

PANACEA VEGETABLE SOUP

Source: STAFFMEALS AT CHANTERELLE (Chef David Waltuck)

Cook/Prep Time: less than 1.5 hours

INGREDIENTS:

2 TBS extra-virgin olive oil	3 leeks
1 medium onion, coarsely chopped (1 1/2 C)	6 cloves garlic, coarsely chopped
2 1/2 qts chicken stock OR canned low-sodium chicken broth	
2 C canned tomatoes + juice, tomatoes crushed by hand	
1/4 tsp dried oregano leaves	2 bay leaves
4 carrots, peeled/cut into 1/4" pieces	1/4 tsp dried thyme leaves
1 small butternut squash, peeled/cut into 1/2" pieces	
1 yellow squash, cut into 1/2" pieces	1 zucchini, cut into 1/2" pieces
4 oz green beans, trimmed/cut into 1/2" pieces	
1 C well packed spinach, rinsed/spun dry	1/4 small head cabbage, shredded
1 can (15.5 oz) cannellini OR red kidney beans, rinsed/drained	
1 tsp red wine vinegar	1 TBS unsalted butter
Coarse salt + freshly ground black pepper	Freshly grated Parmesan

DIRECTIONS:

Trim away and discard all but 2" of leek green parts – split lengthwise and rinse well under cold running water to remove grit – drain – cut into 1/4" slices. Heat oil in very large stockpot over medium heat – add onions, garlic + leeks – reduce heat to low - sweat till onions are translucent but not browned (10-15 minutes).

Add stock, tomatoes, bay leaves, oregano + thyme – increase heat to high – bring to boil, then lower heat to medium – simmer 15 minutes – add carrots – simmer, uncover, 10 minutes – add squashes, zucchini + green beans – simmer, uncovered, 15 minutes – add spinach, cabbage + kidney beans – continue simmering, uncovered another 10 minutes. The soup should be thick with vegetables that tender but still hold their shape.

Remove pot from heat – discard bay leaves. Add vinegar, butter, salt + pepper to taste, adjusting seasonings if needed before serving. Pass the Parmesan at table.

Serves: 6-8