

Final Community Project Report

LFS 350 Group 13:

Gordon Neighbourhood House Food Hub Helpers
April 2017

Introduction

1. Purpose:

The purpose of our project is to further Gordon Neighbourhood House's (GNH) Food Hub mandate of providing empowered and dignified access to food to low income and socioeconomically vulnerable residents in Vancouver's West End. We seek to address food literacy issues in an inclusive, culturally appropriate manner by creating a platform in the form of a collection of recipes and food related stories to encourage community dialogue and promote engagement around food security and food literacy.

2. Background + Context:

Affordability is an ongoing problem in Vancouver, particularly in the West End. The mean rent in the West End is CAD \$106 higher than the city's average, while the median household income is lower in the West End (CAD \$38,581) than the city's median income (CAD \$47,299). 32.8% of the population in the West End is situated in low-income housing as compared to the city's average of 26.6% (City of Vancouver, 2012). We gather that the lack of affordable housing and the high percentage of low income households combine to create increased vulnerability to food insecurity in the West End population.

GNH is located in the heart of the West End and provides a similar function as a community center. GNH aims to foster dynamic relationships with patrons, focusing on the engagement of community members by offering an array of free or inexpensive programs that aim to meet "*the needs and dreams of the community*" (Gordon Neighbourhood House, 2017). Many activities are food-related, and affordable meals are often served to encourage attendance. The sharing of food makes space for intercultural dialogue and community strengthening.

The GNH Food Hub is a revised iteration of the conventional food bank model that attempts to address shortcomings by creating food access through "grocery store-style" food distribution, allowing patrons to choose their preferred food-items offered by the food agency. The Food Hub also offers a free lunch program that acts as a multifunctional space for both food provisioning and socializing. These initiatives instill a sense of dignity and empowerment in food bank services.

3. Significance:

Community food security is defined by the ability of a community food system to equitably access nutritionally and culturally relevant foods (Anderson & Cook, 1999). While access to food is addressed by the conventional Food Bank, this model is lacking in its ability to create meaningful connections to food through food literacy programming (Ronson & Caraher, 2015).

Cullen et al. (2015) defines food literacy as a "positive relationship built through social, cultural, and environmental experiences with food, enabling people to make decisions that support health". The Expert and Young People's Studies (Vidgen and Gallegos, 2014) identify

developing food skills as an essential component of food literacy, under which food planning, selecting, preparing, and eating belong. The GNH Food Hub model is successful in building positive relationships with food for its patrons. The Food Hub could further their programs to promote food literacy by encouraging food skill development, which would further inspire participants to become knowledgeable and inspired by the food they consume.

Our project focuses on enhancing food skills, as food skill enhancement is one of the missing pieces needed to strengthen food literacy in the West End community. A necessary step in the maintenance of food security is the safeguarding of food literacy and the promotion of community food skills.

4. Project Objectives + Inquiry Questions:

As our project model is centred around asset-based community development, our specific objectives are to identify food skill strengths within the community and to harness the strengths of the community in order to spread food skills among patrons in an inclusive, dignified, and respectful manner. In order to address the above objectives, we chose to look at the following inquiries:

- 1) What are the strengths of the current Food Hub program that can be utilized further to promote the GNH mandate of providing welcoming and dignified access to food?
- 2) How can we use these strengths in the community to specifically enhance food skills (as a measure to promote food literacy), using the physical and social space of GNH to do so in a way that aligns with its social dynamics?

Methods

To meet and inform our objectives, we had a series of meetings and conversations with staff at the Gordon Neighbourhood House. Through these meetings we found that, contrary to the presentation of this project on the LFS 350 website, GNH was not interested in our group facilitating workshops for Food Hub patrons. This is because of a lack of a centralized space for workshops and a worry that Food Hub patrons would not find them to be a useful point of engagement. After spending time at the Food Hub, we agreed that it was not an appropriate format for encouraging food literacy in this community and did not engage the assets of the community. As a response to this change in plans, our group decided to volunteer at the Food Hub as a way to assess the community's existing strengths and to see how food literacy programming could fit into the Food Hub.

