

The Five Spoon

Interpretive Vegetable Soup

Episode #711 • Clutter Free Academy Podcast

The Soup That Uses Whatever's Crying Out from Your Crisper Drawer

You know that celery getting a little floppy? Those onions starting to sprout? The half-bag of spinach giving you the look? This soup is their salvation — and yours. No rigid recipe. No grocery run required. Just a pot, some broth, and whatever veggies need rescuing. Kathi calls it “interpretive” for a reason: you’re the artist here, friends!

The Only Rules

Everything else is a creative choice!

- **Broth** About 4–6 cups. Chicken, veggie, or beef.
- **Fat** Olive oil and/or butter. (Both is always right.)
- **Salt & Pepper** More than you think. Taste as you go. Trust Kathi.

The Method — All Five Spoons of It

Layer your flavors and don't rush it — here's the order that makes the magic happen:

1. Aromatics first!

Chop your onions, garlic, fresh herbs, and celery. Sauté in oil or butter until they get some color. This is where the flavor party starts.

2. Add the hearty crew.

Carrots, potatoes, turnips, and other root vegetables go in next. Give them a few minutes. Add canned beans here too if you're using them.

3. The middle-of-the-road veggies.

Squash, zucchini, tomatoes, green beans, asparagus, eggplant, mushrooms. Let them get just a little color. Don't walk away — they're fast!

4. The easy crew.

Canned vegetables and any leftover cooked meat. Thin leafy greens like spinach and cabbage live here too.

5. Cover with broth and simmer!

Bring to a boil, reduce heat, let it do its thing. Taste. Season. Taste again. Feel very accomplished.

CHOOSE YOUR FLAVOR ADVENTURE

■ Mexican Night

Cumin
Chili powder
Peppers
Oregano
Garlic

■ Italian Countryside

Basil
Oregano
Italian herb blend

■ Indian Spiced

Garam masala
Curry
Cumin • Coriander
Coconut milk or yogurt
Cilantro • Cardamom

■ Tips for Soup Success

- Soup is better the next day. Make a big pot. Thank yourself tomorrow.
- This soup freezes beautifully. Your future self will be so grateful.
- Progress over perfection — even in soup. No mistakes, only “learning experiences” that still taste good.

... from Kathi's Kitchen

- A battery-powered pepper grinder will change your life. (Ask Roger.)
- Serve with crusty bread and good butter. Do not skimp on the butter.
- Change the spice profile and it's a completely different soup. One recipe, endless nights.

More recipes & episodes at kathilipp.com

“Now go create the clutter-free life you've always wanted to live.” ■