PLANTifull Fare

Hi ,

Fall may be arriving on the calendar—even if the weather has not received the message yet. This is the time of year when I begin thinking about soup again.

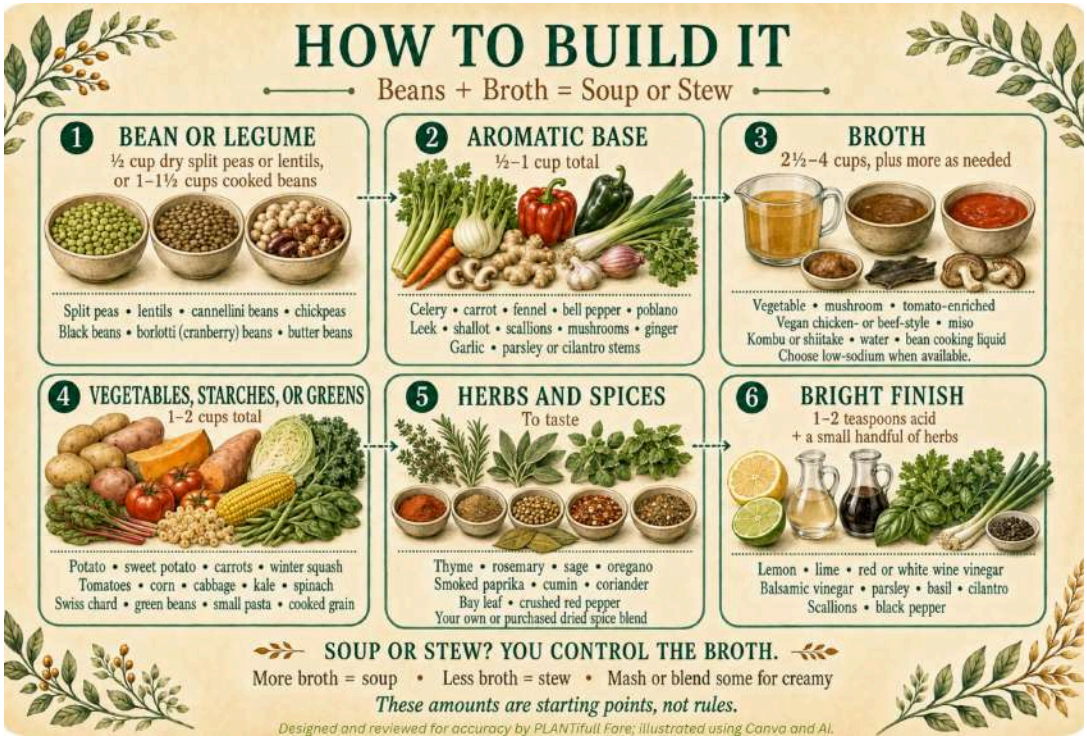
But making soup does not have to mean following a recipe or producing an enormous pot.

A simple formula starts with the beans you have, add broth, vegetables, seasonings, and something bright—and let the amount of liquid determine whether dinner becomes soup, stew, or something creamy.

Beans + Broth = Soup or Stew

The Basic Formula

Bean or Legume + Aromatic Base + Broth + Vegetable, Starch, or Green + Herbs and Spices + Bright Finish = Soup or Stew



Donna's Split-Pea Dinner

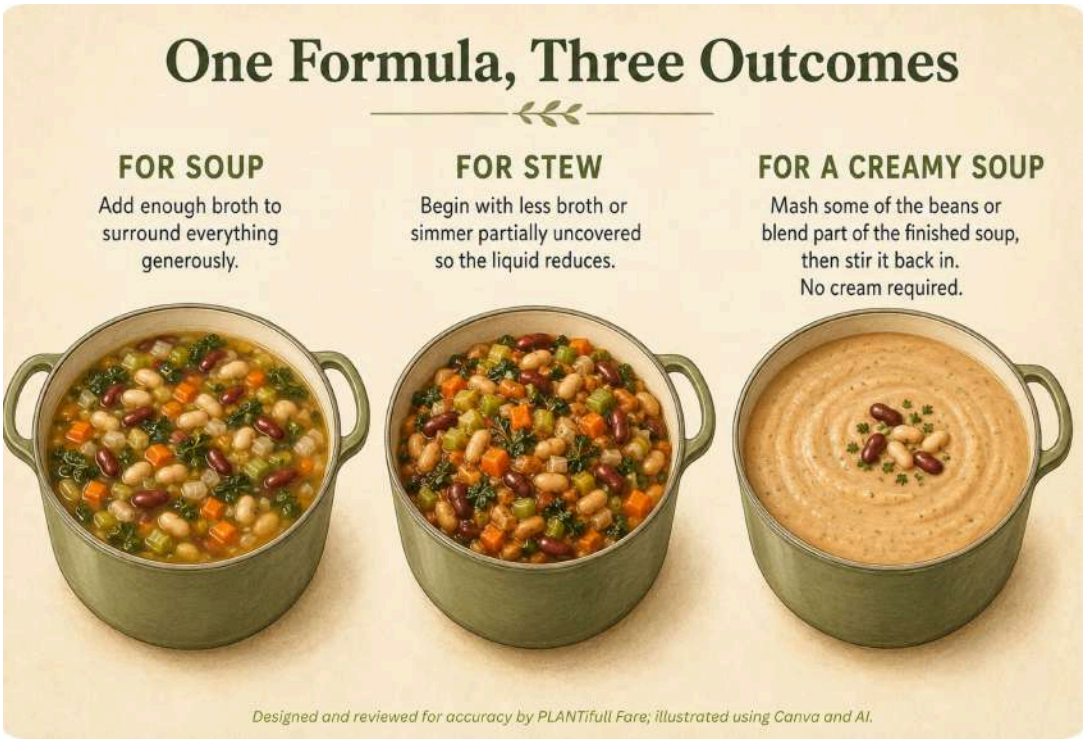
This formula grew out of a hectic, real-life day after 11 hours of watching my toddler grandson.

I did not begin with a recipe. I began with the parts: ½ cup split peas + garlic + smoked paprika + 3–4 cups vegetable broth + one diced potato + thyme + lemon and black pepper.

That is exactly the point of this formula. Once you understand what each part contributes, you can make dinner from what you have instead of searching for a recipe that matches it.

Same Formula. Three Different Textures.

The amount of broth—and whether you reduce it or blend a portion—determines the outcome.



Blending hot soup? Use an immersion blender directly in the pot, or allow the soup to cool slightly and carefully vent the lid when using a countertop blender.

If You Really Want a Recipe

Whole-Food Smoky Green Split Pea Soup This smoky green split pea soup is the ultimate bowl of plant-based comfort. It shows the formula in action with split peas, carrots, celery, onions, smoky paprika, and broth. It is a familiar, pantry-friendly place to begin when you really do want a recipe.

This is one of ***five*** flexible formulas in a new guide I am finishing, ***You Bought the Beans. Now What?***

It grew from the question I ask myself on busy nights: *"I have beans—what can I make for dinner without beginning another project?"*

I'll share more when it is ready.

Until then, cook with plants and nourish your life.

Donna
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Ready for More?

My goal is to inspire **you** to embrace a plant-fueled lifestyle for a healthier, more vibrant life.
Tell me which classes interest you, explore a few helpful freebies or add a flavor boost with my favorite kitchen ingredient: California Balsamic vinegars.

📋 Cooking Class Interest
Tell me what classes you'd like to see

🥗 Free Salad Dressing Recipes
Oil- & dairy-free inspiration

🍇 Shop My Favorite California Balsamics
Add rich, tangy flavor to salads, roasted veggies, and desserts

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