

## *End of Summer Market Soup* from *Urban Sacred Garden*



The last day of Summer is here and now is the time to enjoy all of the late Summer veggies available at the Farmers Market. This past Saturday I visited my local market and loaded up on all my favorites to make this balanced, hearty and healthy soup. This recipe also freezes very well, so you can keep your leftovers for the cold winter months to come. This soup is perfect served with a sweet cornbread with honey butter. Yield: About 6 Servings

### **INGREDIENTS**

64 oz. Vegetable Broth  
32 oz. Chicken Broth\*  
2 Medium Shallots, Finely Diced  
1 Yellow Onion, Finely Diced  
4 Medium Potatoes, Cut into Chunks  
5 Medium Carrots, Cut into Chunks  
1 Acorn Squash, de-seeded, de-skinned and cut into Chunks  
1 Pint Okra (about 2 Cups), cut into bite sized Circles  
3 Ears Fresh Corn, Kernels cut off the cob\*\*  
5 Small Tomatoes, de-skinned and Chopped  
1 Medium Bunch Fresh Kale, Coarsely Chopped  
3 Tbsp Sage Leaves, Finely Chopped  
2 Tbsp Oregano  
Fresh Ground Sea Salt  
Fresh Ground Pepper

\*I add Chicken Broth for additional flavor, but you can easily substitute all veggie broth for a vegetarian dish.

\*\* You need a sharp knife to easily get the cleanest cut of corn off the cob. Keep knife close to the center of the cob for the fullest fresh kernels.

### **DIRECTIONS**

1. Prep and Chop Shallots, Yellow Onion, Potatoes, Carrots and Acorn Squash. Add to a large soup pan with Broth, Sage, Oregano, Sea Salt and Pepper. Cook over Medium High heat for about 20 minutes. Reduce heat to Medium Low, add Okra and cook for another 15 minutes. Add Corn and Tomatoes and cook for another 10 minutes. Add Kale and reduce to a simmer. Add additional Sea Salt and Pepper to taste as needed. Let soup simmer for about 30 minutes.
2. Serve warm with bread of choice and salad if desired. Enjoy!