

Elderberry soup

Ingredients:

Elderberry juice, thickener (corn starch, potato starch, etc.), sugar (to taste)

Instructions:

Put the juice in a pot, add thickener and heat (you could try 1 Tbsp cornstarch per 2 cups juice), adjust thickness with juice or more thickener, add sugar to taste. Serve with crackers, biscuits, etc. This soup is high in vitamin C.

To make the juice:

Place the washed berries, stem and all in a large non-aluminum pot, barely cover with water, bring to a simmer, cook until the fruit is somewhat transparent looking, or about 10 minutes, (much longer and your juice will taste stemmy). Strain the juice from the berries.

Or- place the washed fruit, stem included, in a steamer juicer, steam about 10 minutes.

Or- use a juicer, relax the plates so you don't crush the seeds, and remove the stems.