



Root Vegetable Soup

from Nancy Meyer

(adapted from Helen Foli's recipe, my mother-in-law)

Ingredients

5 Yukon Gold Potatoes (peel and cube)
2 White Turnips (peel and cube)
1 Large Onion (peel and cube)
2 Stalks Celery (cut up)
2 Carrots (peel and cube)
Salt & Pepper (to Taste)
¼ tsp. Cayenne Pepper (Optional)

Add 6 cups Water or Broth
1 lb. Spinach or two bags: fresh or frozen
1 Stick of Butter or Margarine
1 cube Chicken Bouillon
Beau Monde Spice or Celery Salt (to Taste)
Half-n-Half/Cream/Milk/Coconut
Milk/Almond Drink (to Taste)

Directions

1. After veggies are peeled and cut up, or cubed, place them in a soup pot of water or broth. Simmer until very done (about 20 minutes).
2. Add spinach and simmer until spinach is wilted.
3. Puree the entire mixture until smooth in a blender or food processor. It is sweltering. Try blending a portion at a time with the air vent open. Experiment with what will work for you.
4. Pour mixture back into the soup pot. Add the butter, chicken bouillon, salt and pepper, Beau Monde spice, and half-n-half (or another option). Stir and taste. Adjust seasonings if needed. Lately, I have left out the half-n-half. It is still yummy!
5. Heat just to the boiling point and serve.
6. You can freeze this soup or store it in your refrigerator for a week or so.

*The underlined items above are what I use.
