

Hak's Delicious Vegetable Soup

Ingredients	
2 Tbsp fresh ginger (finely chopped)	1 cup of Extra Virgin Olive Oil
½ garlic bulb (about 4-6 cloves)	2 drops of Tartufo de Paolo Truffle Oil
1 large white onions	1 to 3 cups of White wine (dry wine)
1 medium red onion	1 Tbsp Cream of Balsamic
3 shallots	2 Tbsp Peri Peri Sauce
4 green onions (scallions)	1 tsp of Sea Salt (or to taste)
1 medium leek	2 tsp of vegetable bullion
1 baby bok-choy	1 tsp Curry
1 cup of shopped kale	1 tsp Paprika
2 red peppers	1 tsp Cumin
3 carrots	1 tsp Coriander
2 medium potatoes	2 Tbsp <i>Veggie Pepper</i> MIX
1 large turnip	2 Tbsp <i>Dried-Herb Seasoning</i> MIX
1 cup of cut squash	½ cup of <i>Fresh Herb</i> MIX
2 large tomatoes (cut in halves)	2 to 3 liters of boiling water
1 cup of cut string beans	
2 stick of celery (cut small)	
1 small stick of burdock root (finely cut)	
½ cup of frozen edamame (soybeans)	
1 Zucchini (optional)	



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Preparation:

- Cut up vegetables in small pieces.
- Pour the Extra virgin olive oil into a large pot.
- Add all onions, scallions (white base) and garlic, and sauté at medium-high temperature until caramelized while mixing regularly.
- Add burdock root, ginger and mixed for 2 to 4 minutes.
- Add wine slowly, Peri Peri sauce, Crema Balsamica.
- When begins to boil, add 1 to 1.5 liter of boiling water and reduce heat to medium
- Add soybeans, potatoes and turnip and let it cook for 10 minutes.
Add carrots, red pepper and string beans; and if needed, add ½-1 liter of boiling water.
- Allow it cook at slow boil for another 10 minutes.
- Add leek, the green part of scallions, celery, kale, bok-choy, squash, salt, spices and the fresh herbs mix and let it cook for another 10 minutes.
- Add tomatoes and let it cook for another 10 minutes, and turned it off
- Enjoy it

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1) Fresh Herbs Mix (herbs may be adapted to what is available in the market; herbs are finely chopped; stored in the freezer until use)	2) Only Green-Herbs Mix (powdered dry ingredients)
2 part Tarragon	1 part Tarragon
2 part Chives	1 part Chives
1 part Basil	1 part Basil
1 part Parsley	1 part Parsley
1 part Cilantro	1 part Cilantro
1 part Chervil	1 part Chervil
1 part Savory	1 part Savory
1 part Dill	1 part Dill
½ part Marjoram or Oregano	½ part Marjoram or Oregano
½ part Thyme	½ part Thyme
½ part Rosemary	½ part Rosemary
½ part Peppermint or Spearmint	½ part Peppermint or Spearmint
¼ part Sage	¼ part Sage

3) Herb-Seasoning Mix (powdered dry ingredients)	4) Veggie-Pepper (powdered dry ingredients)
6 part <i>Only Green-Herbs Mix</i>	1 part <i>Only Green-Herbs Mix</i>
¼ part Ground black pepper	1 part Garlic powder
¼ part Garlic powder	1 part Onion powder
¼ part Onion powder	1 part Ground Black Pepper
¼ part Paprika	
¼ part Curry powder	
¼ part Turmeric powder	
¼ part Cumin powder	
¼ part Coriander seeds	
¼ part Nutritional Yeast	
⅛ part All-spices powder	
⅛ part Celery seeds	
⅛ part Yellow Mustard powder	
⅛ part Salt (or to taste)	

NOTE: “1 part” may equal 20grams, or 1 TBSP, or 1 tsp, or 5 tsp, or 2 oz, or ½ cup, or 1 cup, etc. (you decide on what a part is depending on the quantity you would like to prepare).