Winter Vegetable Soup

From – From Asparagus to Zucchini

4 garlic cloves, sliced
2 medium onions, coarsely chopped
4 cups sliced cabbage
1 butternut squash, peeled, seeded & coarsely chopped
4 carrots, peeled & coarsely chopped
2 large potatoes, peeled & sliced
4 cups vegetable or chicken broth
1 tsp ground black or white pepper
½ tsp freshly ground nutmeg
½ tsp fresh thyme (¼ tsp dried)
salt to taste
Tabasco or your favorite hot sauce to taste

• Place vegetables in large soup pot with stock and 3 cups water.
• Bring to boil, cover, reduce heat and simmer 45 minutes or until vegetables are very tender.
• Cool to warm temperature.
• Puree in food processor or blender in batches, return to soup pot.
• Add seasonings, herbs and spices.
• Heat and serve.

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