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Slow Cooked Kale, Cannellini and Shiitake

This concoction is simple, healthy, and completely satisfying. It does double duty as both a side or one-pot meal. Use a nice crusty bread to sop up the broth - you won't want to leave any behind!

2 bunches of flowering kale, tough stems removed
1 small onion or 1 bunch green onions
4 cloves garlic
2 Tbsp. extra-virgin olive oil
4 c. vegetable stock
1 can cannellini beans, drained and rinsed
2 c. sliced Shiitake caps
½ c. sliced almonds
Salt and pepper
A pinch red pepper flakes
Handful parsley
Parmesan

Heat the olive oil in a pot and add garlic and onions. Add the mushrooms after a few minutes and cook until tender. Add the stock, beans, and kale. Cover and simmer for about 30 minutes. Check the kale - it should be tender but not falling apart. Add the red pepper flakes, parsley and almonds, simmer a few more minutes and then add salt and pepper to taste and sprinkle with Parmesan.

Fish and Mushroom Soup

A generous splash of extra virgin olive oil
2-3 cloves garlic, minced
1 shallot, chopped
1 leek, chopped
A handful baby carrots, or a few large carrots
1 turnip
1 parsnip
½ fennel bulb plus a handful tender top greens, chopped
2 large Lion's Mane or Comb Tooth mushrooms
1 large potato
4 fish fillets (white fish, cod, or another similar fish)
1 bay leaf
A pinch dill
A few saffron threads (optional)
2-3 tsp. herbes de Provence (or a little thyme, basil, oregano, rosemary, and lavender)
1 Tbsp. tomato paste
½ c. or more white wine
8 c. vegetable stock
¼ c. parsley
A squeeze of lemon juice
Salt and pepper, to taste

Chop all veggies into bite size pieces. Sauté the garlic in the olive oil. Toss in the rest of the veggies and sauté for about 10 minutes. Add the wine and reduce. Add the stock, tomato paste, and herbs. Cover and simmer until veggies are almost tender. Add the fish and lemon and simmer until fish is cooked and veggies are done. This could also be prepared in a crock pot.