

# Super Vegetable Soup

6-8 servings

## Ingredients

1 large onion, diced

4 cloves garlic, sliced

2 tbs. olive oil

8 cups uniformly cut vegetables. You can use the same type of vegetables or a combination. Carrots, celery, broccoli, cauliflower, squash, sweet potatoes, zucchini, leafy greens and beets all work well.

32oz vegetable stock, chicken stock or water

1-2 tsp. dried herbs or spices. Choose from curry powder, chili powder, cumin, sage, thyme, marjoram and rosemary.

Salt and pepper to taste

## Instructions

1. Warm olive oil in medium stock pot, add onion and cook until onions begin to caramelize.
2. Add garlic and herbs or spices, to onions and continue cooking for 5 minutes.
3. Add vegetables and stock to onions and simmer until vegetables are tender. Softer vegetables like zucchini will cook more quickly than hard ones, like carrots.
4. Let cool. In batches, using a blender or food processor, puree vegetable mixture into a creamy soup\*.
5. Season with salt & pepper to taste and adjust herbs and spices if desired.

\* If soup is too thick, add additional broth or water to thin.

Super Soups freeze well and keep for a week in the refrigerator.

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