

I am (weirdly?) back in soup-mode these days. Usually that doesn't happen until later in September, but it's been cool compared to previous weeks this summer, and rainy (which is really needed!), and both things get me wanting to eat more soup. I was looking ahead to next week and looks like Vancouver will also be cool and rainy so maybe one of these soups appropriate?!

I like both with either some bread or wheat tortillas but they can both be eaten along with anything.

Green Chili - this is my favourite soup that I hardly have a chance to make these days, because my mom and dad can't handle spicy food so much anymore.

Olive oil

Potato

Garlic

Tomatillos

Green chilies (jalapeños, serrano, plábano, Anaheim, etc)

Hominy (1 large can)

Vegetable broth (2.5 C) - could use any kind

Cannellini beans

Cilantro

Onions (I usually use yellow or white for this)

Salt/pepper

Flour (for thickening)

Flour for thickening is optional, it's a hearty soup so not always needed. Pulse a bit at the end to crush the

tomatillos and mash a few of the potatoes and hominy.

Chickpea, Rice + Collard Soup - I love this soup, it's a goto for me. We eat lots of Collard greens in my fam, and this soup helps stew them to tender. Also, the soup thickens up over night and becomes more of a rice dish as a leftover.

2 small onions
Chili (flakes &/or pepper)
Olive oil
1.5 C arborio rice
Chickpeas (1 can)
Collard Greens (a bunch!)
Sea salt
1-2 lemons
Turmeric (a pinch)
Veggie broth (about 9 Cups)

Caramelize onion; stir in rice + broth; boil; simmer 20 minutes; add chickpeas + collard; add lemon juice + top with garlic chilli oil.