



## *Vegetable Soup*

This is a great way to use up left over vegetables or all those vegetables in your CSA box.

- 1 oz butter
  - 5 oz Bacon - nitrate free or 2 oz olive oil
  - 2 Ea. Cloves of garlic minced or 3 garlic scapes
  - 5 oz each - carrots, leek, onion, turnips, cabbage,
  - 2 oz celery
  - 2 sprigs Parsley, thyme or basil
  - 1 cup tomato diced - skinned and seeds removed
  - 1.5 lb Yellow flesh potato
  - 1 Tsp. Thyme and curry powder (optional)
  - 1 Tsp. Bay leaf
  - 8 cups stock
  - 1 cup Green beans, 1" pieces
1. Melt butter and render fat in sauce pan over medium heat.
  2. Add garlic, sliced vegetables - cook 10 min.
  3. Add tomato simmer or stew with vegetables for 15 min.
  4. Add potato, spices, stock bring to a boil, simmer 15 minutes and puree with hand held blender.
  5. Garnish with blanched and diced carrots, turnips and string beans.

When pureeing any soup, I like to remove 1 or 2 cups of liquid. Then puree and add liquid back to soup if needed. If you do not remove the liquid from your dish, it may be too thin.

Garlic scapes are the curled flower and stem of the hard neck garlic varieties. They should be cut and used when the stem is still curled, once it straightens out, it becomes tough. They are great in stir-fry, pesto or soups.