

KETO VEGETABLE SOUP



SAVEUR PRODUCT USED

DOWNUNDER GOURMET GRILL RUB,

CINNAMON BLEND BAKING SPICE

SUBSTITUTIONS

Ground chicken, turkey or beef can be added.

MAKE, TAKE & FREEZE

— *with* —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

1 tbsp. ghee

1 medium onion, diced (1 cup)

2 cups pumpkin, diced

2 stalks celery, diced (1 cup)

1 garlic clove, minced

1 medium zucchini, diced (1 cup)

1 cup button mushrooms, sliced

14 oz. (400g) can diced tomatoes

14 oz. (400g) can broad beans

2 tsp. *Saveur Downunder Gourmet Grill Rub*

1 tsp. *Saveur Cinnamon Blend Baking Spice*

If using ground meat:

½ lb. ground meat

1 tsp. *Saveur Downunder Gourmet Grill Rub*

2 tsp. tomato paste (sugar free)

PREPARATION INGREDIENTS

4 cups vegetable stock

½ cup Italian parsley, chopped

1 tbsp. red wine vinegar

METHOD

For a vegetarian soup, only make Bags 1 and 2. For a heartier meal, make Bags 1, 2, and 3. You'll create meatballs using Bag 3 when you're ready to serve the soup.

Bag 1 – Add ghee, onion, pumpkin, celery, and garlic to a zip-top bag. Bag 2 – Add zucchini, diced tomatoes, beans, mushrooms, and spices to a zip-top bag.

Bag 3 (Optional) – Add ground meat with 1 tsp. Downunder Gourmet Grill Rub and 2 tsp. tomato paste to a zip-top bag. Mix well.

Remove all air from bags to prevent freezer burn. Place all bags into one large zip-top bag. Label and freeze.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight following safe thaw instructions.

Add contents of Bag 1 to a large saucepan and cook on medium heat to allow vegetables to soften. Add Bag 2 and the vegetable stock to the saucepan. Continue to cook on low heat for 20 minutes. Stir in parsley. Cook for a further minute. If adding ground meat, roll approx 1tbsp between palms to create balls. Add meatballs to soup 5 minutes before cooking time is finished. Remove saucepan from heat once meatballs are cooked. Gently stir in red wine vinegar.

Taste and season with additional Seasoned Salt and pepper if desired.

