



*Chef Ron's*  
*Signature Family Recipe*

*\*Bon Appetit\**

## Fresh Vegetable Soup



### Kitchen tools needed:

large size stock pot, medium size heavy gauge soup pot, stirring spoon, ladle, cutting board, chef's knife, board scraper.

### Ingredients:

½ cup neutral oil such as rice bran oil or avocado oil  
3 medium size carrots, diced  
6 stalks celery, diced  
1 medium size onion, diced  
1 bay leaf  
3 black peppercorns  
3 quarts cold filtered water with 3 teaspoons sea salt  
6 oz fresh mushrooms, sliced  
½ bunch Italian flat leaf parsley  
salt and fresh ground black pepper to taste

### Directions:

1. Heat stock pot with 3 quarts of cold filtered water and sea salt, add all vegetable scraps including parsley stems and simmer for 20 minutes.
2. Add bay leaf and peppercorns and simmer for 10 more minutes.
3. Heat medium size heavy gauge soup pot on burner, turn on medium high,
4. Add oil and heat till just before smoking.
5. Add diced celery, carrot and onion and cook till lightly caramelized.
6. Add 2 quarts vegetable stock and turn down to simmer.
7. Add sliced mushrooms and chopped parsley
8. Taste soup and add salt and pepper as desired.
9. Serve soup piping hot with fresh bread of choice.

### Serving suggestions:

- Add cooked pasta to soup while simmering to create a vegetable noodle soup.
- Add chopped fresh herbs of choice such as; thyme, oregano or basil, to soup towards end of simmering.
- Add cooked beans, tomato paste, oregano, and grated Parmesan to create a vegetable minestrone soup.

Serves approximately 8 servings

Signature recipe by; [ChefRon@ChefCultures.com](mailto:ChefRon@ChefCultures.com)