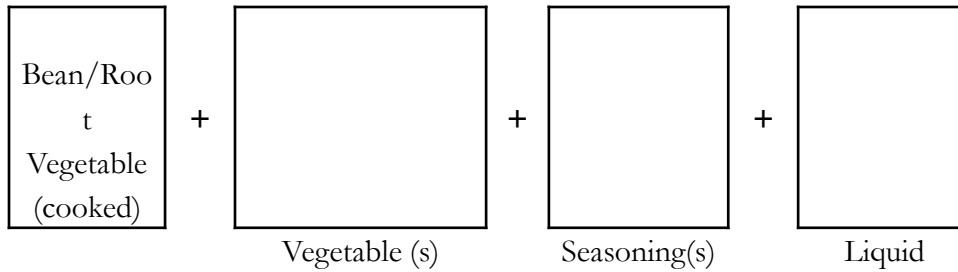


Smooth Soup Recipe Framework



Ideas

winter	carrots	garlic	water, broth
squash	parsnips	olive oil	
potatoes	leeks	broth	
sweet	onions	salt	
potatoes	canned tomatoes	pepper	
yams	fresh tomatoes	ginger	
	green onions	cumin	
	frozen/canned	curry	
	corn	herbs	
	frozen peas		
	frozen broccoli		
	frozen spinach		

Directions: You can sauté your vegetables/ seasonings in olive oil before adding the liquid and other ingredients. Then combine ingredients in a deep pot and cook on medium for about an hour. **Once it has cooled**, process carefully with your hand blender to desired consistency.