

Colorado Lambsquarter Soup

Aaron Brachfeld, Arvada, CO

Servings: 6

Ingredients:

- 1) Water to fill your 1 quart pot (amount will vary depending on how the vegetables and fruits are cut) (Eldorado Springs bottled water--a colorado brand--tastes best.)
- 2) 1/2 cup lambsquarter (from Coastalfields, a Colorado Proud farm in Arvada).
- 3) 1/8 cup Lambsquarter seed (from Coastalfields, a Colorado Proud farm in Arvada).
Lundberg's Wehani rice may be substituted.
- 4) 1/4 cup costata romanesco (or other) zucchini (from Coastalfields, a Colorado Proud farm in Arvada). Increase to 1/3 cup if using dried squashes.
- 5) 1/4 cup yellow squash (from Coastalfields, a Colorado Proud farm in Arvada). Increase to 1/3 cup if using dried squashes.
- 6) 1/4 cup fava, lima, green or other shell beans (depending on flavor preference--the beans flavor the soup) (any of which can be had from Coastalfields, a Colorado Proud farm in Arvada)
- 7) 1/4 cup carrots, radish or beets (depending on preference...the roots flavor the soup and my fiance hates the flavor of beets) (all of which can be had from Coastalfields, a Colorado Proud farm in Arvada)
- 8) 1/4 cup fresh new potatoes--red norlands are suggested (from Coastalfields, a Colorado Proud farm in Arvada)
- 9) black pepper, to taste
- 10) tarragon, to taste

Instructions:

- 1) Combine all ingredients in your favorite medium pot and cover with water.
- 2) Bring water to a full boil
- 3) Immediately reduce heat to a simmer
- 4) Cook for 1-2 hours until dinner time, sampling frequently as the smell overpowers your ability to resist a taste!

This soup is easy to reheat, too!

Wine Pairing: We suggest either water or a nice low-protein fruit juice blended from Antelope Hill Orchards--which has the best peaches I know...though the fine products of any of the many western slope fruit farms might suffice!