



NORTH MECK COMMUNITY
FARMERS MARKET



Recipe provided by Dee Iraca, Registered Dietitian & Professional Chef
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Green Garlic Potato Soup (GF, DF, Vegan)

Servings: 4

Ingredients:

- 1 lb. green garlic, white and green parts separated
- 1/4 cup Extra Virgin Olive Oil
- 1 lb. potatoes, peeled and diced (1/2 inch pieces)
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 – 4 cups vegetable broth (depending on how thick you want it)

Instructions:

1. Mince the white part of the green garlic.
2. Heat a large pot over medium heat and add the minced garlic. Sauté for 3-4 minutes, until soft, being careful it doesn't burn.
3. Add potatoes, salt and pepper. Then add the broth.
4. Cook for 25 minutes, until the potatoes are very soft.
5. Mash the potatoes into the broth or use a stick blender to blend (do not over-mix).
6. Taste and add more salt and pepper, if needed.



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