



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Brussels Sprouts**

Smoky Brussel Sprout Soup

Ingredients:

2 cups Brussel sprouts, ends trimmed and shredded
olive oil
1 cup onion, diced
½ cup carrot, diced
½ cup celery, diced
1 tsp cumin
2 Tbs garlic, minced
2 tsp smoked paprika
2 potatoes, diced
4 cups vegetable broth
salt and pepper to taste
¼ cup chopped flat-leaf parsley

Directions:

Heat 2 tablespoons olive oil in a 2-quart pot or a Dutch oven over medium high heat. Add the onion, sautéing until translucent. Add the carrot and celery to the pot. Cook, stirring occasionally, until softened, about 5 minutes. Add garlic, cumin, and paprika. Sprinkle with a pinch of salt and pepper. Cook, occasionally stirring, for about 30 seconds. The seasonings will release a nice aroma. Add the broth scraping up any brown bits of flavor at the bottom of the pot. Add the potatoes and Brussels sprouts. Reduce heat to medium, cover and simmer until the potatoes are tender, about 10-15 minutes.

Add salt and pepper to taste. Sprinkle with parsley.