

BUILD YOUR OWN SOUP

STEP BY STEP SOUP FROM SCRATCH

1. START WITH AN OIL

CHOOSE ONE OF THE FOLLOWING OIL SOURCES AND HEAT 2 TABLESPOONS IN A 8 QUART STOCK POT OVER MEDIUM-HIGH HEAT

- Olive oil
- Coconut Oil
- Vegetable Oil
- Ghee
- Butter

2. AROMATICS

ADD 1-2 OF THE AROMATICS & SAUTE 2-3 MINUTES UNTIL SLIGHTLY BROWN

- 1 Onion (chopped or diced)
- 1 Leeks (chopped)
- 2 Shallots (chopped)
- 4 Green Onions (chopped)
- 1 Fennel Bulb (sliced)
- 1 Tablespoon Ginger (freshly grated)
- 2 Garlic cloves (minced or pressed)

3. HARD VEGETABLES

STIR IN 2 HARD VEGETABLES

- 4 Carrots
- 4 Celery ribs
- 2 Parsnips
- 2 Turnips
- 2 Potatoes
- 1 Sweet potatoes
- 1 Acorn or butternut squash

4. SEASONINGS

ADD 1 TSP EACH SALT & PEPPER. CHOOSE 1 TBS OF AN ADDITIONAL SEASONING

- Kosher or Sea Salt
- Black Pepper
- Ground Cumin
- Herbes de Provence
- Italian Seasoning
- Dried Oregano
- Dried Thyme
- Paprika

5. LIQUID

POUR IN LIQUID & SIMMER 10 MINUTES

- Broth or Water (8 cups or about 2 cups per/person)
- Optional: White Wine (1/4 cup for every 4 cups broth/water)

6. SOFT VEGETABLES

ADD 2 - 3 SOFT VEGETABLES

- 4 ounces Mushrooms
- 2 medium Zucchini
- 1 head Broccoli (florets)
- 1 head Cauliflower (florets)
- 1 bunch Swiss Chard, Kale or Spinach (chopped)
- 1 cup Corn (frozen or fresh kernels)
- 1 cup frozen Peas
- 15 ounces Canned Tomatoes
- 1 Bell Peppers (sliced or chopped)

7. PROTEIN

ADD A PROTEIN & SIMMER 5 MINUTES

- 12 ounces Chicken
- 12 ounces Steak
- 4 Chicken or Turkey or Pork Sausage
- 1 package Tofu (cubed)
- 1 - 2 cans Beans (any variety)

8. GRAINS

ADD GRAINS (OPTIONAL)

- 1 cup cooked Rice
- 8 ounces cooked Pasta

ADJUST SEASONINGS & SERVE!!

