

Hearty Root Vegetable Soup

Pull out your veggies and transform them into this hearty, yummy soup that will make anyone happy!

Preparation Time: 15 min.

Cook Time: 20 min.

Servings: 6 - 8

Amount	Ingredient	Cost – date:
1 Tbsp (15 mL)	Canola Oil	
1/2 cup (125 mL)	Carrots, medium, diced	
1/2 cup (125 mL)	Turnips, medium, diced	
1/2 cup	Onions, medium, diced	
OPTIONAL	Extra root vegetables – sweet potatoes, potatoes	
1 Tbsp	Garlic, chopped	
1 Tbsp	Fresh Rosemary, chopped	
1/2 can (28 oz/796 mL)	Diced Tomatoes	
1 can (19 oz/540 mL)	White Kidney beans, drained and rinsed	
1 Carton (900 ml)	Vegetable Broth or equivalent	
1 cup	Fresh Baby Spinach, packed	
	Cost for the total recipe:	
	Cost for 1 serving:	

Preparation:

1. Heat oil in a medium saucepan and sauté carrots, turnips, onions (and extra optional vegetables if using) and sauté for 1 minute. Add garlic and sauté for 1 minute more.
2. Add fresh herbs, diced tomato, kidney beans and broth to saucepan and simmer for 15 minutes or until the vegetables are cooked.
3. Turn off heat and stir in the spinach. Adjust seasoning if needed with pepper. Serve hot!

SOURCE: modified from www.campbellsoup.ca

Thanks for coming to Forest Brook Community Church today. We look forward to having you join us again to make another great recipe, enjoy some food and community!

“Give us this day our daily bread.” Matthew 6:11