

Lauren's Kitchen: Hubele Family Kohlrabi Soup



So, long ago, back in an earlier chapter of my life, I taught at Heidelberg American High and after a full day of reigning in teenagers I spent my evenings trying to keep up with truly the world's most active two year old boy. Some days there just wasn't enough steam left and preparing a home cooked meal felt completely out of reach. I found an angel, however, who came to my rescue in Irma. Irma ran a perfectly idyllic corner shop located in a village on my route home. She only sold a few essentials, local produce, the bread of the day, and a fresh seasonal soup. Her one-stop-shop became the light at the end of the tunnel for me each Thursday afternoon. In 15 minutes I had all I needed to put a lovely spread on the table without having to face an hour in the kitchen. One particular Thursday, she had prepared a kohlrabi potato soup. I have to admit twelve years ago I had no idea what a kohlrabi was but back then I also still ate bread! Irma not only dished me up a sample bowl that convinced me on the first bite. She then very proudly shared her recipe. Here you will find my

interpretation of Irma's soup that has become a Hubele family standby, eaten now after a gorgeous green salad and no bread.

Ingredients:

2 leeks, chopped (I use most of the tender part of the green leaves too)

2 large russet potatoes, peeled and chopped

4 medium-large kohlrabi bulbs, peeled and chopped

2 tablespoons coconut oil

2 teaspoons of cumin

1 teaspoon of curry powder

Pinch of cayenne pepper

2 cubes of vegetable bouillon

1 jar of chopped tomatoes or 8 Roma tomatoes chopped

1 cup of nut milk (I prefer cashew)

Water

Heat oil in bottom of heavy saucepan or pressure cooker, add spices heating through and then add in the leeks.

Once the leeks have become limp, put in your chopped potatoes, kohlrabi, and tomatoes. Mix well and add water to just cover. If using a pressure cooker follow the instructions for potatoes, if cooking in a conventional saucepan bring water to boil, cover and reduce heat to simmer. When the vegetables are tender add the 2 broth cubes and the 1 cup of nut milk and blend until smooth with an immersion blender or in batches in a standard blender. More liquid may be needed depending on the thickness desired. Garnish with chopped parsley or cilantro. Enjoy!