

Adventist Vegetable Soup

Portion Size: 1 cup

Yield: 12 servings



4 carrots, diced
4-6 stalks celery, diced
1 big handful diced shallots
½ cup of sliced peppers (red, yellow)
2 tablespoons olive oil
4 potatoes, large dice
4 sprigs thyme
4 sprigs oregano
1 teaspoon of vegetable base
½ cup of carrot juice
12 cups vegetable broth
Large handful of lentils and/or brown rice
1 tangerine or small orange (1/2 zest, and all juice)
Handful chopped flat leaf parsley (optional)



1. Sauté carrots, celery, shallots, and peppers in 2 tablespoons of olive oil for about 3 minutes.
2. Add broth and all other ingredients except for citrus and parsley.
3. Turn up heat to boil and turn down to low-med to simmer. Simmer for 45-50 minutes.
4. Finish by squeezing in citrus juice and zest and parsley (if using).

Note: Customize this soup as you like! You can replace the lentils and/or brown rice with tofu or cooked grains or whole wheat pasta towards the end of cooking time.

Food by FLIK

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Food by FLIK

White Bean Posole Verde

Portion Size: 1 cup

Yield: 4 servings



2 poblano peppers (roasted)
3/4 pound tomatillos, outer husk removed (roasted)
1-2 jalapeños (roasted)
2 Tbsp olive oil or grape seed oil
4 cloves garlic, minced
1/2 medium white or yellow onion, diced
• 4 cups vegetable broth
1 15-ounce can white or butter beans, rinsed + drained
1 15-ounce can hominy or yellow corn, drained
sea salt + black pepper, to taste



1. Heat large pot or saucepan over medium heat. Once hot, add oil, garlic, and onion. Sauté, stirring frequently, until soft and translucent. Combine roasted peppers and tomatillos with garlic and onion in blender. Blend/purée until semi-fine consistency is achieved.
2. Add mixture back to pot over medium heat. Add vegetable broth, beans, and corn or
3. Bring to a simmer, then cover, reduce heat to low and continuing simmering until beans have absorbed flavor of the broth—at least 15 minutes.

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Minestrone Soup

Portion Size: 1 cup

Yield: 4 servings



- 1/2 cup dried peeled fava beans
- 1/2 cup dried cranberry beans
- 1/3 cup dried chickpeas
- 7 tablespoons extra-virgin olive oil
- 1 medium yellow or white onion, chopped
- 2 medium carrots, peeled and chopped
- 2 medium celery stalks, chopped
- 2 teaspoons minced garlic
- 1 (28-ounce) can crushed tomatoes
- 3 medium yellow potatoes, peeled and diced
- 1 1/2 cups chopped fennel
- 1/4 cup loosely packed fresh Italian flat-leaf parsley leaves, chopped
- 2 tablespoons chopped fresh basil leaves
- 2/3 cup of Israeli couscous, or acini di pepe pasta
- 1/2 teaspoon salt and freshly ground black pepper
- 1 cup finely grated pecorino Romano



1. Soak the beans, cranberry beans, and chickpeas in water for at least 8 hours, Drain, Rinse well.
2. Warm 3 tablespoons of the olive oil in a large soup pot set over medium-high heat. Sauté in olive oil the onion, carrots, and celery; until soft but not browned, Add the garlic and cook until fragrant
3. Stir in the tomatoes, potatoes, fennel, parsley, and basil, as well as the drained beans and chickpeas. Add enough water (6 to 8 cups) so that everything is submerged by 1 inch.
4. Bring to a full boil. Reduce the heat to low and simmer slowly, uncovered, until the beans are tender, adding more water as necessary if the mixture gets too thick, about 1 1/2 hours.
5. Stir in the pasta, salt, and pepper. Add up to 2 cups water if the soup seems too dry. Continue simmering, uncovered, until the pasta is tender, about 10 minutes.
6. Top with olive oil and grated cheese

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Food by FLIK

Ikarian Chunky Vegetable Stew

Portion Size: 1 cup

Yield: 4 servings



2 tablespoons extra-virgin olive oil
2 medium yellow or white onions, chopped
1 pound fresh green beans, trimmed
3 medium red potatoes, quarter (do not peel)
3 medium zucchini, cut
3 medium tomatoes, coarsely chopped
1 cup corn (fresh or frozen)
1 medium eggplant, stemmed and cut
½ teaspoon salt
3 Italian sweet long peppers, chopped

1. Warm the oil in a large pot or Dutch oven set over medium heat. Add the onions and cook, stirring often, until soft but not brown, about 8 minutes.
2. Stir in the green beans, potatoes, zucchini, tomatoes, corn, eggplant, and salt. Put the long peppers on top. Pour 1 cup water over the vegetables.
3. Bring to a simmer, then reduce the heat to low, cover, and cook, shaking the pan frequently without stirring, until the vegetables are tender, about 45 minutes. Drizzle with olive oil as a garnish to serve

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Food by FLIK

Miso Soup with Vegetables

Portion Size: 1 cup

Yield: 4 servings



- 3 tablespoons miso paste
 - 1 ½ tablespoons unseasoned rice wine vinegar
 - 1 large garlic clove, peeled
 - 1 ½-inch fresh ginger piece, peeled
 - ½ pound firm tofu, cut into ½-inch cubes
 - ¼ pound fresh shiitake mushrooms caps, thinly sliced
 - 2 cups pea shoots (about 3 ounces), roughly chopped
 - 6 medium scallions, trimmed and thinly chopped
 - 2 teaspoons toasted sesame oil
 - 1 teaspoon soy sauce
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1. Put the miso, rice vinegar, garlic, ginger, and 1 cup water in a food processor or a large blender. Cover and process or blend until smooth, scraping down the inside of the canister at least once.
2. Stir the miso mixture into 4 additional cups water in a medium saucepan. Add the tofu, mushrooms, pea shoots, and scallions; bring to a simmer over medium heat, stirring often. Reduce the heat to low and simmer, uncovered, for 5 minutes. Turn off heat and stir in the sesame oil and soy sauce before serving.

Tip: Substitute baby spinach or stemmed watercress for the pea shoots

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