

KOHLRABI SOUP WITH KOHLRABI GREENS

YIELD: 4-6 SERVINGS



prep time:
30 MINUTES

cook time:
1 HOUR

total time:
1 HOUR 30 MINUTES

Not sure what to do with kohlrabi leaves? Make this beautifully orange Kohlrabi Soup with kohlrabi greens, sweet potato, and carrots! It's a gluten free vegan soup, perfect for when you want a meatless meal.

INGREDIENTS

- 1 tablespoon olive oil
- Salt (preferably kosher), to taste
- 1/4 cup diced white or yellow onion
- 1 large carrot, peeled and diced
- 1 clove garlic, minced
- 5 cups vegetable broth/stock
- 1 pound kohlrabi, bulbs peeled and diced and leaves chopped
- 1 small sweet potato, peeled and diced (roughly 8 ounces)
- 1 tablespoon lemon juice

INSTRUCTIONS

1. In a Dutch oven or large pot, add the oil. Once hot, add the onion, carrot, and a big pinch of salt. Cook until they start to soften and brown, about 3-5 minutes. Add the garlic and cook 1 minute.
2. Add 1 + 1/2 cups broth and bring to a boil. Cook until carrots are softened, about 8-10 minutes.
3. Transfer mixture to a blender and blend until smooth. There should be enough broth but if it's too thick to blend, you can add a little more.
4. Pour the carrot puree back into the Dutch oven. Add the remaining 3 + 1/2 cups broth then bring to a boil.
5. Once boiling, add the kohlrabi bulbs, sweet potato, and a big pinch of salt. Cook until fork tender, about 15 minutes.

You should have enough broth, but if your vegetable amounts are bigger than indicated, it's possible you may need to add more as the vegetables will absorb the broth.

6. Add kohlrabi leaves and cook 3-5 minutes until the leaves are softened. Add lemon juice then taste and adjust for salt.

All recipes are tested in a U.S. kitchen with U.S. ingredients at normal elevation using a conventional gas oven. Results may vary.

<https://www.chocolatemoosey.com/hungarian-kohlrabi-soup-kalarabeleves/>