**Curried Ginger Carrot Soup**

**YIELD** 4 AS AN APPETIZER, 2 AS A MAIN
**PREP TIME** 10 MINUTES
**COOKING TIME** 20 MINUTES

**INGREDIENTS**

- 3 MEDIUM TO LARGE CARROTS, PEELED & CUT INTO ½ INCH DICE
- 1 MEDIUM YELLOW ONION, DICED
- 1 ½ INCH PIECE FRESH GINGER, MINCED
- 2 CUPS LOW-SODIUM CHICKEN OR VEGETABLE STOCK
- 2 TEASPOONS CURRY POWDER
- 1 TEASPOON KOSHER SALT
- ¼ TEASPOON CAYENNE PEPPER

**Directions**

Place the diced carrots, onion, ginger, chicken stock, curry powder, salt and cayenne pepper in the soup maker. Place the cover on top and press the soup button.

Once the machine has finished cooking the soup, carefully remove the top of the machine and give the soup a quick stir. Taste and adjust any seasoning as necessary. Serve hot with a garnish of parsley on top.
YIELD 4 SERVINGS APPETIZER, 2 AS A MAIN
PREP TIME 10 MINUTES
COOKING TIME 20 MINUTES

INGREDIENTS

1 MEDIUM YELLOW ONION, DICED
2 GARLIC CLOVES, MINCED
1 – 28 OUNCE CAN WHOLE PEELED TOMATOES
2 CUPS LOW-SODIUM CHICKEN OR VEGETABLE STOCK
2 TEASPOONS FRESH THYME
1 TEASPOON KOSHER SALT
1 TEASPOON BLACK PEPPER
½ CUP HEAVY CREAM
OPTIONAL: CROUTONS TO GARNISH

Cream of Tomato Soup

Directions
Place the diced onions, garlic cloves, whole peeled tomatoes and their juices, chicken stock, thyme, salt and pepper in the soup maker. Place the cover on top and press the soup button.

Once the soup has finished cooking, remove the cover, give the soup a stir and add in the heavy cream. Taste and adjust seasoning as necessary. Ladle into bowls and top with croutons.
Roasted Butternut Squash Soup

**YIELD** 4 AS APPETIZER, 2 AS MAIN
**PREP TIME** 50 MINUTES
**COOKING TIME** 20 MINUTES

**INGREDIENTS**
- 1 SMALL BUTTERNUT SQUASH
- 1 MEDIUM YELLOW ONION, DICED
- 1 TEASPOON FRESH THYME
- 2 CUPS LOW-SODIUM CHICKEN OR VEGETABLE STOCK
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON BLACK PEPPER
- ¼ CUP HEAVY CREAM
- 2 TABLESPOONS PEPITAS FOR GARNISH

**Directions**
Heat your oven to 400˚ and line a rimmed baking sheet with parchment paper. Cut your butternut squash in half lengthwise and place on the baking sheet, cut side down. Roast for 35-40 minutes or until the squash is tender.

Let cool for about 10 minutes and then scoop out the flesh of the squash, removing the seeds first and placing it into the soup maker. Add in the diced onion, fresh thyme, chicken stock, salt and pepper. Place the cover on top of the soup maker and press the soup button. Once the soup maker has finished cooking, carefully remove the cover, give the soup a stir, taste and adjust the seasoning as necessary.

Ladle the soup into 4 bowls, top with ½ tablespoon of pepitas and drizzle 1 tablespoon of heavy cream in each bowl.
YIELD 4 AS APPETIZER, 2 AS MAIN
PREP TIME 20 MINUTES
COOKING TIME 15 MINUTES

INGREDIENTS

1 SLICE COUNTRY-STYLE BREAD, CRUSTS REMOVED
1 ½ LBS FRESH TOMATOES ON THE VINE,
SEEDED AND CHOPPED
½ ENGLISH CUCUMBER, PEELED, SEED AND CHOPPED
2 GARLIC CLOVES, MINCED
½ CUP EXTRA VIRGIN OLIVE OIL
2 TABLESPOONS SHERRY VINEGAR
1 CUP WATER
1 TEASPOON KOSHER SALT

