

Serves:

6-8

Everything Herbal by Cheryl Jabz

Bubbie's COMFORT SOUP

A warm hug in a bowl!

INGREDIENTS

- ♥ 1 lb ground beef or ground sausage
- ♥ 1 large onion, diced
- ♥ 3 celery stalks, chopped
- ♥ 3 carrots, peeled and sliced
- ♥ 4 medium potatoes, peeled and cubed
- ♥ 2 cups corn, fresh, canned, or frozen
- ♥ 4 cups beef broth or chicken broth
- ♥ 1 cup whole milk
- ♥ 1/2 cup heavy cream
- ♥ 1 tsp dried parsley
- ♥ 1/2 tsp garlic powder
- ♥ Salt and black pepper, to taste

INSTRUCTIONS

- 1 Brown the beef or sausage in a Dutch oven over medium heat, breaking it into crumbles. Drain if needed.
- 2 Add onion, celery and carrots. Cook 5-6 minutes, until slightly softened.
- 3 Add potatoes, corn, broth, parsley, garlic powder, salt and pepper. Boil; cover and simmer 18-22 minutes.
- 4 Reduce heat. Stir in milk and heavy cream; warm gently for 5 minutes. Do not boil.
- 5 Taste, adjust seasoning and serve hot with parsley.



Bubbie's Herbal Twist

(Optional)

For a thicker soup, gently mash a few potato cubes before stirring in the milk and heavy cream.

- ♥ 1/2 tsp dried thyme
- ♥ 1/2 tsp dried rosemary
- ♥ Fresh parsley for serving

These herbs add warmth and depth while complementing the creamy soup.



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