

Root for the Vandals: Vegetable Soup (2018 Winner)

An unexpected holiday ingredient and natural anti-inflammatory, turmeric, inspired this spiced-and-spirited root vegetable soup. The vibrant orange of sweet potato complements by the creamy whiteness of the coconut milk. This color combination is sure to please the palate of any Vandal fan.

From the Kitchen of Hailie Kuttler and Tasha Hetrick

Servings: 10

Serving Size: 1 cup

Vegetarian, Gluten-Free, Dairy-Free, Vegan

INGREDIENTS

Soup

- 2 tablespoons of coconut oil or high-heat cooking oil of your choice, divided
- 1 small yellow onion, peeled and diced
- 1 stalk celery, cut into ½ inch pieces
- 3 cloves garlic, peeled and minced
- 1 medium sweet potato, peeled and cut into ½ inch cubes
- 1 golden beet, peeled and cut into ½ inch cubes
- 1 parsnip, peeled and cut into ½ inch cubes
- 1 cup 100% pumpkin puree
- 1 ½ cans (20 fluid ounces) full-fat coconut milk (substitute heavy cream or light coconut milk, if desired)
- 1 bay leaf
- 3 cups of low-sodium vegetable broth
- 2-inch piece ginger, peeled and grated
- 2-inch piece turmeric, peeled and grated (substitute 1 tablespoon of dried turmeric if easier)
- 10 fresh sage leaves, divided
- 2 tablespoons fresh rosemary, divided
- 2 tablespoons fresh thyme, divided
- Salt and freshly ground pepper to taste

Pesto, Optional Garnish

- 2 tablespoons fresh rosemary
- 2 tablespoons fresh thyme
- 7 fresh sage leaves
- 2 cloves garlic, peeled
- ½ cup walnuts (or pine nuts)
- 2 cups spinach
- 4 tablespoons olive oil
- 4 tablespoons water
- ½ teaspoon sea salt
- 3 tablespoons nutritional yeast (substitute parmesan if desired)

DIRECTIONS

1. Heat 1 tablespoon of coconut oil in a large stock pot over medium heat until liquid.
2. Add chopped onion, celery, garlic and cook until fragrant and onion is translucent (about 7 minutes).
3. Add chopped sweet potato, golden beet, parsnip, pumpkin puree, coconut milk, bay leaf and vegetable broth. Bring to a boil; reduce heat to medium and simmer. Cover and cook for 30-40 minutes or until vegetables are tender.
4. While the soup is cooking, fry sage leaves, thyme and rosemary in 1 tablespoon of coconut oil over medium heat. Place on a paper towel-lined plate and set aside.
5. Once the vegetables are tender, remove the bay leaf from the soup and add the ginger, turmeric and half of the crisped herbs.
6. With an emulsion blender, blend soup until it has reached a creamy consistency or ladle the soup into a high-speed blender to achieve same result.
7. Salt and pepper to taste
8. To create the pesto: combine rosemary, thyme, sage, garlic, walnuts, spinach, olive oil, water, sea salt and nutritional yeast in a high-speed blender (or food processor) and pulse until a paste begins to form.
9. Serve hot, garnish with pesto and reserved crisped herbs and fresh Moscow Sourdough.
10. Enjoy!

Nutrition Data (per serving):

Serving size: 1 cup

Number of servings: 10,

Calories: 199

Protein: 2 g

Carbohydrates: 16 g

Sodium: 419 mg

Fat: 15 g

Saturated fat: 12 g

Trans Fat: 0 g

Autumn Bisque (2017)

Vandals, Unite! We are all in this together! In this recipe, we combine roasted seasonal vegetables from local farms with tropical coconut milk and fresh ginger root to form a delicious unity of flavors, grounded by the rich butternut and elevated by the coconut, lime, and ginger; it is both pleasing to the eye and the palate.

