



SHARE THE HARVEST SOUP

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CHEF JAMIE'S RECIPE

Ingredients

- 1 potato chopped
- 1 celery stalk slices
- 3 carrots sliced
- 1 small onion chopped
- 3 small-medium turnips chopped
- 1 TBSP vegan butter or oil of choice (optional)
- 2 cloves of garlic (or 1 tsp minced)
- Salt and pepper to taste
- 2 cups vegetable broth or water
- 1 cup coconut unsweetened coconut yogurt or milk of choice

Directions

- Add all ingredients to a crockpot and cook on low for 4-6 hours stirring occasionally
- Remove soup from crockpot and add to a high speed blender and blend until smooth.
- Return to blender and turn to keep warm and enjoy!
- You may also keep the soup in the crockpot and use an immersion blender.
- For a chunkier soup, remove 1-2 cups of soup before blending and add back in once the rest of the soup has been blended