



ROOT VEGETABLE SOUP

Chef@Market: Maggie Haren

January 5, 2019 – Indoor Market Demo

Root vegetables are known for their concentrations of vitamin C, B and A as well as their level of health-promoting antioxidants. These vitamins help the body's immune system by reducing inflammation that can contribute to chronic illness such as cancer and heart disease. They are packed with vitamins, minerals and fiber. Beta-carotene is also found in high quantities in many root vegetables and is a powerful contributor to combating inflammation as well as protecting our skin and eyes from free radical damage. This easy and comforting soup is sure to warm you up on a cold winter's day!

- 2 tablespoon Olive or vegetable oil
- 1 large Onion or Leek (use part of the green) small dice
- 1 large stalk Celery - small dice
- 1 large Carrot – sliced
- 1 large Parsnip - sliced
- 1 large Turnip - sliced and then half moons
- 1 medium Rutabaga – medium dice
- 1 teaspoon Dried Thyme or Rosemary
- 3 – 4 quarts Vegetable broth (or chicken stock or water)
- To Taste Sea salt or vegetable base– to taste
- 4 large Scallions – sliced using green parts too



In a medium soup pot, add the oil over medium heat and sauté the onions and celery together until somewhat soft. Add the all the other root vegetables and herbs, then stir to coat. Add the broth or stock and depending on the salt content of your liquid, add salt or vegetable base to taste. (You can use bouillon cubes for more flavor or the paste that comes in a jar)

Simmer until all the veggies are tender, about 20 – 30 minutes. Ready to serve garnished with a few scallions.

Maggie's Recipe Tips/ Suggestions:

- *This version is Vegetarian. Add some browned boneless chicken, kielbasa, or even some browned ground beef to the pot before adding the vegetables .*
- *Add 2 cloves of garlic to the onion and celery sauté if desired.*
- *Add some other favorite veggies: Corn, green beans, canned white beans, cabbage or potatoes.*
- *Use your favorite herbs. Thyme, Rosemary, Sage, even Oregano giving it a minestrone-like flavor.*
- *Add some pasta such as small elbow macaroni or rosa marina (looks like rice).*
- **GET CREATIVE:** *Add a few drops of sesame oil or a teaspoon of oyster sauce to your bowl.*

Find all of our Market Recipes at the Ocean Pines Website:

<http://oceanpines.org/forms-docs-cat/farmers-market-recipes/>