From the Kitchen of Antrim Caskey, Emma Cheslik, and Haley Jenkins

- Servings: 5
- Serving Size: 1 cup
- Free of the Big 8 allergens (dairy, eggs, shellfish, wheat, tree nuts, soy, peanuts, and fish)
- Gluten Free, Vegetarian

Ingredients

- 3 medium carrots, chopped into 1" rounds
- 1 large red onion, chopped into 1" rounds
- 1 large Huckleberry Gold potato (or Yukon Gold), chopped into 1" cubes
- 2 tablespoons + 1 teaspoon olive oil
- Salt and pepper, to taste
- 1 small butternut squash (use 1 ½ cups)
- 1 bulb of garlic

- 1 13.5 oz. can coconut milk
- 1.5" knob of ginger, grated
- ½ lime, zested

Directions

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper.
2. In a large bowl, toss carrots, red onion, and potato in 2 tablespoons olive oil, salt, and pepper to coat. Spread vegetables on lined baking sheet.
3. Using a fork, poke several holes in the butternut squash around the neck and base.
4. Cut bulb of garlic in half horizontally, place on small piece of foil, drizzle 1 teaspoon olive oil, and wrap in foil.
5. Place sheet of prepared vegetables, butternut squash, and wrapped garlic on the middle shelf of the oven. Bake 45 minutes – 1 hour; sliced vegetables should be tender when pierced with a fork. Insert knife into squash's neck to check for doneness: this also should be tender and unresisting. When finished, allow to cool enough to handle. Remove peel from squash and cube flesh; set aside 1 ½ cups.
6. Toss roasted vegetables, coconut milk, and the roasted garlic cloves to a blender and blend until smooth. Transfer to a large pot, stir in 1 ½ cups water and bring to a simmer.
7. Add grated ginger and lime to soup.
8. Serve with toasted baguette; garnish with toasted pepitas or minced scallions, optional.

Nutrition Data (per serving)

- Kcal: 278
- Fat: 19 g
- Saturated fat: 11 g
- Sodium: 399 mg
- Protein: 4.2 g
- Cholesterol: 0 g
- Potassium: 506
- Carbohydrates: 22.7 g
- Fiber: 4.5 g
- Sugar: 6.5 g
- Vitamin A: 125%

- Vitamin C: 33%
 - Iron: 11%
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Palouse Pulse Soup (2015)

By Samantha Worden and Jenna Ellis

The Palouse Pulse Soup stars lentils, which are grown on the Palouse and are recognized as being the highest quality lentils in the United States. The Palouse is a local home turf, and having access to locally grown ingredients is something Vandals take pride in.

The Palouse Pulse Soup is savory and the bright colors are pleasing to the eye and provided by the carrots, spinach, and tomatoes. One serving provides 15 g of protein and 6.9 g of dietary fiber. It is also high in vitamins A, C, B1, B3, folate, and iron.

It is wholesome, it is healthy, and it is homegrown. This Thanksgiving, enjoy the Palouse Pulse Soup with family and friends, and don't forget the lentils.

- Yield: 6 portions
- Portion size: 1 cup
- Stovetop Preparation

Ingredients

- 1 tbsp extra virgin olive oil
- 2 small white onions, diced
- 2 stalks celery, diced
- 2 medium carrots, diced
- 2 cloves garlic, minced
- 1 tsp salt, plus more to taste
- 1½ tsp Italian seasoning
- 2 bay leaves
- 1 cup trimmed and chopped green beans (frozen)

- 4 cups vegetable broth (low sodium)
- 2 cup water
- 2 tbsp tomato paste
- 1-15oz canned diced tomatoes (not drained)
- 1 medium potato, cubed
- 1 cup lentils
- 2 cups spinach
- 1 tbsp balsamic vinegar

Directions

Heat oil over medium heat in a large pot or dutch oven.

Once oil is hot, add onions, celery, carrots, and a dash of salt. Sautee for about 7 minutes.

Add garlic and sauté for another 2 minutes. Stir in the salt, Italian seasoning, and bay leaves. Sautee for another minute. Add green beans, vegetable broth, water, tomato paste, diced tomatoes, potato, and lentils. Give it a stir, bring to a boil, then simmer (covered) on low for 35-45 minutes, or until lentils are tender.

Stir in spinach and balsamic vinegar. Season with salt and pepper to taste.

