



**Seasonal Eating Demo with Carol Muncer  
Open Farm Day – September 7<sup>th</sup>, 2024**

**Community Harvest Soup (Serves 4-8)**

- ½ cup dry beans (1 can or 1 ½ cups cooked)
  - 2 medium carrots, chopped
  - 2 medium potatoes, diced
  - 1 large onion, chopped
  - 1 cup squash, diced
  - 1 cup chopped kale or Swiss chard
  - ½ cup corn kernels and/or peas
  - ½ cup snap beans, chopped
  - 2 cloves garlic, minced
  
  - 1 tablespoon olive oil (optional, for sautéing vegetables)
  - 1 tablespoon tomato paste
  - 1 tsp dehydrated mushrooms (optional for extra umami)
  - ½ teaspoon dried thyme
  - ½ teaspoon dried rosemary
  - Celery leaf or parsley seed
  - Salt and pepper to taste
  - 10 cups of water (adjust for desired consistency) plus 3-4 tablespoons powdered vegetable stock mix or equivalent in veggie stock purchased from the store
1. Soak the dry beans overnight in plenty of water.
  2. Drain and rinse the soaked beans. Cook in fresh water 1 to 1 ½ hours until tender
  3. While the beans are cooking, chop all the vegetables as specified.
  4. Sauté the onions, garlic, carrots until the onions are translucent and fragrant, about 5-7 minutes.
  5. Add to a pot along with the remaining ingredients
  6. Bring the soup to a boil, then reduce the heat and let it simmer for 45 minutes to 1 hour, or until all the vegetables are tender. Optional use immersion blender on half of the soup.