

## **Old Potato Yum Soup**

*Makes soup for two-four people for a couple of meals.*

1. Save all vegetable peels, stalks, stems, and skins for a month: onion skins, celery roots, carrot tops, kale stems, potato skin, asparagus stalks, lettuce leaves, old apples, corn cobs, and any vegetable that you can't finish or are too tough to eat.
2. Toss them in your freezer in a plastic bag or Tupperware container.
3. Take the potatoes you forgot about that are growing little eyes
4. *(read more here: <http://www.organicfacts.net/organic-vegetables/potato-sprouts-are-they-good.html>),* remove the eyes and cut away any funky parts. Skin them. Toss the eyes and funky skin into the garbage. Soak the potatoes while you prepare the other ingredients.
5. Fill a large soup pot with cold water and add the veggies you've been storing in your freezer. Simmer until the veggies have wilted and the liquid has gained greenish/brown color. (You can simmer these for up to an hour).
6. Strain your new veggie broth into another soup pot and cover the wilted veggies with another wash of cold water. Heat again and mash the veggies around. Even add some new stuff like the scraps in your veggie drawer you're not going to eat. Let them simmer while you make your soup.
7. Add the potatoes to the first batch of veggie broth, while tossing the water the potatoes were soaking in. Your second pot of veggie broth should be brewing on the other burner.
8. As the potatoes cook, add onions, garlic, herbs like sage, tarragon, parsley, or rosemary or anything you feel like, even an apple, or corn.
9. Season as you like with salt, pepper, organic garlic powder, and a dab of butter
10. Place into a blender (You can use a metal spoon as you pour the hot liquid in to prevent the glass from breaking). Fill ½ full. Hot liquids spatter when you put them in the blender. Turn blender on until liquid is semi-pureed. Leave some lumps – they give nice texture. Repeat until all your soup has been blended.
11. Use second batch of veggie liquid for your next soup, bean, or broth base.
12. Top with drizzled olive oil, hot sauce, scallions, chives, and/or bacon and cheese.
13. YUM!