

## “Anything Goes” Curry Lemon Ginger Soup



*Chances are when we think of making soup, we think of standing in the kitchen all day, chopping and pre-cooking a LOT of vegetables, stirring, seasoning, tweaking to perfection, letting the ingredients simmer for hours on end before finally savouring. But, on a cold rainy day, sometimes you just need to have soup RIGHT THE EFF NOW. This throw-together recipe takes just about a half-hour to prepare and have ready to eat, depending on whatever quick, ready-to-use ingredients you have on hand. In this version, I used frozen bite-size butternut squash chunks and jarred organic minced ginger – both real time savers for busy #procrastimasters like you and me! Makes 6 large servings.*

### Ingredients:

- 1L prepared organic vegetable or mushroom broth + 2 cups warm water (OR 6 cups warm water and 1-1½ veggie bouillon cubes)
- 1 shallot or leek, chopped
- 1 medium organic sweet potato, diced (OR save bonus time with pre-diced or frozen chunks)
- ½ package (about 2 cups) fresh or frozen diced butternut squash chunks
- 1 Tbsp. organic jarred minced ginger OR 1 tsp. ground ginger
- 1 Tbsp. coconut aminos, optional, to taste
- 1 tsp. Bragg kelp seasoning or Herbamare, optional, to taste
- 1 Tbsp. mild curry powder\*
- Pinch cayenne pepper, to taste
- 1 can (16 oz.) organic BPA-free canned beans, like chickpeas, navy beans, or butter beans, drained and rinsed
- 3 heads baby bok choy, chopped (OR 1 large head baby bok choy; equivalent amount of green cabbage or collards would work too)
- Juice of 1 fresh organic lemon
- 1 can (8 oz.) full-fat coconut milk (\*I used Cha’s organic curry spiced coconut milk, eliminating the need to add extra curry powder)
- ½ bundle soba/rice noodles per serving (some brands like King Soba come 3 bundles to a package, so up to a whole package for the full pot) OR equivalent amount ready-to-eat shirataki “miracle” noodles, or spiralized fresh zucchini



Directions:

In a large stock pot over medium-high heat, start heating the veggie broth. While the broth is warming, chop up the shallot/leek and sweet potato. Toss into the pot, with squash chunks and spices (kelp, aminos, cayenne, ginger, curry). Stir and allow to reach boiling, about 7-10 minutes if using frozen veggies.

While you wait for the soup to start boiling, chop up the bok choy. Separate the stem pieces from the leaves. Toss the stem pieces into the soup and reserve the leaves for later. Add the beans as well. (Optional addition: this is also a good time to start boiling water for soba or rice noodles to pair with your soup if you desire.) Reduce heat to medium. Simmer about 5-10 minutes.

Once the sweet potato pieces start to get soft, add the bok choy leaves, lemon juice, and coconut milk. Stir and heat through.

Serve immediately, ladling into bowls over soba or rice noodles if you've prepared some. If you're feeling fancy, top with fresh chopped basil and cilantro, and peanuts or cashews.

If you're not serving up the whole pot in one day, portion out the rest into wide-mouth mason jars, perfect for work/school/dead-tired and lazy meals for the next couple of days. Add or prepare noodles and toppings fresh as needed, unless you don't mind if they get soggy and fall apart a bit.

Save even more time: Omit sweet potatoes and squash, which do take a fair bit of time to cook through. Add chopped mushrooms, bell peppers, and frozen broccoli florets, OR use your favourite fresh or frozen stir-fry vegetable medley, instead. Even better: if you have one of these miracle Instant Pot contraptions, throw everything in there and have it all ready in even less time.