



## *The Edible Garden*

Recipe featured at *Cooking for your Health* demonstration, July 7

### Summer Vegetable Soup

By: Trish Sebben-Krupka, Corporate Chef, Viking Range Corporation

*Makes 4 servings, with leftovers for lunch*

#### Ingredients

2 medium red onions, finely chopped  
2 medium carrots, finely chopped  
3 ribs celery, finely chopped  
1 teaspoon fresh thyme, stemmed and chopped  
Olive oil  
Salt and pepper  
1 pound small white potatoes, well-scrubbed, ¼ inch dice  
8 cups water or vegetable stock  
½ pound flat romano green beans, sliced  
2 medium zucchini, seeded, ¼ inch dice  
6 ears corn, shucked  
1 cup purslane leaves  
¼ cup each loosely packed parsley and cilantro, chopped  
Vinegar or lemon juice

#### Instructions

1. Heat about a tablespoon of olive oil over medium-high heat. Add onions and a pinch of salt, and sauté for about five minutes, until the onions are softened (do not brown). Add carrots and celery, and sauté for another minute or two. Add potatoes and vegetable stock. Bring to a boil, and simmer for 10-15 minutes, or until potatoes are tender.
2. Add green beans and zucchini, and cook for another five minutes. Meanwhile, hold each ear of corn over a large board or a shallow bowl. Use a sharp knife to remove the corn kernels, then run the flat side of the knife down each cob to remove the creamy part of the kernel that's left behind. (If you have plenty of time, do this in advance, and then simmer the corn cobs in your vegetable stock for maximum fresh corn flavor.)
3. Add the corn and purslane to the soup, and simmer for two or three more minutes. Remove from the heat, add parsley and cilantro, and season to taste with salt, freshly ground pepper, a dash of vinegar or lemon juice, and a dash of hot sauce.
4. Allow the soup to rest for 10 minutes. While it's resting, make some croutons: cube half of a small baguette, and toss with a tablespoon or two of olive oil. Spread on a baking sheet and cook in a 400° oven until browned and toasty. Toss with finely chopped fresh herbs – thyme, parsley, cilantro and dill are all good choices.
5. Serve hot, garnished with warm croutons.