

## Kohlrabi Soup

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Dairy, Wheat, Soy\**

One bunch of kohlrabi

2 TBSP olive oil

6-8 cups water

2 TBSP Vegeta\*\* (or seasonings of choice to taste such as basil, oregano, garlic)

Salt and pepper to taste

Place a large soup pot on the stove and add 6 to 8 cups of water, olive oil and seasonings on the stove and bring to a boil. Meanwhile, wash the kohlrabi, chop off the leaves and stalks, and peel with a potato peeler. Then chop the kohlrabi into small pieces (about ½ inch x ½ inch). Add kohlrabi to the boiling water and boil until it is tender (at least ½ hour). Serve warm.

Servings: 6 – 8 (\$0.50/serving)

***\*This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***

***\*\*Please see the About Us section for information about Vegeta and how to find it.***