

Velvety Vegetable Soup

This soup is so comforting. It's like a big vegetable hug. It has a nice depth of flavor even though it really doesn't have that many vegetables in it. I wanted it to be a creamy minestrone type soup—you can see in the photos that I added white beans, whole carrots, and greens—but I wasn't too pleased with how it meshed with the base. Honestly, I love the smooth, velvety soup by itself. This is the recipe for the soup base only. Feel free to add veggies or cooked pasta, rice, whatever to the soup if you want. Otherwise just make the impossibly smooth soup and drink it from a coffee mug on a rainy day while watching an old movie. This soup works best in a high-speed blender, such as a Vita-Mix.



- 1 large sweet onion
- 1 tablespoon olive oil (*or vegetable oil of your choice*)
- 2 small carrots, peeled and chopped into thin rounds
- 7 cremini mushrooms, brushed, de-stemmed, and sliced
- 2 cloves garlic, chopped
- 1 13.5-ounce can stewed tomatoes
- 1 $\frac{1}{4}$ cans water (*use the tomato can*)
- $\frac{1}{4}$ teaspoon celery salt
- $\frac{1}{4}$ teaspoon paprika
- 1 $\frac{1}{2}$ teaspoons kosher salt
- $\frac{1}{2}$ teaspoon dried herbs (*your choice, but basil, oregano, and marjoram work well*)
- $\frac{1}{2}$ teaspoon cumin
- Black pepper, to taste

Optional mix-ins:

Cooked pasta, baby spinach, cooked barley, or your favorite mixed veggies

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Makes 4 servings

step 1 Cut the onion in half lengthwise. Trim off the ends, remove the skin, and make width-wise cuts to form onion half-moons. These will break apart into long strips.

step 2 Heat a heavy-bottomed skillet with the olive oil. Add the onions and sauté over medium heat until beginning to color. Add the carrots and mushrooms and cook down until the onions and mushrooms are very soft and the carrots have begun to soften. Add the garlic and sauté until fragrant and softened.

step 3 Add the cooked vegetables and the tomatoes, water, celery salt, paprika, kosher salt, dried herbs, cumin, and black pepper to your Vita-Mix, blender, or food processor. Process on high for as long as it takes to get the soup smooth. If using a Vita-Mix, process for 4 to 6 minutes or until soup is steaming hot and serve. For blenders and food processors, remove the soup and strain if necessary. Add to the soup pot and heat gently until hot enough to serve. Serve with a large chunk of toasted sourdough or your favorite bread.