



River Recipes

All the ingredients found in these delicious recipes can be found at your local Weis Market – Where Freshness Matters.



“Soup is the song of the hearth... and the home.”

Louis P. De Gouy, **The Soup Book** (1949)

Food is consistent, dependable, and comforts the soul. My favorite memories include sharing meals with family and friends – I remember the laughter and sometimes- what we had for dinner....

In times such as these, here are some easy recipes that you can use while you create happy memories with your loved ones...and get you back to the party.

You can take every day ingredients from the grocery store or your own garden and make them sing.... plus...they are very healthy and can be made the day before your party or gathering....

Pea Mint Soup

3 Tbsp olive oil or canola oil
4 green onions, chopped
½ cup onions, diced
3 cloves garlic, minced
3 cups fresh baby peas or English peas
4 cups vegetable stock
Salt and pepper to taste
Mint leaves, fresh-add more or less to taste

Sauté onions and garlic together in oil. Add green onions, peas and stock. Cook until you reach a boil, reduce to a simmer for 5 more minutes. Remove from heat. Add mint leaves and puree with hand blender or food processor. Add salt and pepper to taste. This soup will keep in your refrigerator for about 4-5 days. It also freezes very well.

Green Goddess Soup

1 cup of seedless grapes
2 avocados, chopped
1 bunch parsley, rinsed and stemmed
1 green pepper, chopped and seeded
1 lime, juiced and zested
2 cucumbers, peeled, seeded, and diced
3 green onions
2 cloves of garlic
Mint leaves (optional)
2-3 cups of white grape juice or vegetable stock
Salt and white pepper to taste

Puree all ingredients in a food processor or with a hand blender. Chill and serve immediately. If you like it spicy, add the following: cayenne pepper, curry powder or paste, or a jalapeño pepper. Toppings: Crab meat, baked tortilla strips, chopped cucumbers, roasted chicken or just about anything that you like. This makes an elegant first course or you may serve this as a refreshing side to a salad for lunch. Either way it's a winner!

Curried Carrot Soup

4 cups of vegetable stock
3 cups of carrots, diced
3 stalks of celery, diced
1 medium onion, diced
3 Tbsp fresh ginger, grated
1 cup of soy milk or coconut milk
Salt and pepper to taste
Curry powder to taste
4 Tbsp of canola oil

Sauté carrots, celery and onions together in oil until well caramelized and starts to gently turn brown. Stir in vegetable stock, ginger and curry powder. Simmer until vegetables are soft and tender. Pour in soy milk or coconut milk. Bring to a boil then remove from heat. Puree all ingredients in a food processor or with a hand blender. Adjust seasoning to your tastes.

Variation: Roast one cup of butternut squash and/or bake two sweet potatoes. Add them to the carrot soup mix and puree. Add enough stock to create the consistency that you like...maybe another cup of stock or simply water will do the trick. Enjoy!

Soup Quotes:

"Good manners: The noise you don't make when you're eating soup."
Bennett Cerf, humorist, publisher (1898-1971)

"I live on good soup, not on fine words." - Moliere

Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavor.-Marge Kennedy

When I was having that alphabet soup, I never thought that it would pay off. -Vanna White

"Soup puts the heart at ease, calms down the violence of hunger, eliminates the tension of the day, and awakens and refines the appetite."- Auguste Escoffier