



## Velvety Vegetable Soup

The carrot and the pepper give this soup its pretty orange color, the cauliflower and potatoes its velvety texture. This lower sodium soup can be served pareve or dairy. Short on time? You can always prepare the vegetables ahead of time and keep them in the freezer. It won't change the texture or the taste of the soup, I promise!

### Ingredients:

- 1 large onion, diced
- 2 stalks celery, diced
- 1 red pepper, diced
- 2 cloves of garlic, minced
- 1 Tbsp vegetable oil
- 4 c cauliflower, cut into florets
- 2 potatoes, peeled and diced
- 3 carrots, peeled and diced
- 5 cups (low sodium) vegetable broth
- 1 c milk or soy milk (or some other creamer of choice)
- 2-3 Tbsp chopped dill
- ½ tsp dried thyme
- Salt and pepper to taste

### Directions:

1. In your soup pot, heat oil. Add the first 3 ingredients and sauté for 5 minutes.
2. Add the minced garlic and sauté for 2 minutes more.
3. Add the rest of your vegetables and the broth. Bring the pot to a boil, then reduce heat and simmer for 25 minutes.
4. Puree the soup, add milk (or milk substitute) and season with dill, thyme, salt and pepper.

**Serves 8.**