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Irish Vegetable Soup Recipe

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IRISH VEGETABLE SOUP RECIPE

Ingredients

- 2 Tablespoons (Tbsp.) butter
- 1 small onion, diced
- 2 stalks of celery, diced
- 3 carrots, peeled and diced
- 3 potatoes with skins on, diced (feel free to substitute sweet potatoes)
- 1 tomato, chopped
- 1/2 cup spinach (optional)
- 2 cloves of garlic
- 1 Tablespoon (Tbsp) Cherchies® Garlic or Cherchies® Garlic'n Herbs Seasoning Blends, divided
- 1/2 teaspoon (tsp) ground pepper
- 2 cups vegetable broth (ok to substitute chicken broth)
- 1/4 cup half & half (substitute fat-free greek yogurt for a lighter version)
- Blender



Preparation

1. Add butter, celery, onions, garlic, parsnips, and carrots to a large soup pot or dutch oven. Season with 1 teaspoon (tsp) Cherchies® Garlic or Garlic'n Herbs Seasoning blend and pepper. Sauté the vegetables, until onions are translucent.
2. Add the vegetable or chicken broth to the pot. Add potatoes, tomato, and rest of the Garlic Seasoning to the soup pot. Throw in some Kale or Spinach or leftover broccoli if you have it on hand (optional). Simmer until potatoes are soft and then add the half and half.
3. Once vegetables are finished cooking, turn off the stove and allow the soup to cool for five minutes. Now onto the blender. Carefully add the soup ingredients to a blender, making sure to only fill the blender half-full. You may have to do a couple of batches. To ensure the hot soup does not explode everywhere, remove the center

portion of the blender to allow steam to escape and put a clean towel over top. If you have a blender that is equipped to handle soup, then this step is not necessary. Hold the lid covered with the towel down and puree. Or, wait until the soup has cooled about 20 minutes or so and then puree.

4. Pour the pureed soup into your favorite soup bowl, serve with bread, and enjoy this tasty version of Ireland's vegetable soup! If you are feeling fancy, carefully add a little half and half and make a fun design. Enjoy!