

Steve's Story – If You Can Make a Pot of Coffee, You Can Make a Pot of Soup

I never cooked a meal in my life, but I probably made 10,000 pots of coffee. So when I heard that line, "If you can make a pot of coffee, you can make a pot of soup," it made cooking sound possible.

I made my first soup in an agency kitchen where I spent a lot of time coming back to life after getting sober. It took a long time, a real long time, for my brain to start working again. Not drinking was like a full time job, with daily meetings, support groups and all kinds of activities to keep me busy and sober another day longer. I painted pictures of my inner feelings. I decorated glass jars to look like flower vases. I wrote haiku. One day the yoga teacher was out sick, so I went to a Suppers meeting in the same time slot, thinking I'd watch.

I'll never forget my first pot of soup or how proud I was to feed my friends (after they stopped laughing). My ingredients were one pound of ground turkey, a bag of frozen vegetables, and some bouillon cubes. All I had to do was put a little oil in the pot, chop up the meat until it was browned, throw in the vegetables and bouillon cubes with some water and wait 20 minutes while it cooked.

The guys I stay with are no gourmets. They'll eat what's there and fight over the leftovers. So it's no comment on my cooking skills that every pot of soup I make is gone in minutes. All these recipes are about as easy as a pot of coffee and a lot easier on the stomach.

Steve's First Soup

Ingredients:

- * Some olive oil
- * one pound ground meat
- * one bag frozen mixed vegetables
- * 4 bouillon cubes
- * water
- * optional: one cup of rice

Directions:

Put enough olive oil in the soup pot so when you move it around it coats the bottom.

Put one pound of ground meat in the oil and cook it on medium heat, chopping it to break it up as it cooks.

Add a bag of frozen vegetables, 4 bouillon cubes and 6 cups of water.

If you're having rice, put that in now too with an extra cup of water.

It's supposed to serve 4, but I'd say 2 or 3.

Steve's Lentil Soup

Ingredients:

- * one pound of lentils
- * olive oil or butter

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- * one small jar hot salsa
- * salt

Directions:

Put the lentils in a soup pot and run water in them. Stir them around with your hand and drain the water off. Add water to 2 inches above the lentils.

Put in 4 TBS of oil or butter and the salsa and heat until it simmers. Add as much water as needed to make it soup. Cook it for about 40 - 50 minutes or until the lentils are soft.

Taste it and add salt.