Because our time at Gordon Neighbourhood house was so restricted, we felt that it would be inappropriate to interview and survey an already vulnerable and over studied population, so these volunteer sessions functioned as a point of qualitative data collection. In place of formal interviews, we focused on increasing our understanding of the community through conversation and observation while we assisted in the weekly operations of the Food Hub. Through this, we were able to interact with volunteers and patrons and gain insights into the inner workings of the Food Hub without essentializing the experiences of the patrons through quantitative data collection.

Results

We found that there exists a deficit in food literacy programs at the Gordon Neighbourhood House. The enthusiasm we received when discussing our cookbook with the staff at the Gordon Neighbourhood House made us realize that a need exists for not only a platform upon which to share food-related information, but to connect the different programs that the Gordon Neighbourhood House facilitates. Upon further inquiry into this knowledge gap, we found that there exists tremendous initiative and knowledge in the various parts of the GNH community. For example, the members of the Rainbow Soup Social possess extensive knowledge on how to improvise with limited ingredients to make delicious, healthy soups. This is an asset to the Food Hub community and relevant to its demographic's needs. However, the men who cook the soup never interact with those who consume it, creating a barrier to transfer of knowledge between groups within the GNH.

Discussion

We have approached food security at the Food Hub through a food justice lens. We do this through the recognition that equitable access to food is a limiting factor; however, it is not the sole limiting factor to food security for low income urban individuals. The Gordon Neighbourhood House is already making strides in the realm of providing food access to the food insecure residents of the West End. The Food Hub attempts to increase points of engagement with food amongst vulnerable, and low income individuals. Yet, we found a gap in their programs in the lack of lateral food knowledge transmission. Food literacy can be defined as "...a confluence between 2 spheres, [Community Food Security] and food skills, with each sphere being linked to the other in complex ways, while interacting to increase the overall health and well-being of individuals. The individual inputs include knowledge, skills, access, values, and beliefs, which interact with community factors including policies, programs, availability, and culture. This leads to a comprehensive understanding of food systems and food within culture and society, all culminating in how food choices impact health and wellbeing" (Cullen et al., 2015). The Gordon Neighbourhood House provides food access, promotes community food security and is working toward food justice. Though they have programs of food literacy in place, they currently do not have a platform on which lateral food education can occur between community members. A food literacy program in which participants are able to share what they know as well as learn from each other allows for cultural differences to be included and learned from. This brings us to the anticipated role of our deliverable. We hope that the community recipe book will allow for greater interactions with food literacy and food skills, as provided by members of their extended community.

Some of the limitations to our methods are a result of a lack of time spent interacting with GNH volunteers, employees and patrons. Through this, we would have increased certainty that this deliverable would be able to achieve the projected success of the project.

Conclusion

Our project has shown that though intersecting, approaching issues of food justice, food security, and food literacy simultaneously is extremely difficult. Community work is complicated and achieving concrete goals does not always occur as planned. We experienced some difficulties coordinating our project with a group of extremely busy community workers, and thus chose to create a catalyzer for food literacy conversations that the GNH can take forward without adding to anyone's workload. We hope that by creating a compilation of recipes and stories, we are furthering food literacy in the West End in an easily-consumable, inclusive, and culturally appropriate way. It is our wish that this book sparks intercultural dialogue and connection, using food as a unifier. Our hope is for this book to create a space for the continuation of knowledge transfer, allowing for stories and recipes to be added. As time did not allow us to gain an understanding of how our cookbook will be received, questions remain around its effectiveness. The next step would be to assess the effectiveness of our book and make appropriate modifications, as well as to facilitate recipe exchange workshops and to host community cooking demonstrations in a way that is accessible and consumable by the community.

