



## Webinar Series Recipes

### Artichoke Leaf Soup

Serves 4-6

- 6-8 cups artichoke leaves, scraps
  - 2 tablespoons extra virgin olive oil
  - 1 small onion, diced
  - 3 cloves garlic, minced
  - 1 carrot, diced
  - 8 oz potatoes, diced
  - ½ teaspoon ground cumin
  - 1 tablespoon fresh oregano leaves, or 1 teaspoon dry oregano leaves
  - 4 ½ cups vegetable stock, more as needed
  - Salt and pepper as needed
  - Yogurt for garnish
1. Boil the artichoke leaves until tender, about 1 hour, and reserve the water if you don't have any stock. Place the artichoke hearts in a food mill and extract the pulp out of the scraps. Set aside.
  2. Heat the oil in a pot over medium-high heat. Once the oil is hot, add the onions, garlic, and carrots. Sauté until onions begin to brown.
  3. Add the potatoes, cumin, oregano, stock, and artichoke pulp into the pot. Bring everything up to a boil, reduce to a simmer, and cook for 8-10 minutes. Using an immersion blender, blend until smooth. Season with salt and pepper, and garnish with yogurt before serving.

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