

Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items

Radical Roots Farm:

Sweet, colored peppers, tomatoes, cherry tomatoes, head lettuce, herb, scallions, zucchini

St. Isidore Homestead & Permaculture:

Peppers, onions, tomatoes and potatoes



Recipe of the Week: Pepper Soup

Ingredients

- 4 peppers
- 1 onion
- 2 cloves of garlic
- 2-3 tablespoons of olive oil
- 4 cups of broth
- Optional: dairy or non-dairy milk
- You will also need a blender

Instructions

1. Wash and deseed the peppers. Chop into small pieces.
2. Peel the onion and garlic. Cut into small pieces.
3. Heat the olive oil in a pot. Add the onion and garlic in the pot and cook for a few minutes.
4. Add the peppers, stir and cook for another few minutes.
5. Add 4 cups of broth (or 4 cups of water and a bullion).
6. Put the lid on the pot. When the mixture comes to a boil, reduce the heat and let it simmer for 10 minutes.
7. Blend the mixture, with an immersion blender or, if you use a regular blender, be careful about the temperature of the mixture when you pour it into and out of the blender. You can let the soup cool down before blending.
8. Optional: add a cup of cow milk, almond milk, or other milk of your choice. Heat the soup again (but be careful not to boil it as the milk can curdle).
9. Salt and pepper to taste. You can add croutons or seeds or anything you like! Enjoy!



vinefigeducation.org/recipes