

Kit wrote

“To that I added some fresh cream of tomato bisque soup that you can get at Whole Foods organic grocery store, and sautéed local chicken apple sausage.”

Commonweal Tomato Soup by Clair

Saute yellow onions in a small amount of olive oil and some whole cumin seeds.

Then add chopped garlic & a little water so the garlic won't stick

Use fresh cut up tomatoes or Muir organic whole peeled canned tomatoes ten oz

Add one can of water for each can of tomatoes that you use.

Roast poblano peppers in oven to blister skin and then place in plastic bag to sweat

Peel and cut up small and add to soup with

Slivered carrots slivered sweet green or red peppers and some greens ie kale chard or whatever. This should be added at last minute and not over cooked.

Cook brown Basmati rice and add to soup when heating to serve.