

# FOOD

## Summer Vegetable Soup

### Ingredients

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Kosher salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts chicken or vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 to 2 teaspoons freshly squeezed lemon juice



### Directions

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
2. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Season, to taste, with salt. Serve immediately.

## Mint, Watermelon Lemonade

Blending the cooling effect of mint with the refreshing flavors of watermelon and lemon, this drink will ease your summer day.



### Ingredients

- 2 cups water
- 3/4 cup white sugar
- 1 sprig mint, leaves stripped and chopped
- 2 cups lemon juice
- 12 cups cubed seeded watermelon
- 8 cups ice cubes

### Directions

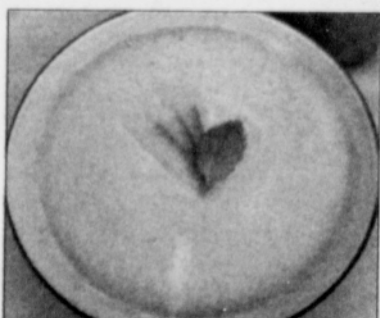
1. Bring the water and sugar to a boil in a small saucepan over high heat. Stir in the mint, and set aside to steep for 1 hour.
2. Place half of the lemon juice, and half of the watermelon into a blender. Strain the mint syrup through a mesh strainer into the blender. Cover, and puree until smooth. Strain into a pitcher, then puree the remaining lemon juice and watermelon. Stir the lemonade before serving over ice.

## Chilled Cantaloupe Soup

Very refreshing fruit soup, served chilled. Great for luncheons. Garnish with mint if desired.

### Ingredients

- 1 cantaloupe - peeled, seeded and cubed
- 2 cups orange juice
- 1 tablespoon fresh lime juice
- 1/4 teaspoon ground cinnamon



### Directions

1. Peel, seed, and cube the cantaloupe.
2. Place cantaloupe and 1/2 cup orange juice in a blender or food processor; cover, and process until smooth. Transfer to large bowl. Stir in lime juice, cinnamon, and remaining orange juice. Cover, and refrigerate for at least one hour. Garnish with mint if desired.

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