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Putting Food on The Table: Addressing food
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2021

Vegetable Soup

Putting Food on The Table Project
Sheridan College

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Vegetable Soup

Inspired by Senior Chef: Cooking for One or Two p.9

Servings: 2

Prep time: 15 min

Cook time: 30 - 40 min

INGREDIENTS:

Drizzle of olive oil

½ small onion

2 cups water (you can substitute with stock or broth of choice)

1 cube or 2 tsp low-sodium bouillon (flavour of choice)

1 small carrot

1 medium potato

2 tbsp rice, pearl barley, buckwheat

1 tbsp dry lentils (optional)

1 tsp Parsley or other dry or fresh herbs (optional)

Spices of your choice – (try garlic powder, ginger powder, turmeric or rosemary)

Salt and pepper to taste



DIRECTIONS:

Drizzle olive oil in the bottom of a medium size pot and quickly cook onions until clear. Add spices and herbs to bring out the flavours and cook for 1-2 more minutes.

Add water and bring to a boil. Stir in bouillon until dissolved.

Add lentils, all vegetables, grains (rice, barley or buckwheat) and any other ingredients... and bring to a boil.

Simmer until your choice of grains and lentils are softened – approximately 30-40 minutes (or check the package directions from the rice or lentils).

DID YOU KNOW?

Adding herbs and spices are not only flavourful but can help reduce inflammation.

Try adding rosemary, black pepper, garlic, ginger, turmeric, cinnamon or spicy cayenne for their anti-inflammatory benefits in your recipes. Be generous with them if you enjoy bold flavours!

