

Root Vegetable Soup

A bowl of this soup really could not be easier to make or more comforting to eat. What it takes, however, is a handful of good, quality vegetables and the willingness to peel and chop. And yes there is kohlrabi on this list and it totally is not a root vegetable! But it was looking so lovely at the market I couldn't leave it out. Kohlrabi, by the way, is a brassica just like cabbage, broccoli, and cauliflower. I enjoyed this soup my first weekend in Foix after an invigorating hike up the hillside taking in the view of the city and the fall colors in all of their splendor.

Ingredients

Peel and chop all of the following into similarly-sized cubes:

- 4 wax potatoes (red potatoes or Yukon gold are good options)
- 2 large carrots
- 2 kohlrabi
- 2 – 4 young turnips (peeling may not be necessary)
- 1 medium to large celeriac root
- 2 young leeks, cut lengthwise and chopped, first removing roots and the very tough leaves at the top
- 2 TBSP of dried or a handful of chopped fresh herbs that include a mix of any of the following: chives, parsley, oregano, rosemary, thyme, and savory

Prepare

Heat olive or coconut oil in the bottom of a large heavy soup pot. Saute leeks until soft and fragrant. Add dried herbs and vegetables one at a time taking a few moments with each to coat in the oil and herbs. Cover with water, add vegetable bouillon cubes, bring to a boil, reduce heat, cover and simmer. When vegetables are tender you can choose to add more

water if needed and season to taste.

Enjoy!