

Creamy Ham & Potato Soup

Serves: 6-8

Ingredients:

1 pound of Carrots, chopped
1 pound Celery, chopped
1 pound onion, chopped
1 large Zucchini, chopped
2 bay leaves
48 ounces Vegetable Stock
4 cups Ham, diced
4 medium Potatoes, diced
1 Tablespoon Liquid Smoke
1 Tablespoon Worcestershire
1 teaspoon Hot Sauce
1 Tablespoon Nutritional Yeast
1 Tablespoon Garlic Salt
½ teaspoon Pepper



A Pound of Cure
Dr. Matthew Weiner

Equipment Needed:

Large stock or pasta pot
Blender
Large bowl
Dishtowel
Ladle

Directions:

1. Roughly chop onions, carrots, celery, and zucchini and throw them into a large stock or pasta pot along with bay leaves and vegetable stock. Boil all ingredients until the vegetables are cooked through (approx. 20-25 minutes)
2. Remove the bay leaves.
3. WORKING IN STAGES: Ladle the soup into a blender until the blender is about $\frac{3}{4}$ full. Cover the blender with the lid but remove the pour cap to allow steam to escape. Cover the pour cap hole with a dishtowel to avoid splatter and turn the blender on high. Blend thoroughly. Once the ingredients are smooth, pour the contents of the blender into a large bowl and repeat step #4 again and again until all of the soup has been blended.
6. Pour the soup from the bowl back into the stockpot. Add the remaining ingredients into the stockpot. Stir well.
7. Simmer on low (stirring occasionally) until potatoes are fork tender. Serve and Enjoy!