

Every Season Soup

Ingredients

- 2 onions
- 6 cloves garlic
- 2 zucchinis
- ¼ pumpkin
- 1 sweet potato
- 2 beetroots
- 6 stalks celery
- 1 litre of stock (or 1 litre water with 3 tsp stock powder)
- 2 tsp ground cumin
- 2 tsp ground coriander
- 1 tsp salt and pepper to taste
- 1 tbsp sumac
- 1 portion sour cream (<https://www.veets.com.au/blog/zucchini-carrot-soup-cashew-sour-cream>)

Method

1. Roughly chop all the veggies and place them in a large saucepan with the coriander and cumin, salt, pepper and stock. Bring to the boil and then simmer for 25 minutes or until vegetables are soft.
2. Add the sumac and then blend the soup. Add more water if you like a thinner soup. Taste and add more salt and sumac if it needs it.
3. Spoon on a dollop of sour cream.



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