



Creamy Soup Base

Use this basic method to create any number of rich-tasting yet light creamy soups. Make one day in advance, chill and gently reheat for the best flavor. Creamed soups do not freeze well but will keep in the refrigerator for several days.

INGREDIENTS:

1 tablespoon butter
1 small white onion, chopped
1-2 stalks celery, chopped
2 -4 cups stalks of vegetable of choice (ex: mushroom, broccoli, asparagus, spinach or cauliflower stems)
1 small clove garlic (optional)
2 medium russet potatoes, peeled and chunk cut
2 bay leaves
1-2 stalks fresh thyme
4-6 cups water or light broth
2-4 cups of vegetable of choice in bite size pieces (ex; sliced mushroom caps, broccoli or cauliflorettes, asparagus tips, chopped spinach leaves
1 cup half and half
Salt
White pepper
(possible seasonings: nutmeg, dill, white wine, cayenne)

PREPARATION:

- Heat a large heavy bottom soup pot and add butter
- Add onion and celery and gently stir fry until soft, careful not to brown
- Add vegetable stems and or stocks, garlic, potatoes, bay leaves, thyme and water or broth
- Cover and bring to a simmer
- Cook 20 minutes or until potatoes are very soft
- Remove from heat and let cool, remove bay leaves and thyme stems
- Puree soup in batches until smooth, strain as needed
- Add bite size vegetables to creamy base (pre-cook firmer choices)
- Add cream, salt, white pepper and seasonings of choice
- Gently reheat to serve

Yield: about 10 cups

Serving size: 1 cup

Calories: 100

Fat Grams: 2

