

## **How To Turn Fresh Veggies into a Simple Soup Starter:**

It's the end of the growing season and hopefully, you've been able to stock up on fresh veggies from your garden or local markets. Now you can save some of those goodies for use in the cold months! Our readers are always creating new recipes and ideas for meals.

We can thank Suzi K. For this week's Soup Starter:

“Clean and roughly chop green tomatoes, peppers, onions, poblano chiles (hatch chiles if you have access), along with whatever else you may choose (this is the fun part! Throw your favorite veggies in there!)

Season with olive oil, salt and pepper.

Roast at 400° Fahrenheit about 30 minutes or till tender.

Pulse in a blender and separate into quart sized batches.

Put into quart size freezer bags and use during the winter as a starter for soup, chili or black bean soup.

(If you don't have a garden... Things are “cheap” at farmers market this time of year)

Hope you give it a try!”

This sounds like a delicious idea to us!

Recipe from the Chef Dawn Ludwig Blog

at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently