

Vegetable and Cheddar Soup

My own concoction, 2023



Servings: 12

NOTES: If desired, add a can of beans, or pasta, or rice, wild rice (precook it), brown rice (also precook it). I try to eat fewer carbohydrates, and sweet potatoes (which are a resistant starch) flow through your body with less absorption as a carb.

1. Heat olive oil in a large pot.
2. Add onion and leeks and stir frequently as the vegetable sweat for about 7-10 minutes over medium-low heat. Add garlic, celery, carrots, zucchini, squash, poblano peppers, red bell peppers and sweet potato. Add bouillon and water, or vegetable broth.
3. Bring mixture to a boil, lower heat and simmer for 15 minutes, or until the vegetables are cooked through.
4. Remove about 3 cups of soup and puree in blender (or use immersion blender), and return to the soup pot. Add coconut cream, grated cheese, corn (if using) and peas (if using). Taste for seasonings. When serving, grate more cheese on top and add some Italian parsley for color.

- 2 tablespoons olive oil
- 1 large sweet onion, chopped
- 2 large leeks, scleaned, chopped
- 2 cloves garlic, minced
- 1 cup celery, chopped
- 2 small carrots, chopped
- 2 medium zucchini, chopped
- 1 medium yellow squash, chopped
- 2 medium poblano peppers, seeded, chopped
- 2 medium red bell peppers, seeded, chopped
- 1 large sweet potato
- 2 teaspoons dried thyme
- 2 teaspoons dried oregano
- 7 cups vegetable broth, I used Better Than Bouillon, seasoned vegetable base
- 15 ounces coconut cream
- 1 1/2 cups cheddar cheese, grated
- 1 1/2 cups canned corn, optional
- 1 cup frozen peas, optional

Salt and pepper to taste (won't need much salt)

Grated cheddar for serving, plus Italian parsley

Per Serving (excluding unknown items): 336

Calories; 25g Fat (64.5% calories from fat);

11g Protein; 20g Carbohydrate; 4g Dietary

Fiber; 29mg Cholesterol; 648mg Sodium; 7g

Total Sugars; trace Vitamin D; 260mg

Calcium; 2mg Iron; 554mg Potassium;

247mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com