For Garnish:
½ CUP CHOPPED TOMATOES
½ CUP CHOPPED CUCUMBER
EXTRA VIRGIN OLIVE OIL
CROUTONS (OPTIONAL)

Gazpacho

Directions
Soak the bread in a small bowl for about 15 minutes, squeeze out the water and place in the soup maker. Add in the diced tomatoes, cucumbers, garlic, extra virgin olive oil, sherry vinegar, water and salt.

Place the cover on top and press the fruit/vegetable button. Once the soup maker has stopped, remove the lid and pour the soup through a fine mesh sieve fitted over a large bowl. Discard any solids. Place the bowl in the refrigerator for about 2-3 hours or until thoroughly chilled.

Serve the soup cold with the garnishes, and a drizzle of extra virgin olive oil in each bowl, as well as a healthy dose of black pepper.
**YIELD** 4 AS APPETIZER, 2 AS MAIN  
**PREP TIME** 20 MINUTES  
**COOKING TIME** 20 MINUTES

**INGREDIENTS**

- 3 EARS FRESH CORN
- 1 MEDIUM YELLOW ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 2 CUPS CHICKEN STOCK
- 1 TEASPOON FRESH THYME
- 1 TEASPOON KOSHER SALT
- 1 TEASPOON BLACK PEPPER
- DASH OF HOT SAUCE (OPTIONAL)
- 4 STRIPS THICK CUT BACON, COOKED AND CHOPPED
- CHIVES FOR GARNISH

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**Corn and Bacon Bisque**

**Directions**

Using a sharp knife, cut the kernels from the corn and add all but ¾ cup to the soup maker. Add in the diced onion, garlic, chicken stock, thyme, salt and pepper. Place the cover on the soup maker, press the soup button and cook. While the soup is cooking, in a small skillet with a little bit of oil, cook the remaining corn kernels for about 2-3 minutes, stirring to make sure they don’t burn and set aside. Once the soup has finished cooking, stir and taste to adjust seasoning as necessary. If using the hot sauce, stir it into the soup.

Divide the soup between 4 bowls, topping with the reserved corn kernels, chopped bacon and chopped chives. Finish with fresh cracked black pepper on top.
Chicken Tortilla Soup

**YIELD** 2 SERVINGS  
**PREP TIME** 20 MINUTES  
**COOKING TIME** 20 MINUTES

**INGREDIENTS**

1 POBLANO PEPPER  
1 CUBANELLE PEPPER  
1 MEDIUM YELLOW ONION, DICED  
2 GARLIC CLOVES, MINCED  
2 TABLESPOONS ADOBO SAUCE FROM CHIPOTLE PEPPERS IN ADOBO  
1 – 28 OUNCE CAN FIRE ROASTED TOMATO  
1 ½ TO 2 CUPS CHICKEN STOCK  
1 TEASPOON KOSHER SALT  
1 TEASPOON BLACK PEPPER  

1 LB BONELESS, SKINLESS CHICKEN THIGHS, COOKED  
1 AVOCADO, SLICED  
1 LIME, QUARTERED  
½ CUP OAXACA OR MEXICAN STRING CHEESE, CUT INTO ½ INCH DICE  
TORTILLA CHIPS OR STRIPS  
2 TABLESPOONS FRESHLY MINCED CILANTRO

**Directions**

Line your broiler sheet with aluminum foil and place the poblano and cubanelle pepper on the sheet. Place under the broiler and roast until all sides are charred (about 5 minutes total). Remove and place in a zip-top bag for about 2 minutes to steam. Carefully remove the peppers from the bag and peel off the skin and remove the seeds from inside the peppers. Roughly chop and place in the soup maker.

