



BASIC SOUP RECIPE

A SKI DAY QUICK PICK

HOW TO

My husband is the soup maker in our house, and never uses a recipe, he just uses what he finds in the fridge, or he buys a specific type of meat to make a soup with-but still without a recipe. But, there is a starting point for every soup he makes, that is quick and easy and can be adapted to everyone's favourite soup.

Quick Tip: If you Littles hate onions, cut them into big chunks so they're easily removed- don't chop them into little pieces, because they'll always find them

- In your soup pot brown 2 cooking onions in olive oil
- Add 3 or more cloves of garlic and saute for just a minute or two
- Fill half to three quarters full of broth or water-we usually use water but make sure to throw in a good amount of salt

Here's where it becomes a 'type' of soup

- If you want vegetable soup, add your vegetables,
- if you want bean soup, add your beans,
- If you want a more Italian minestrone type soup add some tomatoes and your favourite pasta.
- To make a creamy soup, add 4 or more cubed potatoes, when they are soft, remove half the potatoes and 1/3 to 1/2 of the broth and blend them together and add back to the soup.
- Lots of times, my husband will add all of the above... he calls it "whatever I found in the fridge' soup

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