

NYBG

EDIBLE ACADEMY HONEY & HARVEST WEEKEND



HERB VEGETABLE SOUP

Prepared by Chef Curtis G. Aikens, Sr.
Yield: 4–8 servings

Ingredients

- 2 tablespoons fresh basil, chopped
- 2 tablespoons fresh thyme, chopped
- 1 medium bay leaf
- 3 tablespoons oil
- 2 large onions, peeled and chopped
- 3 stalks celery, chopped
- 3 medium carrots, peeled and sliced
- ¾ inch piece fresh ginger, peeled and cut in thirds
- 3 cloves garlic, peeled
- 4 cups water
- 2 pounds fresh tomato, sliced
- 2 medium zucchini, sliced
- 1 pound fresh spinach
- 1 large potato, peeled and chopped
- ¼ cup barley
- 2 teaspoons salt
- Freshly ground pepper to taste

Horseradish Sauce

- ¾ cup prepared white horseradish
- 2 cups sour cream
- ¼ cup fresh chives, chopped
- 3 teaspoon fresh lemon juice

Instructions

Heat the oil in a large stockpot or Dutch oven over medium heat. Add the onions, celery, carrots, ginger, and garlic. Sauté until the onions begin to soften and turn translucent—about 7 minutes.

Add the water, tomatoes, zucchini, spinach, potato, and barley. Raise the heat to high and bring the soup to boil. Once it boils, lower the heat and add the salt, basil, thyme, bay leaf, and pepper.

Simmer the soup, partially covered, for 30 to 40 minutes. Remove the ginger, garlic cloves, and bay leaf. Adjust the salt and pepper to taste.

Ladle the soup into bowls and add about ¼ teaspoon of horseradish sauce to each bowl. You can also add a little sour cream, if your sauce is too spicy. Enjoy!