



# Mama's Vegetable Soup

Makes 6–8 servings ~ \$14.25 (\$1.78 per serving for 8 servings)

## Ingredients

- 12 cups water
- 3 tablespoons olive oil
- 1 rounded tablespoon coarse sea salt
- 1 1/2 pounds (4) Yukon gold potatoes
- 1 pound (5) medium carrots
- 1 large turnip
- 1 medium tomato
- 1 large onion
- 1 – 2 pounds fresh spinach, washed, stems removed
- Sea salt and freshly ground black pepper

## Directions

1. Add water, olive oil, and salt to a soup pot. Bring to boil.
2. Peel potatoes, carrot, turnip and onion; halve and cut into 1 1/2-inch quarters. Put into large bowl of water to rinse.
3. Discard rinse water; add potatoes, carrots, turnip and onions to soup pot along with tomato. Cook soup uncovered over medium heat for 1/2 hour or until vegetables are tender.
4. Blend soup with a blender or food processor until thick and smooth. Add spinach and cook for 10 minutes more.
5. Season to taste with salt and pepper. If the soup is too thick add more water.

## Variations:

Once the soup base has been made, other vegetables can be added. Try Italian green beans, broccoli, cauliflower, cabbage or macaroni pasta.

*Recipe courtesy of Sharon Crayton*

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