



Vegetable Soup

WHAT'S IN IT FOR YOU?

- Nutritious, filling, and easy to make
- Fiber to help you stay regular
- Vitamin C to help heal cuts and help you to stay healthy

HOW TO ADD DIFFERENT CULTURAL FLAVORS

To add extra flavor to your soup, add fresh or dried herbs and spices. To use the seasonings listed below, add ½ teaspoon of each dried herb, or 1 teaspoon of each freshly chopped herb. Use the juice of ½ of lemon or lime, if using.

Italian	Oregano, basil, garlic, parsley
Latino	Chili powder, cumin, fresh chilies, cilantro, garlic, lime or lemon
Asian	Cilantro, ginger, garlic, onion, soy sauce, basil

VEGETABLE SOUP

Makes 6 Servings

Ingredients:

- 3 tablespoons vegetable oil
- 5-6 cups of chopped vegetables (like carrots or cabbage)
- 3 ½ cups water or any broth
- 1 can (15 ounces) chopped tomatoes
- 1 can (15 ounces) whole beans, drained and rinsed (like pinto or kidney beans)
- Salt and pepper to taste
- 1 cup cooked pasta, noodles or rice, optional
- Fresh or dried herbs and seasoning, optional



Instructions:

1. Put oil in a large pot over medium heat.
2. Add vegetables, turn down the heat to low, and cook for 15 minutes. Stir occasionally.
3. Add water and tomatoes. Stir.
4. Bring to a boil, cover, and simmer for 30 minutes.
5. Add beans, cooked pasta, noodles or rice, if using. Also add herbs and seasonings. Simmer for another 10 minutes.
6. Pour into bowls, and season to taste with salt and pepper.

SOURCE: EFNEP Mississippi State University, EFNEP Montana State University
Adapted from Cook Well! Live Better! Mission Latino Families Partnership, San Francisco Department of Public Health



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