

Healthy Harvest Vegetable Soup

Ingredients:

- 6 garlic cloves
- 1 onion or 2 shallots
- 1-2 celery stalks
- 4-5 carrots
- 1-2 parsnips
- 2-3 cups kale
- 1 tablespoon oil
- 4 cups vegetable broth
- 1 14.5 ounces can diced tomatoes, drained
- 1 15 ounces can cannellini beans, rinsed and drained
- 1 teaspoon Italian seasoning
- 1/4 teaspoon red chili flakes
- 1/2 teaspoon sugar
- Pinch salt, adjust to taste
- Pinch pepper, adjust to taste
- (Optional) Parmesan cheese

Directions

1. Mince 6 cloves garlic and 1 onion (or 2 shallots).
2. Chop 1-2 celery stalks into small pieces.
3. Chop 4-5 carrots and 1-2 parsnips into slices.
4. Roughly chop 2-3 cups of kale.
5. Heat a heavy-bottomed soup pan to medium.
6. Add oil. Once the oil is heated add the garlic, onions, and celery. Sauté for 2-3 minutes, stirring often.
7. Add the carrots and parsnips to the pan along with a generous pinch of salt and pepper.
8. Sauté for 7-8 minutes, stirring often to prevent sticking. The vegetables should soften slightly.
9. Add vegetable broth to the pan and cover. Bring to a boil and then reduce to a simmer for 20 minutes, stirring occasionally.
10. After 20 minutes, remove the cover from the pan.
11. Add 1 drained 14.5 oz. can diced tomatoes (or petite diced tomatoes), cannellini beans, Italian seasoning, red chili flakes, sugar, and another pinch of salt and pepper. Add the kale to the pot. Stir all ingredients together.
12. Cover once again and simmer for another 10 minutes.
13. Taste the soup and adjust spice levels to taste. The vegetables should be softened and easily pierced with a fork. (Optional) Garnish with Parmesan cheese. Enjoy.

Nutrition Facts

Serving Size (480g)

Servings Per Container 5

Amount Per Serving

Calories 180 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 31g **10%**

Dietary Fiber 8g **32%**

Sugars 12g

Protein 6g

Vitamin A 290% • Vitamin C 45%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

