

# Free Soup for Fall and Winter

By Robin W. Stephens winner of the Grow Network writing contest 2015

*(Modified for the Peak Frequency Community)*

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Free Soup can be the everyday cook's way of having free meals a few times a month. And, if you have a houseful of eaters that show up hungry 3 times a day, free is good.

Whenever you have anything leftover, freeze it in a quart-size canning jar. After dinner when you discover that the eaters left a tablespoon of brown rice and a similar amount of broccoli in the serving bowls. Walk those morsels right over to the glass canning jar you cleverly have waiting in the freezer

and scoop them right in. Close the jar and return it to its spot in the freezer door. There! Now you have the beginning of free soup.

Some basic leftover ideas to put in your soup starter jars are cooked: bison, barley cereal, brown rice, tomatoes, kidney beans, green beans, broccoli, corn, potatoes (fried, baked, boiled), broth (include the fat), whole grain pasta, wild salmon, jumbo shrimp, crook neck squash, Anaheim peppers, red onions, leeks, and peeling scraps. Almost nothing is taboo.

Do this every day, at every (appropriate) meal, until you have a few jars. Now it's time to make your Free Soup. The day before making your soup, set your full, frozen free soup jars in the fridge to thaw. When you're ready to use all your free food, start by using up any fresh veggies that you have on hand, such as diced fennel, red onion, elephant garlic, Roma tomatoes, and yam combo. Sauté these in a soup pot



with your favorite oil, such as sunflower or safflower (not olive oil), for 8-10 minutes.

Now add a few peeled, diced red potatoes and a cup or two of water and boil for 15-20 minutes. Dump in your free soup jars contents and feel free to add canned tomatoes, beans, pasta, etc.

Add herbs, cayenne pepper, and spices to your own liking. I use this opportunity to use near-empty bottles of mustard, pasta sauce, Bragg's Aminos, vegetable juice, etc. Add some water to each bottle, shake and pour. More free flavor!

Bring the mixture up to heat desired for eating, and you're done! If robust flavor is lacking, add a tablespoon or two of Kal brand nutritional yeast and Real Salt after cooking is finished.

Truthfully, this is the most amazing soup I've ever eaten. Though I've written this as though it was all my (very genius) invention, I learned this simple, frugal method from my mother... my amazing mother... who probably learned it from her depression-era mother. My now-grown-up eaters know how to do this, too... and they'll tell their eaters about free soup as well.

So, what are you waiting for? Get those jars ready! Fall and winter will be here before you know it! "Free soup! Come and get it!"