

Meme's Gypsy Soup (revised from Moosewood's)

8 servings

Ingredients:

1/2 Cⁱ olive oil

4 C chopped onion

4 large cloves minced garlic

2 C peeled & chopped Satsuma (Japanese or Korean) sweet potatoes. The more common orange sweet potato may be substituted.ⁱⁱ

2 C peeled & chopped Kabocha (Japanese winter squash). Acorn squash or any other autumn squash may be substituted.ⁱⁱⁱ

2 T paprika

1 T turmeric

1 T basil

1 t cinnamon

½ t cayenne (less or more to taste)

2 t salt

2 large bay leaves

1 1/2 C diced celery

2 C chopped sweet red or yellow peppers

One 28oz can of diced tomatoes

4 C drained chickpeas

6 C chicken or vegetarian stock

2 T tamari or soy sauce

Directions

1. Saute onion, garlic in olive oil for about 5 min.

2. Add sweet potatoes and kabocha and stir for about 5 more min.
3. Add seasonings except for tamari, and cook for another 5 min.
4. Add the stock and heat to simmer.
5. Add celery, sweet red bell peppers, tomatoes, chickpeas, and cook until potatoes and squash pieces are tender but firm.
6. Add tamari/soy sauce.
7. Taste and add salt if necessary.

(Sprinkle basil leaves and serve the soup with cornbread or crusty harvest bread.)

ⁱ C=Cup, T=Tbsp, t=Tsp

ⁱⁱ Satsuma sweet potatoes have purple skin and yellow flesh, which is sweeter and less stringy than the usual orange sweet potato.

ⁱⁱⁱ Kabocha squash has a very hard skin and may be hard to cut, but it softens in the cooking process.