



The Edible Garden

Recipe featured at the *Whole Foods Market Friday* demonstration,
October 8

Autumn Soup

By: Andrew Roberts, Whole Foods Market, Northeast Region

Ingredients

2 tablespoons olive oil
1 cup onion, chopped
2 garlic cloves, chopped
2 ½ cups winter squash, peeled and cubed
2 celery stalks, diced
½ cup carrots, peeled and diced
2 ½ cups potatoes, cubed
1 teaspoon dried oregano
2 teaspoons salt
½ teaspoon black pepper
8 cups vegetable stock
6 cups chopped kale
1 ½ cups cannellini beans, rinsed and drained

Instructions

1. Heat olive oil in a heavy pot on medium heat. Add onion and garlic to sauté for 5 minutes, or until tender.
2. Add squash, celery, carrots, potatoes, oregano, salt, pepper, and stock. Bring to a boil, then reduce to a simmer. Cook for 15 minutes, or until potatoes are tender.
3. Add kale and cannellini beans. Simmer 10 minutes more, or until kale is tender.