

Creamy Vegetable Soup

This recipe makes about 20 cups of soup



Ingredients

2 medium vidalia onions, diced
8 carrots, diced
8 celery stalks, diced
4 **tsp** minced garlic or 2 cloves, minced
2 **tsp** salt
½ **tsp** red pepper flakes
¼ **tsp** black pepper
8 medium russet potatoes, cubed
8 **cups** vegetable broth
½ **cup** heavy cream

*see dairy free cream option in notes

This recipe was contributed by Hallie Thompson

Directions:

1. In a 6-quart pan, combine half of the broth with all ingredients except the potatoes and cream. Cook over medium-high heat for 8-10 minutes, stirring occasionally. Add more broth if needed.
2. Next, add the potatoes and remaining broth, ensuring the vegetables are covered by at least ½ inch of liquid. Add extra broth if necessary.
3. Bring the mixture to a boil, then cover and reduce to a simmer for 20 minutes, or until the potatoes are tender and can be easily pierced with a fork.
4. Remove from heat and stir in the heavy cream until fully blended.
5. Blend the soup in a blender until smooth, working in batches if necessary and mixing everything back together in a bowl.
6. Allow the soup to cool slightly.
7. Evenly spread the cooled soup across parchment-lined trays
8. Add dividers if using. We like the 10-portion setting.
9. Freeze dry
10. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

To rehydrate a single serving, add 1 cup of hot water to 2 divider portions or about 1 ½ cups of freeze-dried soup and stir until well combined. Let the mixture sit for 2 to 3 minutes, allowing the soup to fully absorb the water and regain its creamy texture. Adjust the consistency by adding more or less water to suit your preference.

Notes:

To make this dairy free use cashew cream in place of dairy cream. Boil 1 ½ cups cashews for 10 minutes. Drain the cashews and add to a high power blender with 1 cup of water. Blend until smooth.

Nutritional Value Per 1 ½ cup serving

Calories: 162 Protein: 3 g Fat: 3 g Carbohydrates: 31 g Sugar: 6 g Fiber: 3 g