



CLASSIC GREEK VEGETABLE SOUP

(Lahanosoupa)

Vegetable soup is usually made in the heart of winter.

1 cup Krinos Extra Virgin Olive Oil
3 large onions, peeled and chopped
3 large carrots, peeled and cut into
1/4-inch slices
2 celery ribs, trimmed and cut into
1/4-inch slices
2 large potatoes, peeled and diced
4 large, ripe tomatoes, peeled and chopped
1 bunch parsley, finely chopped
8 cups water
Salt
1/2 pound spinach, washed, trimmed, and shredded
Freshly ground black pepper
Juice of 1/2-1 lemon
1/2 cup grated Krinos Kefalotiri cheese

In a large soup pot, heat half the olive oil and add onions. Cook, stirring, over medium heat until wilted, about 8 minutes. Add the carrots and celery and toss to coat with oil. Sauté in the pot for 5 minutes, stirring. Add the potatoes, stir to coat. Add the tomatoes and parsley. Pour in the water, season with salt, and bring the soup to a boil.

Reduce heat and simmer, for 30 minutes. Add the spinach, and simmer another 20 minutes. Adjust seasoning with salt, pepper, and lemon juice. Pour in remaining raw olive oil just before serving. Ladle into individual bowls, and sprinkle a few teaspoons of the grated cheese on top.

Yield: 6-8 servings