



FCS FOUNDATION

Yummy Soup

A beginner-friendly soup recipe right out of the produce section of your grocery store

Ingredients:

- Half onion, peeled, dice
- 2 sweet potatoes, baked and peeled
- 1 apple, seeded and cored
- 1 carrot, halved
- 1 1/2 cups organic vegetable stock
- Any spices you like – we love it with ginger, turmeric, curry and a touch of cinnamon (we usually just eyeball it!)
- We also add a 1/2 to 3/4 cup of fat free Greek yogurt to thicken it up and add protein, but it is not necessary.

Directions:

In a saucepan, sauté onion in olive oil for 5 minutes or until tender.

Place all ingredients into a Vitamix container (or other high-powered blender) in the order listed and secure lid. Turn machine on and slowly increase to the highest speed.

If your machine has a “soup” setting, choose that one, or blend on high for 5-6 minutes or until heavy steam escapes from the vented lid. Serve immediately.

Nutritional Information:

Not calculated for this recipe

Recipe by Lindsay Sutton

Our mission

To establish a global support network to promote advocacy and education for patients and caregivers living with Familial Chylomicronemia Syndrome (FCS)