

Gypsy Soup



I have been making this soup for over 20 years. It is a modified version of Molly Katzen's Gypsy Soup from the Moosewood Cookbook. It is a very forgiving recipe. My version calls for green beans and zucchini and butternut squash, but, as in her recipe, the green and yellow veggies can be swapped for others or combined (think, broccoli, zucchini, green peppers, snap peas, green peas, sweet potatoes, carrots). I have used all of them over the years and it always turns out great. I usually double (or triple) the recipe so I have some for dinner, some for the week and some to give away.

Ingredients:

- 1 15 oz can diced tomatoes
- 2 Tb olive oil
- 1 Cup chopped onion
- 2 medium garlic cloves crushed
- 1 stalk of celery chopped finely
- 2 cups peeled diced butternut squash
- 1 tsp salt 2 tsp paprika
- 1 tsp turmeric
- 1 tsp basil
- 1/8 teaspoon cinnamon
- 1/8 teaspoon cayenne pepper
- 1 bay leaf
- 1 Cup sliced/chopped zucchini
- 1 Cup bite size snapped green beans
- 1 ½ cups cooked chickpeas
- 3 Cups of vegetable broth
- Salt and Pepper to taste (optional)
- Chopped parsley for garnish (optional) – you can also add ½ cup chopped parsley to the onion and garlic mixture at the beginning if you have it.

Heat olive oil in soup pot or Dutch oven. Add onion, garlic, celery and sauté over medium heat till slightly softened, add squash and sauté for a few more minutes. Add salt, seasoning, canned tomatoes with liquid and broth, cover and simmer for about 10 minutes, till squash is just barely tender.

Add chickpeas and zucchini and green beans. Cover and simmer till all the vegetables are as you like them, best to undercook a tiny bit.

I like to cook till this point and then shut it off leaving it covered on the stove for a few hours for the flavors to meld. When ready to serve, reheat, adjust seasonings and top each bowl with chopped parsley if desired.