References

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Critical Reflections

Student 1:

I found the CBEL project both interesting and frustrating. The premise behind the project is wonderful and potentially, these projects could be very rewarding. However, because we had limited time to work on our projects and our community partner was not on the same page as we were, it was difficult to make progress. The idea of the project initially was to work with our community partner to create workshops that would complement the Food Hub and pre-existing workshop. However, after volunteering, we realized that there was not space nor interest for us to facilitate workshops. We spent many weeks searching a useful project idea. Though I think the idea behind our project addresses an extremely important issue, I am a little uncertain on how it will be received and if it will be useful in the future. I think the time spent in tutorials could have been better used as flexible-learning time spent in the community. With this time we would have been better able to coordinate meetings with the busy staff at the GNH as well as have more time to spend interacting with the GNH patrons. Issues aside, this was one of the best experiences with group projects I've had. I think that everyone in our group had interesting skills and perspectives to bring to the table. We communicated well and discussed our ideas openly. I think the blogs were an important way to mark our progress and to think about the next steps of our project.

Student 2:

The CBEL project was an valuable experience for me as a learner. I find that any experience that takes me out of the classroom and into the community to be incredibly eye-opening and paradigm shifting. These experience allow me to learn from individuals that are normally not valued in our society as teachers, revealing lessons that I would not have learned in an academic setting. Experiential learning exposes me to community dynamics and worldviews through osmosis rather than through rigorous studies, paperwork and lectures. Although this type of learning is slow and messy, it is often profound in it's outcome. This messiness and chaos is necessary for the progression of life, and if we are to avoid this in academia, we lose out on huge opportunities for growth. This is why the CBEL project has been valuable to me. Timelines become skewed; emails drop off the face of the planet; and people get sick. Despite all this, the world keeps spinning and we must figure out how to continue onward, while remembering the compassion and care we must give to those that we share our time with; if even for a semester. Group work can often be a struggle in university, but I found this group of individuals to be incredibly respectful and compassionate towards one another, allowing the hiccups throughout our project to remain as such; just hiccups!

Student 3:

The CBEL project was overall a positive experience despite the the continuous challenges that we faced. The combination of group work, flexible learning, and supporting lectures yielded the right balance of structure and flexibility that is necessary in doing successful group project with a community partner, because it accounted for the inherent uncertainties and unexpected delays

in the project. By not enforcing a standardized timeline, we had the possible to extend certain parts of our progress to accommodate for challenges and dead ends. For example, it took us most of the semester to identify a strength of the community that can be effectively harnessed to enhance food skills in an inclusive and respectful manner, and it was not until we spoke to Chantille (GNH Manager) that uncovered the unexplored source of food skills that resided at the Rainbow Soup Social. Furthermore, the flexible learning model fits well because the availability of our community partner changes and it allows us to tailor our availability to maximize time use efficiency.

The most eye-opening and thought-provoking parts of the project were our qualitative observations from volunteering at GNH. We had initially speculated that most of our gain in understanding and knowledge surrounding food literacy issues would come from interviews and direct, targeted research. However, we found that it wasn't true at all and we gained tremendous insight into the complexity of community food system issues by placing ourselves in the community and interacting with its members without actively seeking information. In hindsight, the first step in doing a community based project should be to develop a fundamental grasp on the dynamics and interactions that govern the community, from which deeper enquiries develop.

Student 4:

Prior to the start of this term, I was warned by past LFS 350 students about the uncertainty of the CBEL projects - they were definitely right about this. Heading into this CBEL project with the project objectives clearly defined on the LFS website, I was optimistic about how we could contribute to GNH because each of us brought different skills and experiences to the table. Volunteering at GNH opened my eyes to the issues of food insecurity, food literacy, and community food security and these topics are definitely issues that I want to look into in the future. However, uncertainty and confusion arose after we met with Chantille (Director of Community Food Initiatives), who told us that she did not want us to host workshops, which was essentially the premise of the objectives stated on the website, and why many of us chose this project. With our plans down the drain, we had to brainstorm a way to utilize the strengths of GNH and create a long-lasting tool that could benefit the patrons. With the little amount of time left to work on this project, we were able to develop a recipe book for patrons; however, there was not enough time left in the term to assess the feedback from Chantille and the patrons. I think that more time could be allotted to work on our project instead of attending the tutorials. I enjoyed the blog-writing process to update students and members of the community on our project progress. Nonetheless, I am very satisfied with our end results and could not have asked for a better group to work with!

