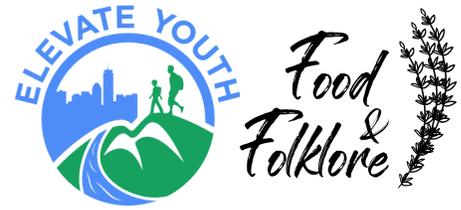


**Instructor:** Tamika R. Francis, Food & Folklore LLC

# Root Vegetable Soup



6:30pm - 7:30pm | 01.06.2022

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**Serves:** 6-8 cups **15 mins** **Cook Time:** 35 mins **Total Time:** 60 minutes

**CLASS FOCUS:** We will be building basic cooking skills by making home made vegetable stock and then building into a root vegetable soup. This soup can be enjoyed as a main with bread, you can add an animal protein like chicken or meatballs and it freezes easily to be enjoyed throughout the winter.

## Ingredients

### Vegetable Stock

- 2 tablespoon olive oil or butter
- 1 medium onion, chopped (about 1 1/2 cups)
- 1/2 cup of celery, diced
- 1/2 cups of carrots, diced
- 3 cloves garlic, minced (2 tsp)
- 7 cups water

### Soup

- 2 Tablespoons olive oil
- 6 -8 cups peeled and diced root vegetables, 1/2 inch (e.g. sweet potato, celery root/celeriac, turnip, carrots, parsnip. Any kind of squash is great too)

### Seasonings

- 1 teaspoon or sprigs of thyme
- 2-3 bay leaves
- 1/4 teaspoon ground pepper
- 1 teaspoon kosher salt (or more or less depending on broth used)
- 1/4 cup chopped parsley leaves (optional)

### Finishers/Optional

- 2 cups fresh baby spinach, roughly chopped
- **Optional Garnishes:** Homemade croutons , Parmesan cheese, squeeze of lemon juice.

## Instructions

1. Heat the olive oil/butter in a large Dutch oven or stockpot over medium heat.
2. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often.
3. Add the water, bay leaves, parsley, and thyme. Reduce heat to low and simmer, partially covered, for 15 minutes.
4. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot; discard solids.
5. In another pot, heat 2 tablespoons of olive oil, then add the diced vegetables and saute for 5-7 minutes.
6. Once the vegetables are softened, add the strained stock and bring to a boil.
7. Reduce the heat to low and simmer for 10 minutes.
8. Season the soup with salt and pepper and other spices of your choice like paprika, or garlic.
9. For a thicker soup, you may crush/blend some solids to thicken the soup.
10. Serve with crotons of fresh herbs.

## Notes

1. **Root Vegetables and quantities:** To get 10-12 cups of diced vegetables, I used 1 large sweet potato (~3 cups), 2 medium-large carrots (~2 cups), 1 large celery root (~2 cups), 1 large white turnip (~2 cups) plus 2 cups cubes of butternut squash (not actually a root vegetable but great in this soup).
2. **Broth or Water options:** Use any combination of water and vegetable broth.
3. **Homemade Croutons (for 2-4):** Cut 2 slices of bread into 1/2-1 inch pieces. Most breads will work. Stale is good but not essential. Heat a tablespoon of oil in a pan to medium. Add bread cubes in a single layer in the pan. Sprinkle with salt (and garlic powder if desired). Continue to toast, stirring occasionally until nicely browned, about 4-5 minutes.
4. **Make Ahead:** Once the broth has cooled, transfer it to airtight plastic containers or freezer bags and store it in the freezer. (I usually freeze it in 2-cup portions so I don't have to thaw all the broth every time I use it.) It's good frozen for up to 4 months.