

Sojourner's Soup

Please follow these ingredients and instructions exactly, as batches need to be consistent.

INGREDIENTS

About 8 quarts

- 4 c. chopped onion
- 3 Tbsp olive oil
- 6 medium cloves garlic, minced
- 2 ribs celery, finely chopped
- 4 c. peeled, diced sweet potatoes
- 2 tsp salt
- 4 tsp paprika
- 1/4 tsp cayenne
- 2 tsp turmeric
- 2 tsp dried basil
- 1/4 tsp cinnamon
- 2 bay leaves
- 2 qts water
- 2 cans cooked chickpeas (garbanzos), with their liquid
- 2 c. frozen green peas
- 2 Tbs. wheat-free tamari *

*If you do not have wheat-free, write a note. Kitchen staff will add. This will make this soup gluten-free.

PREPARATION (about 45 minutes)

1. Sauté onion, garlic and celery with the oil in the bottom of a large pot, until onions turn translucent and celery starts to soften (about 5 minutes). Do not brown.
2. Add sweet potato and all remaining ingredients *except frozen peas and tamari*. Bring to boil. Reduce heat, cover and simmer for 15 minutes.
3. Turn off the burner. Add the frozen peas.
4. Do not cook further. Allow to cool before transporting.

DELIVERY

- Label your kettle or pot with your name. Masking tape and permanent marker work well.
- Soups will be staged in the room behind the kitchen. Tell the kitchen staff when you drop yours off.
- Bring your soups between 7 am and 9 am on Saturday morning.
- If you must drop off your soup before Saturday, leave a note on the kitchen counter to tell us where to find it.