

Quarantine Cuisine Homegrown Recipes

Get in your veggies for the day with our Instagram community's favorite creative dishes made with ingredients you already have at home.

By **Site Staff** - May 21, 2020



Asparagus Soup for the Soul by Idalia Baudo (@idaliaco)

Ingredients:

3 bunches asparagus, hard stems trimmed, steamed

3 cups fresh vegetable broth (plus more for thinning, if desired)

1-inch piece fresh ginger root, peeled

Dash of salt and pepper

Method:

Mix everything in a food processor until smooth. Thin with more broth, if desired. Can be enjoyed hot or cold.



Ensalada Rusa by Gaby Viteri (@gaby.viteri)

Ingredients:

3 red potatoes, cubed

2 carrots, cubed

3/4 cup peas

2/3 cup mayonnaise

Salt, pepper, and favorite seasonings to taste

Method:

- Boil the potatoes for about 7 minutes until they have some give but are still firm. Set aside in an ice bath. Begin to boil a pot of water for the carrots.
- Drain the potatoes and continue to cool them in the fridge. Boil the carrots for 8-9 minutes. Drain the carrots and cool in ice bath. Drain again and set aside in fridge.
- Flash-boil the peas for one minute. They should be firm as well. Drain and repeat the ice bath. Set in the fridge.
- In the meantime, scoop mayonnaise into a deep dish and season to taste with salt, pepper, and whatever seasonings you like (I used cayenne pepper). Add veggies to the dish and toss to coat.



Carrot and Ginger Soup by Annie Falk (@annie.falk)

Ingredients:

Makes 8 servings

4 tbsp. extra-virgin olive oil

4 lbs. carrots, peeled, roughly chopped

1 medium sweet onion, peeled, roughly chopped

6 cloves garlic, peeled, roughly chopped

4 tbsp. freshly grated ginger

2 tbsp. orange zest

1/2 cup orange juice

8 cups water

2 small bay leaves

1 tsp. salt

1 tsp. freshly ground black pepper

Plain yogurt to garnish

Parsley to garnish

Method:

- Preheat the oven to 425° F. Place the carrots in a roasting pan and toss with olive oil, salt, and pepper. Roast until caramelized, about 30 minutes.
 - Heat the oil over medium heat in a soup pot and sauté the onions until they are translucent. Add the garlic, ginger, and orange zest. Add the roasted carrots. Pour in the water and orange juice, and add the bay leaves. Bring the liquid to a boil, reduce the heat, and simmer, covered, for about 20 minutes, until the flavors have melded.
 - Allow the soup to cool, then, using a handheld blender, pulse to achieve a smooth, creamy texture. Season with salt and pepper.
 - Heat before serving. Serve with a dollop or flourish of plain yogurt, a sprinkle of pepper, and parsley.
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Vegetable, Lentil, and Turkey Soup by Christine DiRocco (@christinedrocco)

Ingredients:

2 tbsp. olive oil

1 cup onions, finely chopped

1 cup carrots, chopped

1 cup celery, chopped

1 tbsp. kosher salt

1 lb. lentils, rinsed

1 cup sweet potato, peeled and chopped

2 cups turkey, shredded

1 cup turkey (or chicken) broth

1 cup vegetable broth

1/2 tsp. ground coriander

1/2 tsp. ground cumin

Method:

- Add olive oil to 6-quart Dutch oven and set to medium heat. Add onions, carrots, celery, and salt and sauté until onions are translucent, 6-7 minutes.
 - Add lentils, sweet potatoes, turkey, broths, coriander, and cumin. Stir to combine. Increase heat and bring to a boil.
 - Reduce heat to low, cover, and simmer until lentils are tender, approximately 45 minutes. Serve immediately. Add Parmesan cheese, if desired.
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Fasolada Greek Bean Soup by Daphne Nikolopoulos (@daphneniko)

Ingredients:

16 oz. great Northern beans, soaked 6 hours or overnight and rinsed

1 tbsp. olive oil

1 smallish onion, finely chopped

3 large carrots, coarsely chopped

3-4 celery stalks with leaves, coarsely chopped

3 cups low-sodium chicken or vegetable stock

1 cup tomato sauce (or diluted tomato paste)

1/4 cup parsley

Salt and pepper to taste

Method:

- Sauté onions in olive oil for 3 minutes. Add carrots and celery and sauté another 3-5 minutes. Set aside.
 - Place beans in a stockpot and cover with water (about 6 cups). Boil over medium heat for about 40 minutes, or until beans soften, skimming off the white foam. Add sautéed vegetables and stock, and simmer for another 20 minutes.
 - Add tomato sauce, parsley, and salt and pepper to taste. Simmer for 10-15 minutes until soup thickens slightly. I stir in a swish of olive oil before serving with toasted naan.
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White Bean and Tuna Salad by Sandy Smith (@inkandsugar)

Ingredients:

2 tbsp. extra-virgin olive oil

1 tbsp. white wine vinegar

Kosher salt and freshly ground black pepper to taste

1 15-ounce can cannellini or small white beans, drained and rinsed

1/4 cup red onion, diced

1 tsp. nonpareil capers, drained

1/3 cup chopped fresh Italian flat-leaf parsley

1 tsp. lemon zest

1/2 cup grape tomatoes, halved

2 6-ounce cans tuna, drained

Torn lettuce leaves (romaine, Bibb, or butter) for serving, optional

Method:

- Whisk together oil, vinegar, and salt and pepper in a mixing bowl.
- Add beans, onions, capers, parsley, lemon zest, and tomatoes and toss gently to combine. Lightly toss in tuna.
- Enjoy at room temperature or chill for 30 minutes. Serve on a bed of torn greens if desired.

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