INGREDIENTS

• 1 medium onion, about 8 ounces
• 1 large carrot, about 4 ounces
• 2 celery ribs, about 4 ounces
• 1 tablespoon butter

INSTRUCTIONS

• Prepare your vegetables. Scrub and rinse carrots and celery. Trim root ends and tips.
• Chop your vegetables. Roughly chop onions, carrots, and celery according to your recipe. Use a smaller size for sautéed recipes, a medium size for soups or stews, and a larger size for stock or broth.
• Cook your vegetables. Melt butter in a sauté pan or skillet over medium-low heat. Add vegetables, adjusting heat to keep them from browning. Cook, stirring occasionally, until soft and translucent, about 10 minutes.

Mirepoix (pronunciation: meer-PWAH) is the aromatic flavor base made by lightly cooking onions, celery, and carrots. The vegetables are cooked slowly in butter or oil in order to coax out the flavors without browning or caramelizing them.

INGREDIENTS

• Leftover meat or protein (roasted chicken, ham, etc.)
• Any hardy greens you have around, like spinach, chard or kale
• Canned corn (liquid included)
• Leftover potatoes or rice (I used roasted potatoes)
• 4 tbsp soy sauce
• Juice from 1 lemon (about 3 tbsp)
• 8 cups of water
• Salt and pepper to taste

INSTRUCTIONS

• When the mirepoix has softened and looks translucent, deglaze the pan by adding the soy sauce and the lemon juice.
• Now add everything else except for the water.
• Stir everything around to incorporate.
• Add the water, bring to a boil, then reduce the heat to medium-low and let simmer for 20 min.
• Taste, and add salt and pepper as you see fit.