



SPRING VEGETABLE SOUP

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ONE BATCH SERVES 8

INGREDIENTS	X1	X2	X3	X4
Olive oil	2 T	1/4 c	6 T	1/2 c
Garlic, minced	6 cloves	12 cloves	18 cloves	24 cloves
Green onions, thinly sliced, white and green parts	1 bunch	2 bunches	3 bunches	4 bunches
Medium carrots, sliced	6	12	18	24
Celery, sliced	4 stalks	8 stalks	12 stalks	16 stalks
Leeks, white and green parts, cleaned, sliced	3	6	9	12
Bulbs fennel, cleaned and sliced	3	6	9	12
Gluten free vegetable or chicken stock	8 cups	16 cups	24 cups	32 cps
Bay leaves	2	4	6	8
Dried thyme	1 t	2 t	1 T	4 t
Roasted yellow beets, peeled and cubed	4	8	12	16
Spring peas	1 cup	2 cups	3 cups	4 cups
Salt and pepper	to taste	to taste	to taste	to taste
Dairy free pesto, optional	1/4 c	1/2 c	3/4 c	1 c

Heat olive oil in stock pot over medium-high heat, and sauté garlic, green onions, carrots, celery, leeks, and fennel together until veggies are softening.

Add stock, bay leaves and thyme. Season with salt and pepper, to taste. Allow to simmer until vegetables are tender. Stir in peas and roasted beets. Keep soup on the heat until peas are just cooked and beets are heated through.

Serve soup. Top with a 1/2 tablespoon of dairy free pesto, if desired.

To freeze: Cool. Freeze in individual lunch-sized freezer containers. Top with pesto. Seal, label and freeze.

To serve: Thaw. Heat through.