**Gypsy Soup** made by Billie Elsley at the Jan. 15 Lakelands meeting

3 to 4 tbsp olive oil

2 cups chopped onions

2+ cloves chopped garlic

2 cups chopped and peeled sweet potatoes or winter squash

½ cup chopped celery

1 cup chopped tomatoes

¾ cup chopped sweet peppers

1 ½ cups cooked chick peas or northern beans

3 cups stock or water

2 tsp paprika

1 tsp turmeric

1 tsp basil

1 tsp salt

1 bay leaf

1 tsp tamari

A dash of cinnamon and a dash of cayenne pepper (optional)

In soup pan or large kettle, sauté onion, garlic, celery and sweet potatoes in olive oil (about 5 minutes). Add all seasonings, except tamari, to stock or water. Simmer, covered for 15 minutes. Add remaining vegetables and beans. Simmer 10 minutes or so until vegetables are as tender as you like.

Note: Veggies are flexible – any orange or green vegetables plus squash.