



Recipes for Soups & Purees

Vegetable Purees

Ingredients

1 pound fesh vegetables, trimmed
1 tbsp. butter or margarine
1/2 cup half and half
Salt and freshly ground pepper to taste

Directions

Cut vegetables into pieces of even size. Steam until tender in a small amount of water. Drain, reserving any liquids for soups, if desired. Place vegetables and butter in food processor or blender.

Green Garden Soup

Ingredients

1/2 pound white or red potato
1 green onion chopped
1.5 cups homemade chicken stock
14 ounces fresh spinach trimmed, chopped
3/4 tsp. fresh dill minced
1/2 cup half and half
Salt and freshly ground pepper to taste

Directions

Peel potato and cut into chunks. Put potato and onions in a medium saucepan with chicken broth.