

# Creamy Vegetable Soup

Fills 4 medium trays

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## Ingredients:

2 med. Vidalia Onions diced
8 Carrots diced
8 Celery Stalks diced
4 tsp minced Garlic
2 tsp salt
½ tsp Red Pepper flakes
¼ tsp black Pepper
8 med. Russet Potatoes cubed
8 C Vegetable Broth
½ C Heavy Cream



## Directions:

1. In a 6 quart pan, add ½ of the broth, and all ingredients except potatoes and cream. Cook for 8-10 minutes over medium-high heat, stirring occasionally. (Add more broth if needed)
2. Add potatoes and rest of the broth making sure vegetables are covered by at least ½ inch of broth. Add more broth if needed.
3. Bring mixture to a boil, cover and reduce to a simmer for 20 minutes or until you can easily pierce potatoes with a fork.
4. Remove soup from heat and add heavy cream, stirring until blended.
5. Blend soup in a blender until smooth (may need to do multiple batches in blender and mix back together in a bowl)
6. Let cool, add to freeze drying trays and freeze until frozen solid.
7. Freeze dry
8. Store Appropriately (See Tips and Tricks for storage help)

<b>Cycle Time:</b> Varies	<b>Rehydration:</b> Slowly add boiling water, stir let sit for a few minutes and repeat until desired consistency is reached
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Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray