

Veggie Veggie Soup  
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Supplies - Large soup pot, cutting board, chopping knife, vegetable peeler, large spoon, immersion blender or standing blender or food processor

3-5 large vidalia onions

5-10 large cloves fresh garlic

Olive oil to cover the bottom of a very large soup pot

5-6 extra large carrots

5-6 large zucchini

1 large parsnip

A handful of fresh parsley

Seasoning to taste: Pink salt, black pepper, garlic powder, onion powder, a dash of powdered ginger and/or cumin (Be fairly generous with the seasoning.)

Optional add ins: mushrooms, fresh spinach, sweet potato, yellow summer squash, butternut squash, green peas, split peas, lentils

Cover bottom of large soup pot with oil. Heat, and sauté coarsely chopped onions. When onions are translucent, add chopped fresh garlic & lightly sauté. Coarsely chop remaining veggies & add to the pot. Toss to mix w sautéed onions. Cover generously with water & bring to a boil. Add seasoning & allow to cook at an active simmer until all veggies are very soft and enough water has cooked out for desired consistency. Purée & enjoy. Freezes well.