



CS Robins Vegetable Soup

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Categories: Main Dish - Soup, Source: The Captain's Shack

Servings: 4

Description: A delicious variant to the standard vegetable soup.

Preparation Time: 10 minutes

Start to Finish Time: 30 minutes

Serving Ideas: Serve with a warm Bolillo roll and butter.

Ingredients

2 T Butter

2 stalk Celery, thin sliced

3 stalk Celery leaves, diced

1 lg Carrot, thin sliced

2 med Leeks, thin sliced including some green

1 c chopped Italian Parsley

3 med leaves and stems of Rainbow Chard, diced fine

32 ozs Bone Stock

2 t Tumeric

1 tbsp Fenugreek powder

2 Bay Leaves

Himalayan Pink Salt to taste

fresh ground Tellicherry

Black Pepper to taste

Directions -

1) Over medium heat, melt butter in a large stock pot. Add the celery, celery leaves, carrot and leeks. Stir until fragrant and wilted.

2) Add the chopped parsley and chard. Cook until the chard is wilted.

3) Add the bone stock, tumeric, fenugreek, bay leaves, salt and pepper. Bring to a simmer.

4) Add the salt and pepper and taste. Adjust as necessary.

5) Simmer for 20 minutes. Serve hot.

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