



## Spiced Vegetable Soup

Prep Time: 20 min

Cook Time: 60 min

Serves: 6

### NUTRITION FACTS, PER SERVING:

467 Calories

23 total grams of fat

920 mg of sodium



### INGREDIENTS: \*\* Items not included in kit

### DIRECTIONS:

#### HERB OIL

- 4-6 TB olive oil\*\*
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh cilantro, chopped
- 1/4 cup shelled pistachios
- 1/2 lemon, juiced
- Salt & pepper, to taste\*\*

#### SOUP

- 3 TB olive oil\*\*
- 12 oz. butternut squash, cubed
- 1 cup diced onion
- 3 garlic cloves, minced
- 5 oz. sliced leeks
- 3 potatoes (about 1 lb.) peeled & diced in 1/2 inch cubes
- 28 oz. can diced tomatoes
- Spiced Soup Blend (4 tsp cumin, 1/4 tsp cinnamon, 2 tsp paprika)
- 1 TB Harissa (hot pepper paste)
- 1 can chickpeas/garbanzo beans
- 1 cup zucchini, diced
- 1/2 cup feta cheese
- Ciabatta rolls

1. Prepare Herb Oil: In a blender, add **4 TB olive oil, 1/4 cup chopped parsley, 1/4 cup chopped dill, 1/4 cup chopped cilantro, 1/4 cup shelled pistachios, 1/2 lemon juiced**, and season with **salt & pepper** to taste. Blend until it has a consistency like pesto, adding more olive oil if needed. If you do not have a blender, finely chop herbs and pistachios, combine ingredients in a bowl and whisk together.
2. In a large soup pot, heat **3 TB olive oil** over medium heat. Add the **diced butternut squash, diced onions, minced garlic, sliced leeks, and diced potatoes** and sauté for 8 minutes until the vegetables begin to soften. Add **can of diced tomatoes, Spiced Soup Blend, and 1 TB Harissa**. Stir well to ensure spices evenly coat the vegetables and add **3 cups water** and **salt & pepper** to taste. Stir to combine, then allow to cook for 30 minutes on a gentle boil.
3. When the squash and potatoes are tender enough to be pierced with a fork, puree the mixture with a blender or mash with a potato masher to get a smooth texture. Add **can of chickpeas with the liquid** and stir to combine. Add more water if needed to reach desired consistency. Add **diced zucchini** and cook for 20 minutes longer.
4. Warm **ciabatta rolls** in 400 degree oven for 5-8 minutes.
5. To serve, ladle soup into a bowl, top with **crumbled feta** and then drizzle with the herb oil from Step 1.

**Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.**

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