



Smokestack Harvest

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put 2 broths and 15 bean mix and seasoning, start cooking. (this will be the final pot)
- 2) In a separate large pot, put 2 broths, tomatoes, shredded kale and start cooking. (this is a temp pot for blending)
- 3) Chop onion, celery, banana peppers and add 1/2 of each to each pot.
- 4) While both pot's are cooking, cut and add carrots, potatoes & parsnips to final pot along with zip sauce, liquid smoke, paprika, honey, salt and pepper.
- 5) Once the blended pot is well cooked, use immersion blender to thoroughly blend.
- 6) Add the blended pot to the final pot and cook for 30 minutes.
- 7)

Notes

Test note

Ingredients

- Vegetable Broth/stock – 4 boxes
- 15 Bean Soup bag with seasoning
- Onion – 1 large
- Celery – ½ stalk
- Kale – 1 Bunch
- Tomatoes – 1 large can petite diced
- Banana Peppers – 4 large
- Carrots – 1 lbs
- Parsnips—1 lb
- Potatoes – 2 lbs
- Zip Sauce – 1/2 bottle
- Chickpeas—2 cans
- Smokes paprika—1 tablespoon
- Hickory liquid smoke—2 tablespoons
- Honey – 1/4 cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
-

