



Serves 4

Preparation Time: 15 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 medium yellow onion, peeled and finely chopped

1 stalk celery, finely chopped

1 medium carrot, peeled and finely chopped

1½ tablespoons minced sage

1 tablespoon minced thyme

1 bay leaf

⅛ teaspoon ground cloves

4 to 5 cups [Vegetable Stock](#), or low-sodium vegetable broth

One 15-ounce can chestnut puree

Salt and freshly ground black pepper to taste

2 tablespoons finely chopped parsley

Chestnut Soup

A few years ago my friend Elizabeth served this soup for Christmas dinner, and she made it vegan for me. I thought I had died and gone to soup heaven! It was creamy without any dairy, and full of flavor without a lot of complicated ingredients. This is a recipe you have to try.

From *Forks Over Knives — The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

- 1 Place the onion, celery, and carrot in a large saucepan and saute over medium heat for 15 minutes, or until the onions are tender and starting to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- 2 Add the sage, thyme, bay leaf, cloves, and vegetable stock.
- 3 Bring the pot to a boil over high heat and whisk in the chestnut puree.
- 4 Season with salt and pepper and cook for another 5 minutes.
- 5 Serve garnished with the chopped parsley.