



Cold Zapper Soup

SERVES 6/1 bowl



Recipe by: Executive Chef, Jason Matthews, Lifespace Claridge Court

Soup, Cold Zapper Soup 250-00105



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Ingredients

Olive Oil	1/4	Cup
Red Onion, Chopped	1-1/2	Cups
Serrano Peppers, Chopped	2-3	Each
Garlic, Chopped	1/4	Cup
Sweet Potato, Chopped	3	Cups
Shiitake Mushroom, Chopped	4	Cups
Goji Berries	1/2	Cup
Vegetable Stock/Broth	5	Cups
Sea Salt	1-1/2	tsp.
Black Pepper, Course Ground	1-1/2	tsp.
Shiitake Mushrooms, Sliced Thin	3/4	Cup
Fresh Parsley, Chopped	2	Tbsp.

Directions

1. Wash all produce before use.
2. Combine all ingredients in a large pot.
3. Bring to a boil and reduce to a simmer.
4. Allow to simmer for 15-30 minutes or until all vegetables have softened.
5. Puree using an immersion or regular blender.
6. Ladle soup into bowl or container.
7. Garnish with sliced shitake mushrooms & chopped parsley.

