

# Fall Harvest Veggie Soup

Wholesome Homemade Vegan Food

By: Madison Margaret



## Ingredients:

1 container of veggie broth

1 tbsp vegan butter (Miyoko's Creamery)

6 cups of water

rosemary (fresh branches)

Salt and pepper

Dried parsley

Dried oregano

1/2 sweet onion

5 cloves of garlic, or a full bulb

2 cups of cauliflower

1 cup of carrots

1 cup of zucchini

1 cup of sweet potato

1/2 cup of celery

1 tbsp Tomato paste

Nutritional yeast flakes

1 tbsp Vegan heavy whipping cream (I used Califia brand)

Vegan parmesan cheese

Vegan meat or protein of choice (I used apple sage sausage, Field Roast brand)

Basmati rice, orzo, pasta, or quinoa (any choice of carb to serve with soup)

# Fall Harvest Veggie Soup

## Materials:

Large sauce pot or dutch oven (I used my Amazon Basics dutch oven; it's perfect for the job, but it does get heavy with all the ingredients involved!)

Mixing spoon

Wooden cutting board

Knife

Potato peeler

Frying pan

Heat safe tongs

Strainer

Makes at least 6-7 bowls of soup! Jar your leftovers!

## Before you start this recipe:

I want you to keep in mind when I made this soup recipe, simultaneously I was making another recipe for homemade veggie broth. Nearly all the veggie scraps from this soup recipe can be cleaned and used to make homemade veggies broth. Be sure to clean all your veggies with fresh water and white vinegar too! -root veggies tend to have the most bacteria on their skin. As you chop your veg, keep your scraps in a large bowl together -later we are going to let the scraps sit in hot water then transport them into the dutch oven after the soup is complete and jarred.



Acquire your many ingredients and set out a comfortable table top area to chop your veggies. Start by heating your dutch oven or pot on low with 1 tbsp of vegan butter. Get the apple and sage sausage cooking on a separate frying pan, with either a 1/2 tbsp of butter or avocado oil. Heat on medium, careful not to burn.

# Fall Harvest Veggie Soup



As you go to chop your veg, consider which vegetables take the longest to cook (sweet potatoes, root veggies, onions, celery, carrots and cauliflower). Chop the heartier veggies first. As you chop each vegetable, carefully transport them into the dutch oven or large pot. Also keep in mind, the smaller you chop the veggies the quicker they cook and the easier they are to eat. At this point, add your minced garlic, zucchini, rosemary branch & any other herbs (dried or fresh). Season with salt and pepper. Pay attention to the veggies and the sausage, careful to not let anything burn. Once you have all your veggies in the pot, add about a cup of veggie broth to help steam, and lid the pot while still on

# Fall Harvest Veggie Soup

medium. Let cook for at least 5 minutes, be sure your stove is not too hot and burn the bottom of the veggie mixture. Add the remaining carton of veggie broth, along with 6 cups of water. Let this cook on medium until it boils.

At this point, your sausage is probably cooked. Clean off your cutting board **DO NOT FORGET TO SAVE YOUR VEGGIE SCRAPS!** Let the sausage cool.

Stir the soup occasionally. Add 1 tbsp of tomato paste and 1 tbsp of vegan heavy whipping cream. Sprinkle in some nutritional yeast flakes. Let the soup continue to boil and cook out excess water.

Slice the sausage into smaller, bite-sized circles. Add the sausages into the pot. Let the soup continue to cook, it is good to see it steaming & for there to be less broth than when you originally added the water and broth. Let boil for another few minutes and then lower to a simmer, lid the pot and let it steep. Take out any branches of herbs you added.

While this continues to cook for 30-60 minutes (the longer the better), you can cook any rice or pasta you want to add as a starch to the dish. The soup is delicious without any rice or pasta, but I prefer to have it over rice or pasta. My boyfriend prefers to not have rice or pasta involved in his soup. When you are ready to serve the soup, add any seasonings you deem necessary and some vegan parmesan.

If you do make rice or pasta please keep in mind it is best to store the soup separate from the rice/pasta -as the rice/pasta will soak up the broth if combined.



For my rice, I cooked 1 cup of basmati in 1 tbsp of miyoko's butter & seasoned it with salt, pepper, nutritional yeast, a sprinkle of turmeric, and a small scoop of tomato paste.

# Fall Harvest Veggie Soup

## **My Opinion:**

I happen to be the biggest soup connoisseur. You would think I am lying because all of you who read my recipes must know by now I eat a lot of pasta dishes! I feel as though my opinion may be a bit bias regarding this soup - but yet I must express, this recipe is super delicious; it created an abundant amount of food in a single dish, and is packed with amazing things for your body and brain such as healthy fats, vitamins b, fiber, protein, and wholesome carbohydrates. I particularly love how colorful the ingredients were when mixed together in my dutch oven.

## **My Boyfriend, Skyler's opinion:**

It was good. Actually, it was very delicious. It was flavorful and filling, which is not a typical thing I experience when trying vegan food - as I am not vegan or vegetarian. I liked this soup a lot, and especially enjoyed the sausage it added great flavor.