



Recipes

Soup

Easy Breezy Soup

Prep Time: 10 minutes

Cooking Time: 20-30 minutes

Yield: 4 servings

Ingredients:

Try any of these vegetable combinations to create a simply delicious soup: carrot, parsnip, celery, winter squash, yam, ginger, broccoli, onion, cauliflower daikon radish, leek, carrot, mustard greens, shitakes, onion, kale, cabbage or rutabaga.

Directions:

1. Use one of each vegetable.
2. Cut all veggies to roughly the same size, around 2-inch chunks.
3. Place chopped veggies in a pot with water just covering them.
4. Bring to a boil then lower to simmer.
5. Cook until a fork inserts smoothly into each vegetable, probably about 20 minutes.
6. Add your favorite condiments.
7. Eat as is or purée in a food processor, blender or with a hand mixer.

Notes:

- Garnish with parsley and scallion.
- To add richness to soup, sauté one medium onion and add to water before cooking.