

Natural Healing Express Weekly

Column 206 Fresh Soups

As we are still formulating our press release and fall schedule, we have been asked to bring some fresh soups as we work on the menu before we open our new café. We are still hammering out what is going to work best for a simple and fresh menu and soup seemed like a great suggestion to go along with our healing broth, protein drinks, natural energy drinks and healthy nuggets.

This is an oldie but goodie that we make quite often and will definitely be on the menu.

MISO SOUP – Ingredients = 4 cups water, 2 teaspoons dashi (granules) 6 oz. of silken bean curd, 4 shitake mushrooms (sliced) 4 tbsp. miso paste, 2 scallions (chopped)

Put the water in a large pan with the dashi granules and bring it to a boil. Add the bean curd and mushrooms reduce the heat, simmer for 3 minutes. Stir in the miso paste and simmer gently, stirring until it is dissolved.

Add the scallions and serve immediately. If you leave the soup, it will settle, so give the soup a stir to recombine the ingredients. This recipe serves four.

This is another fall favorite and we have a few versions of this one depending on who is in the kitchen.

TUSCAN BEAN SOUP – Ingredients = 10 ½ ounce cannellini beans, rinsed and drained, 10 ½ ounce cranberry beans, rinsed and drained, 2 ½ cups of chicken stock (you can substitute with vegetable if you would like) 4 oz. dried conchigliette or other small pasta shapes, 4 tbsp. olive oil, 2 garlic cloves, chopped 3 tbsps. chopped fresh parsley, sea salt and pepper to taste.

Place half of the cannellini and half the cranberry beans in a food processor with half the chicken stock and process until smooth. Pour into a large, heavy bottom pan and add the remaining beans. Stir in enough of the remaining stock to achieve the consistency you like, and then bring to a boil.

Add the pasta and return to a boil then reduce the heat and cook for 15 minutes or until tender.

Meanwhile, heat 3 tbsps. of the oil in a small skillet. Add the garlic and cook, stirring constantly for 2-3 minutes, or until golden. Stir the garlic into the soup along with the parsley.

Season to taste with sea salt and pepper and ladle the warm soup into bowls. Drizzle with the remaining olive oil and serve immediately.

Natural Healing Express will be open every Wednesday, including this week - Wednesday, September 23 from 10:00am to 8:00. We are open by appointment only at other times. If you would like to schedule something other than Wednesdays, please call 815 990 8732, or text 317 409 1500.

Although our retail products will still be available, we are reducing the retail times and returning to our original concept of providing great nutritional consultations with Dr. Schafer.

Our café will be opening soon and you will be the first to know.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express