Student 5:

I came into this course thinking it'll be like any other, but I was so wrong...in a good way! Although my group faced a lot of uncertainties during the course of our project because of different expectations between us and our community partner, I believe we all came out stronger and more experienced with understanding uncertainties and conflicts. I really

appreciated all my group members and their contribution to our project. Everyone was easy going yet responsible and focused on what they had to put forwards for our project. Although this CBEL project was aimed at exposing us to food related issues within our communities, I thought it brought me far more insight into understanding real world issues and our society in general. A lot of the course materials not only address food related issues but also team work, community development and the attributes a successful person should carry with them. Not only has the contents and experiences from this course opened my mind to the principles of societal contribution, it has also helped me with my work interviews. I am really happy with what I gained from this course, from my group members and from my experiences with Gordon Neighbourhood House.

Appendix

Hello and welcome to our **community recipe book!**

Soup is a wonderful thing. It's like a big hug in a bowl and it warms us from inside out. In celebration of soups, we have compiled a selection of our favourite soup recipes as well as soup recipes from the lovely **Rainbow Soup Social**. We hope that this recipe book will inspire and tempt you!

A little bit about us - we are 5 UBC students that had the pleasure to collaborate with Gordon Neighbourhood House (GNH) between Jan - April of 2017. At GNH, We saw and heard so many great recipes so we thought that it would be great to eternalize and share them in this communal cookbook.

We want **you** to share your favourite recipes and any story of memories associated so that we can create a cookbook by the community, for the community.

So, take a template from the back of the binder, write down your most cherished soup recipe, and let's share the love!

We hope that these recipes and stories will bring about great food memories that will warm the heart and the soul !

xo, Annah, Sophie, Belinda, Olivia, and Jeffrey

Jeffrey's Jerusalem Artichoke Soup

vegan friendly

We had tons of potatoes and Jerusalem artichokes in our garden when I was growing up, and during the cold and dark months, my mum used to make this hearty soup to warm us up. Enjoy!



Picture

Drab to Fab Tips: Add freshly ground pepper, grated nutmeg, and bacon bits on the soup as a finishing touch to bring out the earthy notes of the Jerusalem artichoke!

Ingredients:	Instructions:
<p>0.3 lbs of Jerusalem artichokes</p> <p>0.2 lbs of potatoes</p> <p>1 small onion</p> <p>1 clove of garlic</p> <p>2 cups of stock or water</p> <p>0.1 cup of heavy cream</p> <p>Salt & Pepper</p> <p>1 twig of thyme</p> <p>Lemon</p>	<p>* This recipe serves 2 ppl</p> <ol style="list-style-type: none"> 1) Peel and dice Jerusalem artichokes and potatoes 2) Sauté Jerusalem artichokes, potatoes, onion, and garlic in a splash of oil 3) Add stock or water, cover and simmer for 10-15 minutes 4) Add heavy cream and simmer for another 5 minutes <ul style="list-style-type: none"> * Use milk for a lighter flavour or coconut milk for a healthier vegan option! 5) Season with salt, pepper, thyme, and lemon juice 6) Purée in a blender and serve!

Jeffrey's Story

I grew up in the countryside and we had quite a large garden. One of the corners in the garden was always dark and wet, and nothing much grew besides weeds. Our neighbours recommended planting Jerusalem Artichokes due to their hardy nature and they have been permanent residents in our garden ever since!

This is a recipe from my childhood that my mum used to make during the autumn and winter months. My brother and I would help to dig up the golden tubers from the ground and a few handfuls are enough to make a huge pot of piping hot soup! It is a very simple and versatile family recipe that virtually every member of my family has eaten. When it is cold, wet, and rainy outside, there is nothing that warms me up more than Jerusalem Artichoke soup. The rich texture and its starchy content makes this soup more like a meal, and I can feel the heat radiate from within even hours after dinner.

