



LUA & LEMONS

- LOCAL CHEF SERVICES -

Hearty Winter Vegetable Soup

2 tbsp. Olive Oil
1 Onion, diced
3 large Carrots, peeled & diced
2 Celery stalks, diced
1 Bell pepper, seeded & diced
5 cloves Garlic, minced
3 sprigs Thyme
1 sprig Rosemary
4 Tomatoes, chopped
8 cups water
2 large Potatoes, diced
4 cups Kale, chopped
1 Lemon, zest & juice
Salt, to taste
Pepper, to taste
Parmesan Cheese
Crusty Bread

Mise en place all above ingredients and set aside for cooking. In a large soup pot over medium heat add olive oil. Once oil is heated add the onion, carrots, celery & bell pepper. Saute these ingredients until you start to see them get a little bit of brown in color. Once you see this add your minced garlic, thyme, rosemary & chopped tomatoes. Cook this for a couple of minutes until you start to see the tomatoes break down. Add in the water & potatoes and let simmer for 20 minutes. Add in lemon juice, zest & kale. Taste then season with salt & pepper to your liking.

Top with parmesan cheese and serve with crusty bread.