

BLENDTEC TOTAL BLENDER

SOUP RECIPES:

TOMATO SOUP:

1/3 pc. Celery
1 whole carrot cut into 3 pieces
4 pcs. Onion (about ½ inch wedge)
2 med. Roma tomatoes (or equivalent in other styles tomato)
1-tablespoon tomato paste
16 oz. hot water
¼ wedge of avocado (w/o skin)
1-tablespoon vinegar
1-tablespoon sugar
1 handful of tortilla chips
Several shakes of your favorite spices, seasoning, etc. IE: Lawry's Seasoning etc.

Put lid on and press the soup button. 1-2 times till desired temperature attained.

SPINACH SOUP:

6 pcs. Onion (about ½ inch wedge)
1/3 of a carrot
1/3 of celery stalk
¼ wedge of avocado (w/o skin)
3 sprigs cilantro
1 piece of garlic (size of your fingernail)
3 cups of Spinach
1 Handful of Tortilla Chips
Several shakes of your favorite spices, seasoning, etc. IE: Lawry's Seasoning etc.
16 oz. hot water

Put lid on and press the soup button. 1-2 times till desired temperature attained.

ONION SOUP:

½ large Onion
1/3 pc. Celery
1/3 Carrot
1 piece of garlic (size of your fingernail)
10 oz. hot water
5 oz. Soy Creamer or Half and Half
¼ wedge of avocado (w/o skin)
1 handful of tortilla chips

Several shakes of your favorite spices, seasoning, etc. IE: Lawry's Seasoning etc.

Put lid on and press the soup button. 1-2 times till desired temperature attained.

SWEET CORN SOUP:

½ Can Sweet Corn w/ liquid
1/3 piece of Carrot
1/3 piece of Celery
4 pcs. Of Onion (about ½ inch wedge)
¼ wedge of Avocado (w/o skin)
4 oz. Soy Creamer or Half and Half
6 oz. hot water
1 handful of tortilla chips
Several shakes of your favorite spices, seasoning, etc. IE: Lawry's Seasoning etc.

Put lid on and press the soup button 1- 2 times till desired temperature attained.

PEA SOUP WITH FENNEL AND MINT:

4 oz. Soy Creamer or Half and Half
15 oz. hot water
1/3 piece of Carrot
1/3 piece of Celery
4 pcs. Onion (about ½ inch wedge)
¼ wedge of Avocado (w/o skin)
¼ cup of fennel heart and stalk
1 cup of peas
3 mint leaves
1 handful of tortilla chips
Several shakes of your favorite spices, seasoning, etc. IE: Lawry's Seasoning etc.

Put lid on and press the soup button 1- 2 times till desired temperature attained.