

Fall Harvest Soup



Prep: 10 minutes

Cook: 30-40 minutes

Yield: 6 servings

INGREDIENTS

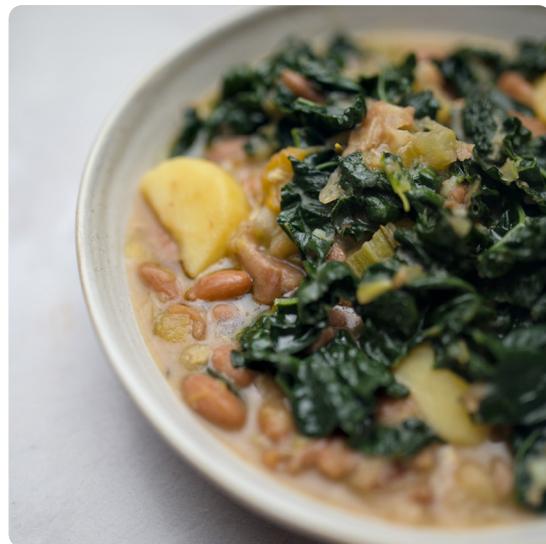
- 4-5 carrots
- 3-4 cloves of garlic
- Large handful or bunch of fall leafy greens (kale, chard, chicory mix, spinach etc.)
- 1 onion or 3 green onions or 3 shallots
- Other chopped vegetables such as celery, peppers, parsnip, or potatoes
- 1 can chopped tomatoes, or chopped fresh tomato
- 1 can beans
- 1 teaspoon herbs
- 4 cup stock

OPTIONAL

Add optional add ins such as - 1 can green beans or corn, broccoli, or cooked pasta or rice.

INSTRUCTIONS

1. Dice onions, garlic and celery (if using) finely. Chop carrots, parsnips, potatoes or squash into quarter sized pieces. Chop greens into bite sized pieces. Set aside.
2. Heat a 1 Tbsp. cooking oil, over medium heat in a large soup pot. Place diced onions, garlic, and celery (if using) into oil and sauté for 3-5 minutes stirring often.
3. Add quarter sized pieces of carrot, parsnip, potatoes and squash (if using) to sautéed aromatics. Add a generous pinch of salt and pepper and herbs to taste. Sauté for 5-6 minutes until vegetables have softened, stirring often.
4. Add a handful of chopped greens on top of sautéed vegetables and spices. Stir together to combine flavors. Saute greens until wilted, 1-3 minutes.
5. Open can of tomatoes & add to pot, stirring for about one minute.
6. Add beans to sautéed vegetables and add 4 cup of bone or vegetable stock.
7. Bring to a boil and then reduce heat to a simmer and cover pot with a lid. Simmer for 20 minutes and then serve.



CHEFS NOTES

This fall harvest soup is a great meal that brings together pantry staples, fresh vegetables found in the fall, proteins, and broth. Along with the addition of fresh or dried herbs and spices, this soup is a fresh staple during the shorter days of fall and the colder vegetable season. Enjoy with a side of crackers, bread or biscuits.

** Note: parsnips are a strong, earthy flavor. Some may enjoy the flavor, while others may opt to substitute more carrots or another root vegetable such as potatoes.*