

North Carolina Vegetable Growers Recipe Challenge Sunday, October 15, 2017

Third Place: Genna Preston, Raleigh

Spicy Curry Farmer's Market Soup

8 cups chicken stock (vegetable stock for a vegetarian friendly recipe)
2 small yellow onions, diced
4 cloves garlic, diced
2 large red or yellow peppers, chopped
2 large carrots, chopped
½ medium cabbage, chopped into small pieces
3 large zucchini, Zoodle spiral or chopped
2 cans chick peas /garbanzo beans, drained
4 Tbsp. olive oil
3 Tbsp. curry powder (yellow)
2 Tbsp. cumin powder
1 ½ tsp. Cajun seasoning
½ tsp. cayenne pepper (optional for less heat or to taste)
½ tsp. coriander powder
½ tsp. ginger powder
Salt and pepper to taste

Add olive oil to a pot and turn heat to medium. Add onions and garlic and cook till translucent. Then add peppers and reduce heat to low. While they are cooking, add the curry, cumin, Cajun, cayenne, coriander, ginger and 2 pinches of salt. Mix the seasonings into the peppers and onions ensuring they are all coated evenly. Next, add the carrots, cover and cook for about 5 minutes.

If you chop your zucchini, cut cabbage into thin strips. Add zucchini and stock to the mixture, cover and bring to a boil. Once your soup has come to a boil, add the cabbage and reduce heat to low. Add chick peas to the soup.

Zucchini options: you can either Zoodle Spiral or chop your zucchini and add it to the soup. Reduce heat and let soup simmer on low. The soup can be served now however, the longer you let it simmer, the longer the flavors have to develop and evolve. I usually let mine simmer for an hour and then let it sit for 30 minutes with the heat off.

Serving suggestions: Bread bowls are a great way to serve this hearty vegetable soup. The bread helps cut the heat while absorbing all of the delicious flavors. The best part is; there are no extra dishes to clean.

Toppings (optional): chopped peanuts to add a nice crunch and flavor punch.