

Fall Vegetable and Rice Soup

Yield 8 8 oz servings

3 oz Harvest Bell Farm jowl bacon, or regular bacon, chopped
1 ea apple, diced
1 ea onion, diced
2 ea carrots, diced
1 ea butternut squash, diced
1 ea red bell pepper, diced
2 T garlic, minced
1 bu kale, chopped
1 T parsley, minced
1 T sage minced
1 qt vegetable stock
1 C cooked rice
Salt and Pepper

In a medium hot skillet, cook bacon until fat releases and becomes crispy. Add in onion, carrots, and garlic and sweat for 2 minutes. Add a little salt and pepper. Add in butternut squash, apple, and bell pepper and continue to cook for 2 more minutes with a little salt and pepper. Add in herbs and stock. Bring to a simmer and cook until squash is soft. Check seasoning, and then add in kale and rice, simmer for 1 minute.