



Anne Gallagher Catering  
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### **AUTUMN HARVEST VEGETABLE SOUP**

2-3 Tablespoons extra virgin olive oil  
2 Cups chopped leeks, half moon shape  
1 Cup diced onions small  
1 ½ - 2 Cups quartered Brussels Sprouts  
2 Large Carrots chopped  
2 Large Potatoes, any kind, preferably Yukon Gold or Carolla, chopped with skin on  
One cup Squash, peeled, and chopped, any variety  
One Sweet Potato peeled, and chopped  
3 Large garlic cloves minced  
3-4 Cups light vegetable stock or chicken stock or water, enough to cover vegetables  
One cup packed greens, either kale or swiss chard.  
2-3 Tomatoes if available or a can of Muir Glenn Fire Roasted Tomato  
1-2 Bell Peppers, chopped  
1 Hot Pepper (optional), chopped  
Fresh Dill about 2 teaspoons (optional)  
Low Sodium Tamari Sauce 1 Tablespoon (or to taste)  
One Tablespoon fresh lemon juice (or to taste) (about 1/2 lemon)  
Fresh Parsley  
Cayenne, Salt and Pepper

Heat a large soup pot, drizzle olive oil to cover bottom, on medium high heat add leeks, and onions to soften and sweat, be careful not to caramelize. Add garlic and sauté another minute or two.

Add Brussels sprouts, carrots, celery, potatoes, squash, sweet potato, cover, and cook for 5 minutes on medium high, stirring the vegetables intermittently.

Add stock or water to the pot making sure vegetables are covered. Bring to a boil, lower to a simmer. Cover again and let cook slowly until everything is tender.

Add your kale or swiss chard, tomatoes or fire roasted tomatoes, chopped peppers, simmer for about 5 more minutes.

Add Tamari sauce, Dill, and lemon juice, and season with salt and pepper. Simmer for a few more minutes, then taste. Adjust seasonings and add more fresh herbs if needed. Serve with fresh chopped parsley. Enjoy!



## **SWEET POTATO SOUP**

Four Sweet Potatoes  
One bunch Leeks  
1-2 Garlic cloves  
One small red onion, diced  
Chicken Broth or Vegetable stock  
Salt  
Pepper

Preheat oven 400.

Scrub skins of sweet potatoes, and pierce skin all over with a fork. Place on cookie sheet, and roast in oven until soft. When cooked remove their skins.

Using the white part mostly of the leek, depending on their size, slice leek in half moon and place in bowl of cold water to let any dirt settle to the bottom of the bowl. Mince garlic cloves and set aside (you may only need one depending on how big the clove is).

Small dice your onion.

Heat a soup pot and drizzle the bottom of your pot with olive oil. Sweat your leeks and onions until soft, about 5-10 minutes. Add garlic clove or cloves towards the end and cook for another 3 minutes.

Add cooked sweet potatoes, and mix onion, garlic mixture together. Add chicken or veg stock to the pot, and cover, and bring to a boil.

When boiling turn down to a simmer and let cook until flavors come together. Season with salt and pepper.

Remove from heat, let cool and blend in a blender until velvety smooth. Add fresh herbs to your soup such as parsley or dill or both. Taste again for seasonings.

Serve with a dollop of sour cream or yogurt and enjoy!