Add in the diced onion, garlic, adobo sauce, and tomatoes from the can, leaving the juice behind (save for another use). Pour in the chicken stock until you reach the fill line in the soup maker and then season with salt and pepper. Place the cover on top and press the soup button. While the soup is cooking, prepare the soup toppings.

Once the soup has finished, carefully remove the lid and give the soup a stir – it will be very thick. If you prefer a thinner soup, stir in another ½ cup to 1 cup of warm chicken stock. Taste and adjust seasoning as necessary. Divide the soup between 2 or 4 bowls and top with pieces of chicken, avocado, cheese and tortilla chips. Sprinkle cilantro on top and garnish with a wedge of lime.
Steel Cut Oatmeal

**YIELD** 2 SERVINGS  
**PREP TIME** 5 MINUTES  
**COOKING TIME** 25 - 30 MINUTES

**INGREDIENTS**

- 1/2 CUP STEEL CUT OATS (NOT QUICK COOKING)  
- 3 CUP WATER

**Optional Toppings:**  
FRESH FRUIT  
(CHERRIES, RASPBERRIES, APPLES, STRAWBERRIES, ETC.)  
CINNAMON, BROWN SUGAR, BUTTER

**Directions**

Place the steel cut oats, water and a pinch of salt in the soup maker and place the cover on top. Press the porridge button and cook. When the oats are finished cooking, remove the cover and give it a stir—the oatmeal will still look a bit watery. Replace the cover but keep the power off, and let it sit covered for about 10-15 minutes to thicken up.

During this time, prepare the topping for the oatmeal. After about 10-15 minutes the oatmeal should be nice and thick.

Spoon into bowls and top with desired toppings.
Rice Pilaf

Directions
Place the onion, garlic, rice, water, salt and pepper in your soup maker. Place the cover on top and press the rice paste button to begin cooking.

Once the rice has finished cooking, turn the machine off but do not remove the cover. Let the rice sit for about 10 more minutes. After 10 minutes remove the cover and fluff up the rice with a spoon.

Take a small taste of the rice and if necessary adjust seasoning.

Pour into a serving dish and top with the chopped almonds and parsley.
YIELD MAKES ABOUT 3 CUPS ALMOND MILK
PREP TIME 20 MINUTES + OVERNIGHT SOAK
COOKING TIME 20 MINUTES

**INGREDIENTS**

- 1 CUP RAW ALMONDS
- 4 CUPS WATER
- 1 TEASPOON PURE VANILLA EXTRACT

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**Almond Milk**

**Directions**

Place the almonds in a medium bowl and cover with water. Cover the bowl and let the almonds soak for at least 8 hours or overnight. Drain the almonds and place in the soup maker, fill with 4 cups of water and place the cover on top.

Press the soymilk button to start the machine. Once the machine has finished running, carefully remove the lid and pour the puree into a large bowl fitted with a fine mesh sieve. Push the almond pulp through the sieve to drain out the milk.

If desired, you can run the milk a second time through cheesecloth or a nutmilk bag for a finer strain. Once the almond milk has been strained and the residue discarded, stir in the vanilla extract. Transfer the almond milk to a glass jar or bottle and refrigerate. Almond milk will stay good for about 1 week in the refrigerator. If it begins to separate, just give it a shake before drinking.
Kiwi Watermelon Smoothie

**YIELD** 4 SERVINGS  
**PREP TIME** 10 MINUTES  
**COOKING TIME** 5 MINUTES

**INGREDIENTS**

- 2 HEAPING CUPS CHOPPED WATERMELON  
- 2 KIWIS, PEELED AND SLICED  
- ½ CUP RASPBERRIES  
- 1 CUP ORANGE JUICE

**Directions**

Place the watermelon, kiwi, raspberries and orange juice in the soup maker. Place the cover on top and press the fruit/vegetable button. Once the machine has stopped running remove the cover and pour the smoothie into a pitcher.

Place in the refrigerator for 1-2 hours or until completely chilled and then serve.