

Southwestern Vegetable Soup

1 tablespoon olive oil
¼ pound smoked sausage
1 small onion, diced
1 small bell pepper, diced
½ stalk celery, diced
2 cloves garlic, minced
1 teaspoon cumin powder
1 teaspoon paprika
1 cup petite diced tomatoes, with juice
2 to 3 cups vegetable stock
½ cup black beans
½ cup frozen corn
½ cup cooked orzo
Salt and pepper

1. Add oil to a saucepan and place over medium-low heat. Cook sausage until browned.
2. Add the onions, peppers and celery.
3. Cook vegetables until softened but not browned, about 6 to 7 minutes.
4. Add the garlic and spices; cook 1 minute more.
5. Add the tomatoes and stock.
6. Bring to a simmer and cook until vegetables are tender.
7. Add beans, corn and orzo; cook until heated through.
8. Season with salt and pepper.

Romaine Salad with Sherry-Orange Vinaigrette

Dressing

1 teaspoon sherry vinegar
1 teaspoon orange juice
1 teaspoon honey
¼ shallot, minced
1 small clove garlic, minced
½ teaspoon dijon mustard
6 tablespoons olive oil
Salt and pepper

Salad

2 cups chopped romaine
1 tomato, diced
¼ English cucumber, diced
¼ small onion, thinly sliced
Croutons

1. Add vinegar, orange juice, honey, shallot and garlic to a bowl, whisk until smooth.
2. Slowly whisk in olive oil.
3. Season with salt and pepper.
4. Transfer dressing to a small cup.
5. Add salad ingredients to bowl; toss with dressing.
6. Season with salt and pepper.

Vegetable Stir Fry

1 tablespoon mirin
1 tablespoon water
1 tablespoon soy sauce
2 teaspoons brown sugar
½ teaspoon sambal paste

2 teaspoons vegetable oil
¼ red onion, diced
½ red pepper, diced
¼ cup shredded cabbage
¼ cup shredded carrot
¼ cup mushrooms, stemmed & sliced
½ zucchini, cubed
½ yellow squash, cubed
1 clove garlic, minced
1 teaspoon fresh ginger, minced

1. In a small bowl combine the mirin, water, soy, brown sugar and sambal. Set aside.
2. Preheat a wok over medium
3. Add oil; heat until shimmering.
4. Add onion and pepper, cook until just tender.
5. Add mushrooms, cabbage and carrots; stir-fry just until just tender.
6. Add zucchini and yellow squash; stir-fry until just tender.
7. Add garlic and ginger and cook until fragrant.
8. Add soy mixture to pan, bring to a boil and cook until vegetables are glazed.