

Soup's On!!!... Chunky Vegetable Soup



You will need:

Vegetable Peeler
Knife
Medium Pot
Spoon & Ladle

Ingredients:

1 Onion	Olive Oil
3 Carrots	Kosher Salt
2 Garlic Cloves	Black Pepper
1 Celery Stalk	White Wine
1 lb. potatoes	1 Bay Leaf
1 Quart Chicken or Vegetable Stock	Pinch of Thyme

AND

Your choice of other vegetables...red pepper, cabbage, asparagus, mushrooms, fennel, etc... the onion, carrots, garlic, celery & potatoes are essentials. They give the soup its base flavor & tantalizing aroma.

Directions:

Peel the onion, carrots & garlic cloves and chop these, along with all your other vegetables, to a medium dice. You want them to be roughly the same size. Cover the bottom of the pot with a layer of olive oil, put on stovetop over medium heat. When the oil is hot, add onion, season with salt & pepper and cook 2-3 minutes, stirring occasionally.

Add the carrots & garlic, season with a little more salt & pepper, and cook 2-3 minutes more. Finally, add celery, any other tough vegetables (such as cabbage) & dried herbs, season again with salt & pepper and cook for another 3 minutes. (If using asparagus or frozen green peas, add them later with the broth.

Pour enough wine into the pot to cover the bottom. Cook, stirring occasionally, until the wine reduces a little. Add the stock & potatoes.

Let the soup come to a boil & turn the heat down so soup is just simmering. Cook, uncovered for about 20 minutes or until the potatoes are tender.

Taste and adjust seasonings, if necessary.

Ladle It Out!!