Try it out! Make a big pot and share it with friends and family. Save the leftovers - it freezes well and makes a great and hearty afternoon snack for a rainy day.

Hearty Vegan Red-Sauce Pasta

Super hungry and in need of a delicious, filling meal that's super easy to make? *Look no further!* This meal will leave you drooling for more ...

Leftovers taste even better ☺



Drab to Fab Tips: Add your favourite hot sauce (i.e. Sriracha) for a kick of spiciness!

Ingredients:

- 1 cup of your favourite pasta
- 1 cup pasta sauce
- ½ cup chopped greens (spinach or kale work well!)
- ½ cup chopped mushrooms
- ½ onion, diced
- 2 tsp oil
- Salt, to taste
- Pepper, to taste
- Optional: oregano, thyme, basil (dried or fresh), nutritional yeast

Instructions:

1. Bring a pot of water to boil. Add a teaspoon of oil and a pinch of salt so that the pasta will not stick to the bottom of the pot.
2. Add in the pasta and let boil for approximately 10 min, or until desired texture. Stir often.
3. Drain pasta and set aside.
4. In a pan, add a teaspoon of oil and turn stove to med-high.
5. Add onions and sauté for 5 min or until golden brown.
6. Add mushrooms and greens. Cook for 2 min.
7. Add the pasta sauce and stir. Cook for 2 min. Add salt, pepper, or other spices for desired taste.
8. Optional: to achieve a nutty, cheesy flavour, add ¼ nutritional yeast once the pasta sauce is added.

Ever since I was a child, I've had just a slight obsession with pasta. Pasta with a tomato-based sauce, heaps of meatballs, and extra cheese was a meal that I always looked forward to as a kid.

In the more recent years, after transitioning to a plant-based meatless lifestyle, I found it particularly difficult to find meals that would keep me full without the big protein source – that's when I came up with this easy, quick recipe! Not only is this dish filling, it's also packed with veggies and a savoury tomato sauce that will keep you yearning for more.

Because this dish is so easy to make and is super tasty, I make this recipe about once a week; I like to make a large quantity of this recipe so that I can pack it as lunch or dinner for the next day. I hope you enjoy this dish as much as I do! ☺

Rice Pudding with Blackberry sauce*

*also known as dessert soup :)

Blackberries are found all around the city in August! so grab a bucket and pick away!



Drab to Fab Tips: Instead of using sugar, use a ripe banana as sweetener! Just mash it up and mix in to the simmering rice pudding :)

Ingredients:

Rice Pudding

- 2 cups leftover rice
- 2 cups of milk or
- 1 ½ cups of water + 1 cup of powdered milk
- ¼ cup of sweetener to taste: (honey, syrup, sugar)
- ¼ teaspoon of salt

♦ Spices! Try: ½ tsp cinnamon and nutmeg, 1 ½ tsp of vanilla or ¼ tsp of cardamom

Blackberry sauce

- 2 cups blackberries
- ½ cup of sugar
- ½ cup of water

Instructions:

Rice Pudding

1. Put rice, water, skim milk powder or milk, sweetener, spices (of your choice), and salt into a medium saucepan. Mix well.
2. Turn stove on low heat. Cook and stir until pudding is creamy. This will take about 20 minutes.
3. Stir in vanilla (optional). Sprinkle with additional cinnamon.

Blackberry Sauce

1. Combine blackberries and sugar in a saucepan over medium heat.
2. Stir continuously and add ½ cup of water.
3. Stir until blackberries, sugar and water have formed into a sauce.

Generously pour blackberry sauce over rice pudding. Serve warm or cold :)

Annah's story

There's nothing that brings me more comfort than the smell of blackberries cooking on the stove. The smell reminds me so much of my Grandpa and Grandma. When I was a little kid, I spent a lot of time with my Grandparents. They were the best, and they helped raise me!

