

# Winter Vegetable Soup

*From – From Asparagus to Zucchini*

4 garlic cloves, sliced  
2 medium onions, coarsely chopped  
4 cups sliced cabbage  
1 butternut squash, peeled, seeded & coarsely chopped  
4 carrots, peeled & coarsely chopped  
2 large potatoes, peeled & sliced  
4 cups vegetable or chicken broth  
1 tsp ground black or white pepper  
½ tsp freshly ground nutmeg  
½ tsp fresh thyme (¼ tsp dried)  
salt to taste  
Tabasco or your favorite hot sauce to taste

- Place vegetables in large soup pot with stock and 3 cups water.
- Bring to boil, cover, reduce heat and simmer 45 minutes or until vegetables are very tender.
- Cool to warm temperature.
- Puree in food processor or blender in batches, return to soup pot.
- Add seasonings, herbs and spices.
- Heat and serve.



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