



Fall Cruciferous Veggie

From: Andy Yavello

Serves: 6-9

Prep Time: 30 min

Cook Time: 8 hours

Instructions

- 1) Put everything except the Havarti and Greek yogurt in a crock pot on low for 8 hours
- 2) Put the soup in a blender and blend well!
- 3) Stir in Havarti and Greek yogurt before serving.
- 4) Top with the sprout duo.

Notes

Andy's soup club week, Justy made the soup.

Ingredients

- Vegetable Broth/stock
- 4-5 medium red skin potatoes
- 3 large carrots
- 1 onion
- 3-4 garlic cloves
- Buncha brussel sprouts
- Thyme
- Sage
- The blend
- 1/2 cup Havarti at end
- Greek stirred in at end
- 8 hours in crock pot

Toppers:

- Broccoli sprouts
- Shaved Brussels Sprouts