Every year in August my Grandpa, my brother and I would drive down to the beach on the north shore of Vancouver underneath the lionsgate bridge. We would bring empty 4 litre ice cream buckets and sandwiches made by my Grandma to spend the afternoon picking blackberries up and down the creek beds. We would get our feet wet and explore the intertidal creatures and have bonfires on the beach until early evening. We used to fill buckets and buckets of berries to take home to my Grandma. We would always save half of a bucket to eat for dessert and snacks on the way home. The rest were frozen and made into jam. My favorite was when winter came and we could pull some berries out of the freezer to cook into berry sauce. I love it on rice pudding!

Sophie's Shakshouka



Drab to Fab Tips: To add a little heat, use warm spices such as cayenne pepper, paprika or red chili flakes!

Ingredients:

- 4 fresh tomatoes OR 1 can of diced tomatoes
- 1 small can of tomato paste and 1.5 cups of water OR 1 jar of tomato sauce
- 1 onion
- 4 cloves of garlic
- **VEGGIES:** Carrots, potatoes, kale, zucchini, spinach, mushrooms, yellow squash, beets, leeks and bell peppers are all good options, but you can use whatever you have!
- 6-8 eggs
- 1 tablespoon oregano/ rosemary/ thyme... any fresh or dried herb is good here!
- Olive oil or other vegetable oil

Instructions:

1. Heat oil in a large frying pan and sauté onions, garlic and vegetables on MEDIUM LOW heat until they are soft.
2. Add diced tomatoes and tomato sauce (or tomato paste and water) and allow to cook for 5-10 more minutes.
3. Salt and pepper to slightly less than the desired amount (you will be adding more later!)
4. Create 6-8 indentations in the veggie tomato sauce and crack 6-8 eggs into the indentations.
5. Salt and pepper the eggs and sprinkle your favourite herbs on top.
6. Put the lid on your pan and allow to cook for 10-15 more minutes on LOW heat.
7. Serve on top of a slice of bread or rice. Serves 6.

NOTE: If you'd like to make a large batch to eat through the week, you can make a large amount of the veggie tomato sauce (instructions 1-3) and refrigerate or freeze it. Then when you are ready to eat it, reheat in a pan on the stove and follow instructions 4-7!

Sophie's Shakshouka story

Shakshouka is one of the first dishes I learned to make after signing my first lease. I moved into a drafty old house with 7 wonderful roommates. One of these roommates, Nikki, is of Israeli descent, and though she grew up in California, she has learned to cook some wonderful Israeli recipes from her grandfather. I love to go on outdoor adventures with Nikki, and one cold, rainy evening we were coming in from a very soggy hike and were very chilled. When we got home, we changed into our coziest clothes, made tea, and she whipped up her [Shakshouka](#) recipe for the whole house. We got a fire going in the fireplace and enjoyed her delicious, warm meal by the fire.

I loved Nikki's Shakshouka so much that I decided to adopt it! I LOVE vegetables, so my version of it contains a lot more than Nikki's. Though this is not the traditional Israeli way to make this recipe, I think it is equally delicious! I will use any vegetables I can get my hands on in my [Shakshouka](#). This dish is also a great way to use up vegetables that are about to go bad. I love to make it when I'm cooking for a crowd or just for myself on a chilly winter night! It tastes quite impressive but is so, so easy to make!

Country Vegetable Soup

* shoutout to Rainbow Soup Social for their awesome contribution to the community and for sharing this yummy recipe!

Introduction

This recipe makes approx 5L!

This recipe should be considered a template or an example of how we assemble a "vegetable style" soup. The core vegetables are the onions, celery, tomatoes and beans. The vegetables can be varied depending upon what is available. For example, diced and sauteed cabbage, or canned corn could be added in addition to / or instead of the squash.



Ingredients

2 sticks of celery
2 large onions (or more if available)
1 summer squash
2 large carrots
65g pasta
1 x 741ml tin of tomatoes
1 x 350ml tin of mixed beans (garbanzo, black, red, Romano etc), drained and rinsed (The more variety the better)
1/2 cup vegetable oil for frying (grape seed or canola oil is often best)
1/2 tablespoon of vegetable soup stock powder OR 1/2 soup stock cubes
salt and pepper to taste
2 heaping tablespoons of oregano

My Experiences with Rainbow Soup

About [3 years](#) and a half ago, I was looking for a way to become more connected with than other gay men in the community. At the time my social group consisted of friends that were mostly straight and married. I had been divorced a few years previous, and it felt like the right time to get out into the world again.

I am the sort of socially challenged person who feels very uncomfortable nursing a drink in a bar, so options were limited. Rainbow soup proved to be a good mix of cooking, team effort, social connection, and service to the community. It gets me out of the house, and I found that even if I didn't feel like socializing, I always felt better for it. And there is just something so very gratifying about having people appreciate and enjoy something you've had a part in making.

I became a Rainbow Soup facilitator about six months ago. Our main facilitator's life became busy and was finding it difficult to attend every session. Facilitating is not rocket science but I was worried I could do it on a regular basis. However, not only can I do it, I enjoy it. When I started soup, I tended to be quiet and focus on the task assigned. I now pride myself on trying to make soup a good experience for everybody who attends by being friendly, social and welcoming. I was surprised that I could do this on a regular basis and I feel I've grown a bit. Now my main problem is keeping the pace. When I facilitate, we usually go over-time. But I'm working on that.

How to cook

- Separately, chop the celery, and squash into bite sized pieces. Separately saute each in vegetable oil until done but firm.
 - The squash in particular takes very little cooking!
- Peel and dice the onions. Saute them in vegetable oil until they are slightly brown and caramelized. De-glaze pan with a bit of water and retain.
- Cook pasta in boiling salted water and drain when cooked but still very firm. Let cool.
 - Don't overcook the pasta at this stage as otherwise it might disintegrate
- Chop carrots into bite sized pieces. Cover with [slightly](#) salted water in a pot and boil. Remove from heat when cooked but still firm. Retain water and let cool.

How to assemble

- Empty canned tomatoes in pot. If they are whole tomatoes, mash with a potato masher right in the pot.
- Add mixed beans, celery, squash, carrots, carrot water, onions and de-glazing water.
- Mix the soup stock in about 1/2 cups of warm water to dissolve and add in.
- Season with salt, pepper and oregano.
- Top up with a bit of water if necessary.

Change it up to a minestrone soup!

- A minestrone style vegetable soup recipe can be adapted from this template by adding the following in the assembly phase:
 - 1/4 tablespoon of balsamic vinegar
 - 1/4 tablespoon of minced garlic
 - A pinch of dried basil or a small handful of fresh basil leaves
 - 1 tablespoon of olive oil (use good quality, fragrant olive oil)
 - * add a pinch of cayenne pepper for a touch of fire!

Pureed Potato Soup

* shoutout to Rainbow Soup Social to their awesome contribution to the community and for sharing this delicious soup recipe!

Introduction

This recipe makes approx 5L!

These soups start with a potato puree base. Use a powerful blender which purees the potatoes and skins into a nice smooth consistency. Then, additional ingredients are added to make delicious variations of the potato soup

Tip: Retaining the skins is always better for nutrition and is less labour. However, a less powerful blender may not give as smooth results with the skins left on. In which case, you might consider peeling the potatoes.

Ingredients

1 kg of scrubbed potatoes, skins left on with bad and green areas removed.
1 large bay leaves
salt and pepper to taste
0.5 tablespoons vegetable soup stock powder or 0.5 soup stock cubes
2 large onions (more is better)
2 teaspoon vegetable oil

Making The Base

- Scrub and quarter potatoes. Cover in salted boiling water (about 2L) with bay leaves and boil until well done. Retain the water (potato water).
- Peel and roughly chop onions. Saute in vegetable oil until lightly brown and slightly caramelized. De-glaze pan with water and retain.
 - Don't throw out the de-glazing water as much flavour is in it!
- Puree potatoes and onions with the potato water removing and discarding the bay leaves as you go.
 - Be careful to not overload blender by pureeing in small batches with approximately equal amounts of liquid and potato/onion.
 - Pour the puree into the pot and stir occasionally to check consistency. Adjust liquid/potato during pureeing so that end result is creamy. If you run out of liquid before potatoes, use regular water.
 - If you have extra liquid, after the potatoes are used, discard it.
- In one of the blending batches, add the soup stock powder or stock cubes.
- Season to taste with salt and pepper.

