

Vegetable Soup

Show:Jan 9th

Ingredients:Makes 4 quarts

1/2 cup Leeks, white and green parts
1/2 cup Onions, 1/4 inch diced
1/2 cup Carrots, 1/4 inch diced
1/2 cup Celery, 1/4 inch diced
Oil as needed
2 Garlic cloves, minced
3 qts Vegetable broth/stock
1 Sachet (a cheesecloth bundle of a sprig each of parsley and thyme and a bay leaf and 4 pepper corns)
1/2 cup Turnips, peeled, 1/4 inch diced
1 cup Cabbage, chiffonade (thinly sliced or shredded)
1/2 cup Potatoes, 1/4 inch diced
1/2 cup Tomatoes, diced
1/2 cup Lima Beans
1/2 cup Corn

Procedure:

Sweat 1/2 cup leeks, 1/2 cup onion, 1/2 cup carrots and 1/2 cup celery in cooking oil. Add 2 cloves minced garlic and sauté until aroma is apparent. Add 3 qts vegetable stock, sachet and 1/2 cup turnips. Simmer for approximately 10 minutes. Add 1/2 cup potatoes and continue to simmer for 10 more minutes. Add 1/2 cup chopped tomato, 1/2 cup lima beans and 1/2 cup corn. Simmer until all the vegetables are tender. Season with salt and pepper to taste. Discard the sachet.

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