



GLASSES  
GOES  
GLUTEN  
FREE



# CREAMY ROOT VEGGIE SOUP

PUREE SOUP FILLED WITH VEGGIES & TOPPED WITH  
CRISP BACON

## YOU WILL NEED:

- 5 Slices bacon
- 1 medium onion, diced
- 1 leek, sliced
- 2 ribs celery, diced
- 2 carrots, peeled and diced
- 1 parsnip, peeled and diced
- 1 garlic clove, sliced
- 1 potato, peeled and diced
- 1 sweet potato, peeled and diced
- 1 Tablespoon fresh parsley
- 1 teaspoon fresh thyme
- 5 cups chicken or vegetable stock
- 1 cup coconut milk
- Salt and pepper to taste

\*\*May substitute for another alternative milk or cream

- 1** Heat oven to 425 degrees. Place bacon on sheet pan and bake for 15 minutes or until crispy. Transfer to paper towels and place 3 Tablespoons of bacon grease in a large stock pot.
- 2** Add the onions, leeks, celery, carrot, parsnip and garlic into stock pot and sweat for about 10 minutes on low-medium heat.
- 3** Add the potato, sweet potato, parsley, thyme and chicken stock to the pot. Bring the liquid to a simmer over high heat, then reduce heat to a low and cover. Simmer for 15 minutes or until potatoes are tender. Turn off heat.
- 4** Puree the soup in a blender until smooth. (Depending on the size of your blender, you may have to do this in 2 batches. OR use an immersion blender) Return blended soup to the pot. Add in coconut milk, stir, and season with salt and pepper. Garnish with bacon.