With the base, do the following steps to make either carrot ginger soup, potato leek soup, or corn and black bean chowder

Carrot Ginger soup

Ingredients

In addition to the potato base, add:
1 kg carrots (more is better),
1 large ginger root (about 60g)
1 tablespoons of lemon juice
sriracha or other hot sauce to taste (can be omitted)

Making The Soup

- Scrub the carrots and roughly cut. Cover in lightly salted water and boil until soft and tender. Retain water.
- Scrub the ginger. If you have a powerful blender it is not necessary to peel it.
- Heat up the ginger a bit by either sauteing it for a minute in a bit of hot oil or placing in a covered dish with a bit of water and microwaving it for a minute. Don't overcook.
 - This is for food safety reasons
- Puree the carrots with the carrot water and ginger and add to the potato puree. As before, adjust liquid to maintain a creamy texture of the final soup.
- Add salt and pepper, lemon juice to taste, and sriracha sauce to taste.



Potato Leek soup

Ingredients

In addition to the potato base, add:
1 large leek
Vegetable oil for sauteing
Salt and pepper to taste

Making The Soup

- Clean and coarsely chop leeks. Use both the white and green parts. Saute in vegetable oil until soft.
- Puree and add during preparation of the base.
- Add salt and pepper to taste
- Top with freshly ground pepper



Corn and Black Bean Chowder

Ingredients

In addition to the potato base, add
1 x 398ml can of corn or 500 g of frozen corn
1 x 398ml can of black beans, drained and rinsed.
½ tablespoons of cumin seed
Pinch of chili powder
sriracha or other hot sauce to taste.
Squeeze of lemon juice (or to taste).
salt and pepper to taste.

Making The Soup

- Add the beans and corn to the potato base.
- Toast cumin seeds in a dry hot pan for 1 minute or until fragrant. Add to the base.
- Season with cumin, sriracha sauce, lemon juice, salt and pepper.



Smooth Vegan Broccoli + Potato soup

serves 3-4

- 5 cups chicken or vegetable broth
- 4 1/2 cups coarsely chopped broccoli
- 3 Yukon Gold potatoes cut into 1/2 - inch cubes
- 1 onion, finely chopped
- 1 small apple - cut into 1/2 - inch cubes
- 1 teaspoon dried basil
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon salt

1. Pour the vegetable broth into a large pot; add potatoes and onion. Bring to a simmer, cover, and cook for 5 minutes.
2. Stir in broccoli and basil; return to a simmer. Cover and cook until potatoes are tender, about 10 minutes.
3. Add salt and black pepper. Bring to a simmer and immediately remove from heat.
4. Transfer about half the soup to a blender; blend until smooth. Return blended soup to pot and stir well. Serve immediately.

Fab Tip: Freeze your leftovers in a small container and put it in the freezer overnight. Bring it to work, and your soup will act like an icepack, and you can heat it up for a delicious lunch!

Brookie veggie and rice soup

- 2 cloves garlic
- 1 large onion
- 4 stalks Celery
- 1 cup sliced mushrooms
- 2-3 Red peppers
- 2-3 large potatoes chopped
- 1 bunch of kale
- 1/2 cup rice
- 2 Tbs. Canola oil
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 2 bay leaves (remove before eating)
- Pepper and salt to taste
- Water or broth

1. Sauté the garlic, mushrooms, celery, red peppers together in the oil. Do this until soft.
2. In a separate pot, bring water to a boil. Add in the chopped potatoes and rice. When rice potatoes and rice are soft strain them and add it to the vegetables
3. Cover the contents with water or broth.
4. Add spices and bay leaves according to your preference.
5. Bring the contents to boil. Add kale. Stir every 2-4 minutes.
6. When kale is soft, serve!

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Ingredients:

Instructions:
