. To serve, ladle the soup into bowls and garnish each with cilantro and avocado; or store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

cook note: If you do not have leftover chicken on hand, you can quickly poach two skinless boneless breasts. This method produces a delicate flavor by infusing the flavor of the liquid into the food. Season the breasts with salt and pepper. In a straight-sided skillet, bring 3 cups of stock to a boil over high heat. Add the chicken breasts, cover, and reduce the heat to low. The liquid should be just below the boiling point, with its surface barely quivering. Cook for 15 minutes, remove from the poaching liquid, and allow to cool. Then slice the chicken and add to your soup.

Lentil Soup

Recipe by Culinary Educator, Bill Nolan

Serves 4

Ingredients

1 large onion, chopped	1 1/2 C lentils, picked over and rinsed
3 medium carrots, peeled, halved lengthwise, and cut into 1/4-inch half-moons	1/2 teaspoon dried thyme
3 garlic cloves, minced	2 qt. Organic Chicken Bone Broth
2 T tomato paste	1 T red-wine vinegar
	Coarse salt and freshly ground pepper

Directions

In a Dutch oven, set heat to medium and add 2T olive oil until shimmering. Add onion and carrots; cook until softened, about 5 minutes. Stir in garlic, and cook until fragrant, about 30 seconds. Stir in tomato paste and cook for 1 minute. Add lentils, thyme, and broth. Bring to a boil; reduce to a simmer. Cover; cook until lentils are tender, 30 to 45 minutes. Stir in vinegar, 1 1/2 teaspoon salt, and 1/4 teaspoon pepper. Serve immediately.

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