

SOUPER SUPPER

Spice Up Dinner with These Easy Harvest Season Soups

using Soluna Garden Farm spice blends

1. PICK AN OIL

Heat 2 Tbsp **butter, ghee, coconut oil, or olive oil** in a large soup pot. Add 1 diced onion, 2 diced carrots, and 1 diced stalk of celery, and saute until soft.



4. PICK A SPICE

Add 2–3 tsp of a Soluna Garden Farm Spice Blend: **Baharat, Curry, Garam Masala, Golden Milk Blend, Pumpkin Pie Spice, Ras el Hanout, or Zanzibari Red Curry.**



2. PICK AN ORANGE VEGETABLE

Add 2 to 2 1/2 lb of peeled, cubed **butternut squash, pumpkin, sweet potato, or carrot.** Add 2 medium potatoes, peeled and cubed.



5. PUREE & ENJOY!

Puree the soup and add **milk, cream, coconut milk, additional stock, or water** to reach desired consistency. Add salt and pepper to taste.



Some of Our Favorite Combos

- Butternut Squash, Chicken Stock, and Curry
- Sweet Potato, Zanzibari Red Curry, and Coconut Milk
- Carrot, Vegetable Stock, and Ras el Hanout
- Pumpkin, Golden Milk Blend, and Cream

3. PICK A LIQUID

Add **chicken stock, vegetable stock, or water** to cover the vegetables and bring to a boil. Reduce heat and simmer, partially covered, for 40 minutes.



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