

Italian Peasant Soup

From – From Asparagus to Zucchini

¼ cup white wine
1 cup finely chopped onions
1 cup finely diced celery or celeriac
1 cup finely diced carrots
1 ½ cup peeled & diced potatoes
1 ½ cup peeled & diced parsnips
8 cups vegetable stock or water
½ tsp thyme
2 tsp crushed garlic
1 Tbsp low-sodium soy sauce
2 cups chopped kale

- Combine wine, onions, celery, and carrots in large pot over medium heat, and cook, stirring occasionally, until vegetables are tender, about 25 minutes.
- Stir in potatoes, parsnips, stock, thyme, garlic and soy sauce.
- Bring to simmer, cover and cook over low heat until potatoes are not quite tender, about 15 minutes.
- Add greens and cook 10 to 15 minutes longer.



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