

# Vampire Slayer Soup

PREP: **20 MIN**  
COOK: **1 - 2 HOURS**

## INGREDIENTS

- 4 heads garlic
- 2 tbsp plus 4 tsp extra-virgin olive oil
- Sea salt
- 1 cup diced onion
- 2 tsp minced garlic
- 1 cup peeled and finely diced Yukon gold potatoes
- 1 tsp minced fresh thyme, or ¼ tsp dried
- ¼ tsp freshly ground black pepper
- ¾ cups Magic Mineral Broth (see recipe card), old fashioned chicken stock or store-bought broth

## PREPARATION

1. Cut the tops off of the heads of garlic and discard. Drizzle each head of garlic with 1 tsp of the olive oil, then sprinkle with a pinch of salt. Wrap the garlic in parchment paper in one bundle, and then wrap in aluminum foil. Bake for 45 to 50 minutes; the aroma will tell you when it's ready. The flesh should be soft and golden brown. Remove from the oven to cool.
2. Heat the remaining 2 tbsp of olive oil in a skillet over

medium heat. Add the onion and a pinch of salt and sauté until translucent, about 4 minutes.

3. Add the minced garlic, potatoes, thyme, pepper, and ¼ tsp of salt and sauté for 5 minutes. Pour in ¾ cup of the broth to deglaze the skillet, stirring to loosen any bits stuck to the pan. Simmer until potatoes are tender and liquid has mostly evaporated. Remove from the heat.
4. When the garlic is cool enough to handle,

squeeze the flesh into a bowl and mash with the back of a spoon to form a paste.

5. Pour the remaining 2½ cups of broth into the blender. Add the roasted garlic and the onion mixture and blend until smooth. Transfer to a soup pot over low heat and stir in ¼ tsp salt. Cook just until heated through.
6. Taste; you may want to add a spritz of lemon juice and salt.