VEGETABLE PUREE SOUP

INGREDIENTS

Soup Base

2 tsp vegetable oil

2 onion, chopped 2 cloves garlic, minced 1 potato, peeled, and, cubed 4 cup chicken stock 4 cup vegetable stock OR beef stock salt, to taste pepper, to taste

Vegetable Option 1: 4 Cups Den 1 lb(s) parsnip, or 5 large 1 ¼ lb(s) beet, or 4 large 1 ¼ lb(s) sweet potato 1 ¼ lb(s) squash, or 1 small 1 lb(s) carrot 2 tsp curry paste 2 tsp cumin 2 tsp ground ginger

METHOD

Soup

1. In saucepan, heat vegetable oil over medium heat.

 2. Add onions, garlic, potato, and your choice of seasoning.

 3. Cook, stirring often, for 5 minutes or until onions are softened.

 4. Add chopped vegetables and stock; bring to boil.

 5. Reduce heat to medium-low; cover and simmer for 10 minutes for tender vegetables and 20 minutes for dense vegetables.

 6. Purée soup until smooth.

 7. If desired, thin with more water, stock or milk.

 8. Season with salt and pepper to taste.