

Creamy Onion Veggie Soup (Vegetarian Recipe)

Serves 4-8

INGREDIENTS

(Organic, if possible)

1 Tablespoon, Stonehouse Extra Virgin Garlic Olive Oil

1 Tablespoon, Organic Virgin Olive Oil (I used Trader Joe's)

4 Tablespoons, Organic Salted Butter

4 Organic White Onions, sliced
1 pint (approx.), Organic brown Crimini Mushrooms, cut into chunks

1 Teaspoon, dried or fresh Rosemary leaves (or to taste...use a light hand)

Chipotle powder, Black Pepper, Sea Salt to taste

1/4 cup, Organic All-Purpose Flour

1 - 32 oz carton, Pacific brand (or homemade) Organic Veggie Broth

1 large Orange Organic Sweet Pepper, diced into medium chunks

1 stalk of Organic Broccoli, florets cut small, stems peeled & sliced

1 cup, Organic whole Milk

GARNISH

* Fage Greek Yogurt

* Sharp Cheddar, grated



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This hearty onion vegetable soup accompanied by a rustic, crusty bread or homemade biscuits and a fresh green salad would make a light dinner or satisfying lunch. It also would star as a delicious introduction to a winter holiday meal.

INSTRUCTIONS

~ COMBINE olive oils in large, heavy bottomed, soup pot.

~ SAUTE onions & mushrooms over medium heat, until onions are transparent and slightly browned.

~ ADD the butter as mushrooms absorb the oil.

~ SPRINKLE in sea salt and slightly crushed rosemary leaves.

Turn off the heat while you:

~ ADD flour and stir to blend well.

~ ADD the Pacific Vegetable Broth, a cup or so at a time, stirring for a smooth blend without any flour lumps.

~ ADD 4 good dashes of Chipotle powder (or to taste), cracked black pepper and more sea salt (to taste)

Turn the stove back on to medium heat.

~ ADD the sweet pepper chunks & broccoli.

~ COOK for 5 minutes or until the broccoli's just tender.

~ ADD 1 cup of whole milk. STIR to blend.

~ SERVE garnished with a generous dollop of Greek Yogurt (or Sour Cream) and a generous sprinkling of grated sharp Cheddar.