Nutrition Information:

- Calories: 395 kcal
- Fat: 4.3
- Saturated Fat: 0.84 g
- Protein: 15 g
- Carbohydrates: 75 g
- Dietary Fiber: 6.9 g
- Sodium: 1,0259 mg
- Vitamin A: 35% DV
- Vitamin C: 27% DV
- Folate: 48% DV
- Iron: 32% DV
- Vitamin B₁: 43.6%

- Vitamin B₃: 36.6%
 - Grains: 1/3 My Plate Recommendation
 - Vegetables: 1/2 My Plate Recommendation
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A Very Vandal Pumpkin Bisque with Idaho Gold Nutmeg and Thyme Croutons (2011)

By Shelby Chandler and Kayla Leitzke

Our Very Vandal Pumpkin Bisque is a creamy twist on a traditional Thanksgiving centerpiece. It is a combination of pumpkin with some of your favorite holiday spices, nutmeg and all-spice, that only gets better with thyme. The Idaho Gold Croutons are a perfectly bold compliment to a warm bowl of vandal pride. Sit down this Thanksgiving and have a taste of fall with our Very Vandal Pumpkin Bisque and Idaho Gold Croutons. This easy and accessible dish will be a great addition to this year's holiday feast.

- Yield: 8 Servings
- Portion: 1 Cup Oven: 400°F
- Cook Time: 45 Minutes

Ingredients

Bisque

- 1 29 oz. Can Pumpkin Puree
- 1 cup heavy cream
- 2 Tbsp Olive Oil
- 1/4 Cup Butter
- 1 Small Onion
- 2 Cloves Garlic
- 1/2 Cup Dry White Wines
- 2 1/2 Cups Chicken Stock
- 1 1/2 Cups Water

- ¼ tsp Nutmeg
- ¼ tsp All-spice
- 1 Tbsp Thyme
- Salt & Pepper to taste

Croutons

- 2½ Cups French Baguette
- ¼ Cup Butter
- 1 Tbsp Olive Oil
- 1 Tbsp Thyme
- ¼ tsp Nutmeg

Directions

Bisque

- Melt butter and olive oil in a medium stockpot over medium heat.
- Add minced onions and garlic, and cook until onions are soft and translucent.
- Deglaze the pan by adding the white wine and then combine chicken broth, water, and pumpkin puree into the mixture. Add spices and mix well.
- Bring to a boil, stirring occasionally. Reduce heat to a simmer for 3 minutes or until desired consistency is reached.
- Add cream and mix well.

Croutons

- Toss all ingredients in a mixing bowl.
- Spread croutons evenly on baking sheet. Sprinkle with nutmeg.
- Bake at 400°F until golden brown. Approximately 5-8 minutes.
- Serve with Pumpkin Bisque.

Black and Gold Bean Soup (2011)

By Morgan Dunning and Laurie Byrne

Our black and gold bean soup is a fall blend of golden butternut squash mixed with black beans and savory spices. This soup is perfect for those who bleed vandal colors and are true fans of the University of Idaho. The Black and Gold Bean soup contains fresh produce that are representative of the fall harvest including squash, onion, celery and the perfect amount of garlic. Fresh oregano adds another flavorful component as it mixes with heated chicken broth. This warm combination will be a sure favorite side dish at any Vandal's thanksgiving meal.

- Yield: 6 Portions: 1.5 cups

Ingredients

- 6 bacon slices
- 1 1/4 cup chopped onion
- 2/3 cup chopped celery
- 3 garlic cloves, minced
- 4 cups (3/4-inch) cubed peeled butternut squash
- 1/4 cup dry white wine
- 4 cups chicken broth
- 1 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground cloves
- 1/4 cup whipping cream
- 1 tablespoon chopped fresh oregano
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 cans black beans drained and rinsed

Directions

1. Cook bacon in a Dutch oven over medium- high heat until crisp.
2. Remove the bacon from pan, leave the drippings in pan; crumble the bacon, and set aside.
3. Thoroughly wash vegetables and add onion, celery, and garlic to pan; cook 4 minutes or until tender, stirring occasionally.

4. Add squash; cook 4 minutes, stirring occasionally.
5. Add wine; cook until liquid is almost all evaporated.
6. Stir in broth, cumin, red pepper, cinnamon, and cloves; bring to a boil.
7. Reduce heat; simmer 5 minutes or until squash is tender.
8. Stir in cream, oregano, salt, black pepper, and beans; bring to a boil. Remove from heat.
9. Sprinkle bacon on top of the soup and serve.