

PUREED VEGETABLE SOUP

4 – 6 Servings | Prep 10 minutes | Total 35 minutes

INGREDIENTS

- 2 tablespoons butter or EVOO
- 1 medium onion or leek (white only), or 3 shallots, chopped
- 2 tablespoons dry sherry, white wine or apple cider
- 4 - 5 cups prepped vegetables (carrots, squash, broccoli, cauliflower or tomatoes)
- 2 cups chicken or veg stock
- 1 teaspoon salt
- Seasonings: pinch of nutmeg, ginger, oregano, red pepper flakes or coriander
- Pepper, to taste
- 1 cup milk or a swirl of cream or coconut cream, or serve with a dollop of plain yogurt
- Fresh herbs for garnish (chives, parsley, basil, cilantro)

DIRECTIONS

- 1) Heat butter or oil in large saucepan or Dutch oven over medium-high heat. Add onion and sauté until golden, about 5 minutes. Add sherry and vegetables; stir-cook until sherry evaporates, about 30 seconds.
- 2) Add stock, salt and dried spices or herbs. Cover the pot and reduce heat to low to simmer. Cook until vegetables are tender (10 minutes for broccoli, cauliflower or tomatoes; 15 - 20 minutes for carrots or squash).
- 3) Use an immersion blender to puree soup. Add milk, cream or coconut cream and stir to heat.
- 4) Ladle into bowls, garnish with fresh herbs and enjoy!

SHOPPING LIST

Alliums

Veggies

Herbs

Sherry or cider

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