



# REPURPOSED VEGETABLE SOUP FOR 6

WHAT CAN YOU DO WITH A LEFT OVER VEGGIE TRAY?

## Ingredients

- **3 or 4 cups raw vegetables**
- **1 32 oz box chicken broth (more if you steam the vegetables in broth)**
- **2 pints heavy cream**
- **2 tsp kosher salt (or more to taste)**
- **3 or 4 cups shredded cheddar cheese (or colby jack)**
- **2 to 4 TB corn starch depending on desired thickness**

Trim any super gross parts off your left over veggies. It's okay if they're dried out. You can use what ever you have left.... (Even the cauliflower no one really likes at your house.)

Add your veggies to a saucepan. Add a couple of inches of water or chicken broth. You don't have to be precise. Basically, you just want to make sure that the pan doesn't dry out.

Add a lid to your pan and heat on medium high heat for about 10 minutes, or until the veggies are tender. (Notice I didn't say totally mushy? You want to leave a few nutrients in them right?)

Add the box of chicken broth and steamed veggies to a stock pot. Heat on medium.  
Blend with an immersion blender.  
Gradually stir in heavy cream.

Carefully ladle 1 to 2 cups of the soup into a separate bowl or container. Soup scalds are nasty, and best avoided.

Add the corn starch and whisk until smooth. You might like your oatmeal lumpy. You might like your soup lumpy too. I don't. This helps your soup have smooth consistency.

Stir cornstarch mixture into simmering soup stirring constantly until it reaches desired thickness. If you want it more like "chowdah" , you're going to need more corn starch.

Just don't add it directly to the soup. Or if it's a lumpy hot mess no one wants to eat, because you chose to ignore my advice, that's okay.

I just want you to be successful and feel like a Souperstar. Or like you can conquer the world after you make this soup.

I'm probably putting too much pressure on both of us.

I'm sorry.

At this point, your soup should be ready to serve. It will serve 6. You can add a roll for dunking.

It will freeze as well so double or triple the recipe. Your future self will thank you when you can just pull it out of the freezer for dinner on that night when you just can't even .

Label it with a sharpie and date it.

Trust me on this one.

You don't want to be playing guess that frozen item 6 months from now.