

AUTUMN HARVEST SOUP



4 TABLESPOONS OLIVE OIL

AROMATICS:

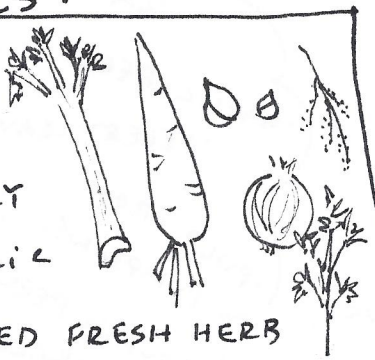
3 CARROTS

1 ONION

3 STALKS CELERY

4 CLOVES GARLIC

6 SPRIGS ASSORTED FRESH HERB
SUCH AS PARSLEY, THYME, OREGANO
OR BASIL



CRUNCHY VEGETABLES:

3-4 CUPS CRUNCHY VEGETABLES SUCH
AS: SQUASH, POTATOES, PUMPKIN, BEETS,
OR TURNIPS



LEAFY VEGETABLES:

1 BUNCH LEAFY GREENS SUCH AS:
CHARD, KALE, SPINACH, COLLARDS

8-10 CUPS VEGETABLE STOCK

5 TOMATOES - FRESH OR CANNED
DEPENDING ON THE SEASON



SALT AND PEPPER TO TASTE

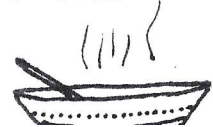


1) IN A LARGE SOUP POT HEAT THE OLIVE OIL OVER MEDIUM HEAT. PEEL AND CHOP THE ONION AND THE CARROTS. CHOP THE CELERY. PEEL AND MINCE THE GARLIC. CHOP THE LEAVES OF THE HERBS. (SAVE ALL THE PEELS, STEMS AND TRIMMINGS FOR THE VEGETABLE STOCK.) ADD THE AROMATICS TO THE OLIVE OIL AND SAUTE' FOR FIVE MINUTES.

2) PEEL AND CHOP THE CRUNCHY VEGETABLES AND THEM TO THE SOUP POT. (AGAIN SAVE ALL THE PEELS, PULP AND SEEDS FOR THE VEGETABLE STOCK.)

3) ADD THE STOCK AND TOMATOES AND SIMMER FOR 5-10 MINUTES, TILL VEGETABLES ARE TENDER.

4) CHOP THE LEAFY GREENS AND ADD THEM TO THE SOUP POT. SEASON WITH SALT AND PEPPER. SHARE WITH FRIENDS AND FAMILY!



VEGETABLE STOCK

BASIC:

- 1 GALLON COLD WATER
- 2 CARROTS
- 1 ONION
- 4 STALKS OF CELERY
- 1 TEASPOON WHOLE PEPPERCORNS

CAN ALSO ADD:

- CARROT PEELS.
- GARLIC PEELS.
- CELERY LEAVES.
- PULP FROM PUMPKINS.
- SQUASH PEELS.
- KALE STEMS.
- HERB STEMS.
- TOPS OF LEEKS.
- BEET PEELS.
- SPINACH STEMS.

POUR ONE GALLON OF COLD WATER INTO A LARGE POT. WASH AND ROUGHLY CHOP THE CARROTS, ONION, AND CELERY AND ADD THEM TO THE POT. ADD IN THE WHOLE PEPPERCORNS AND ANY ADDITIONAL VEGETABLE PEELS, SCRAPS ETC...

HEAT SLOWLY OVER MEDIUM HEAT - DO NOT RUSH AS THE SLOW HEAT IS WHAT BRINGS OUT THE FLAVORS. DO NOT BOIL. SIMMER FOR UP TO 3 HOURS. STRAIN OUT THE VEGETABLES AND PUT THEM IN THE COMPOST AS THEY DON'T HAVE MUCH FLAVOR NOW, IT'S IN THE LIQUID! STORE YOUR VEGETABLE STOCK IN THE REFRIGERATOR OR FREEZER.