

Thick Veggie Soup

Recipe By Julie Hauser



Cooking and Prep:  6 h

Serves:  8

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, Low Carb

Source: Family Table by
Mishpacha Magazine

This is an easy, delicious soup. You don't even have to cut the veggies any smaller than chunks, they will all get blended eventually, save a few pieces for texture. This soup only gets water from its veggies. Do not add water at all, unless you like a thinner soup. In that case, don't add the water until the last few hours — 1/2 to 3/4 cup water sounds about right, but I never do it, so don't take my word for it. We like it thick! [Read more about Julie's method for easy Pesach cooking: Pesach While You Sleep.](#)

Ingredients (12)

Main ingredients

- 4 zucchini or yellow squash, cut in chunks
- 1 parsnip, cut in chunks
- 3 cubes [Gefen Frozen Garlic](#), or 2 cloves garlic, minced, or dried minced garlic, to taste
- 3 carrots, cut in chunks

- 1 onion, chopped
 - 2 tablespoons **Bartenura Olive Oil**
 - 1/2 a sweet potato (not sliced)
 - 1/2 cup **Gefen Marinara Sauce**
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1/8 teaspoon cumin (*optional*)
 - 1/4 teaspoon paprika, or to taste
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Start Cooking

Make the Soup

1. Place first six ingredients in the crockpot. Cook on high for three hours.
2. Blend with an immersion blender partway (don't mush all the veggies completely). Remove the sweet potato (eat or drop it into your cholent). Add the marinara sauce and seasonings. Cook on low for another three hours.

Note:

After freezing, when you reheat it, you may need to add a bit of water.

Credits

Photography: Hudi Greenberger

Styling: Renee Muller