

Vegetarian Yellow Curry Soup with Diced Green Beans, Zucchini, Squash, Potatoes and Cilantro Yogurt

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef.

Yield: Serves 4

The Soup Base

1 medium onion diced
2 ribs of celery diced
1 medium carrot diced
4 cloves garlic
2 tablespoon Yellow curry powder
½ cup Seasoned rice wine vinegar
1 cup Water/ vegetable stock
2 cans Coconut milk
2 tablespoons grape seed oil
Kosher salt and white pepper

Vegetables

15-20 Green beans cut into 1 inch pieces
1 medium Zucchini
1 medium Yellow squash
2 medium sized New potatoes
1 tablespoon grape seed oil

Yogurt

1/3 cup yogurt
1 tablespoon chopped Cilantro
Kosher salt and white pepper

Soup base: In a 4 quart pot add the oil and place on medium heat. Once the pot is hot add the vegetables and garlic and cook for 3 minutes. Then add the curry powder and stir into the vegetables until combined. Turn the heat down to medium low and sweet the vegetables for 8 more minutes.

Deglaze the pot with the vinegar and reduce until gone. Add the water and coconut milk. Turn the heat back up to medium high and bring up to boil. Once at a boil turn down to a simmer and cook for 10 minutes.

Place in a blender and puree everything together. Strain the soup base through a fine strainer into a bowl and season the base with the salt and pepper reserve in a bowl.

The Veggies: Cut the potatoes into 4 pieces length wise then cut into 1/8-inch pieces also cut the zucchini and squash into 4 pieces length wise and then cut into 1/8-inch pieces. Place a 4 quart pot on medium high heat and the oil to the pot. Once hot add the potatoes and cook for 7 minutes. Make sure to stir the potatoes to avoid sticking and avoid browning. Add the green beans to the potatoes and cook for 2 minutes then add the zucchini and squash. Season the vegetables with salt and pepper then add the soup base to the vegetables and bring up to a simmer and cook for 10 minutes.

For the yogurt: Add the yogurt and cilantro to a bowl and whisk together. Season with salt and pepper to taste.

To Finish: Place the soup in a bowl and spoon the cilantro yogurt on top of the soup.