



VEGETABLE PURÉE SOUP

- 1 large onion**
- 1 pound carrots, peeled (4 to 5 medium)**
- 3 celery sticks**
- 1 pound thin-skinned potatoes (3 medium or 6 small potatoes)**
- 3 garlic cloves, peeled and halved**
- 6 cups water**
- 2 bay leaves**
- 3 sprigs fresh thyme (substitute 1 teaspoon dried thyme)**
- Spices of your choosing (recommend ones like ginger, cinnamon, allspice, clove, or any dried herbs)**
- Salt + pepper to taste**
- 1 cup coconut milk (can substitute milk, half-and-half, or whipping cream)**

Keep in mind you don't have to stick too strictly to this recipe, you can use any vegetables you have on hand.

Start by chopping all your ingredients to similar size chunks, they can be large or small depending on how long you want to wait for your soup to boil, but they just have to be the same size as one another. Now there are two ways this soup could be put together. A really easy way would be to add all your vegetables to the pot, top with water and your spices boil away **OR** if you would like a more concentrated and a more roasted flavour from your soup (**I recommend this method**) sweat all your vegetables with a bit of oil in the pot over medium heat until they start to brown on the outside and soften up, then top it all with water and your spices and leave it to boil! Boil your soup until all your vegetables are soft enough to mash, then you want to take it off the heat, let it cool slightly and use a handheld blender or a traditional blender to blend it all together, adding your coconut milk or chosen dairy product at the end! This recipe would work so well as a potato + leek soup, an only carrot soup (carrot ginger + curry soup maybe?) a squash soup, ANY MEDLEY of vegetables you might like!

ENJOY!