

POT of GOLD SOUP

Ingredients:

3 c. veggie broth
Pinch of saffron threads
2 T. butter
1 yellow onion, diced
3 cloves garlic, minced
4 yellow and/or orange bell peppers, diced
2 carrots, sliced
¼ c. Skin Chardonnay
1 tsp. kosher salt
½ tsp. cumin
Pinch of cayenne pepper
2 T. light cream
Sour cream and roasted pumpkin seeds, to serve



Directions:

- 1) Bring veggie stock to the boil. Stir in saffron and remove from heat.
- 2) Heat butter in a skillet over medium heat. Sauté onion and garlic for a few minutes, until the onions soften. Add peppers and carrots and cook over medium-low heat for 20 minutes, stirring occasionally.
- 3) Add the wine and cook and stir until the liquid has evaporated. Add the broth, salt, cumin, and cayenne. Simmer for another 10 minutes, until the vegetables are quite soft.
- 4) Cool the blend for a few minutes and then purée with an immersion blender (or in a regular blender). Return to the heat, stir in the cream, and season to taste.

Serve with a dollop of sour cream and sprinkle with pumpkin seeds.

Allegro wine pairing: Skin Chardonnay