

Gluten-Free Thursday: A Hearty Vegetable Soup And Food Sovereignty!

Ingredients:

Difficulty: Easy
(serves 4)

Printable PDF-recipe (no photos)

3 tbsp olive oil
1 medium onion, diced
3 garlic cloves, sliced small
1 leek, diced
3 potatoes, diced
1 parsnip, diced
2 carrots, diced
1 sunchoke, diced
1.5 litres vegetable broth or water
1.5 dl (or 1/2 cup + 2 tbsp) dairy-free cream (I used Oatly iMat.)
salt and pepper to taste

for homemade rye croutons:

4 slices of rye bread, each about 0.5 cm thick
1 tbsp olive oil

to serve, with croutons:

herbs (I used chives)

Instructions:

1. In a large pot, put olive oil on medium-high heat. Add onion and saute for about 3-4 minutes, until it is translucent.
2. Add garlic, leek and potatoes and continue to cook for 3-4 minutes, stirring constantly.
3. Add parsnip, carrot and sunchoke, and stir it.
4. Add vegetable broth or water, stir and put the lid on. Let it boil.
5. When the soup is boiling, stir it again, put the lid back on and lower the heat to medium.
6. Cook the soup until all the vegetables are very tender (for me it took 10 minutes). When it is ready, take it out of the heat and puree the soup well using a blender.
7. Add cream, salt and pepper and put the soup back on medium heat. Stir well. Cook the soup for 3-4 minutes. Serve warm with croutons, herbs or anything else you want (or plain!).
8. If you want to make homemade croutons: Preheat the oven to 200C. Cut rye bread into crouton size cubes. Mix with olive oil. Put the cubes on a baking tray with a baking paper. Let the

bread cubes toast in the oven for 5-7 minutes, until they are very hard. Let them cool down a little before serving on top of the soup. You can make this soup beforehand, even a day before, provided that you keep them in an airtight container. Put them in the container when they are thoroughly cooled down to room temperature.