

# GARDEN VEGETABLE SOUP

*PROVIDED BY THE FOOD BANK*

<b>Culinary Intro:</b>	Click here to enter text.
<b>Nutrition Intro:</b>	Make this dish seasonal with whatever is available in your garden and local in your market.

<p><b>Prep Time:</b> min  <b>Ingredients for 12 servings</b>  <b>Each serving = 1cup</b>  <b>Cost per serving= \$</b>  <b>Ingredients:</b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1 TBSP</td> <td>Olive oil</td> </tr> <tr> <td>2 each</td> <td>Yellow onion, chopped</td> </tr> <tr> <td>4 each</td> <td>Carrots, chopped</td> </tr> <tr> <td>3 ribs</td> <td>Celery, chopped</td> </tr> <tr> <td>4 cloves</td> <td>Garlic, minced</td> </tr> <tr> <td>2 quarts</td> <td>Low-sodium vegetable broth</td> </tr> <tr> <td>4 each</td> <td>Tomatoes, diced</td> </tr> <tr> <td>1 each</td> <td>Potato, diced</td> </tr> <tr> <td>1/2 cup</td> <td>Chopped parsley</td> </tr> <tr> <td>2 each</td> <td>Bay leaves</td> </tr> <tr> <td>1/2 tsp</td> <td>Dried thyme</td> </tr> <tr> <td>1 1/2 cups</td> <td>Chopped fresh green beans</td> </tr> <tr> <td>1 cup</td> <td>Fresh corn</td> </tr> <tr> <td>1 cup</td> <td>Frozen peas</td> </tr> <tr> <td>TT</td> <td>Salt and freshly ground black pepper</td> </tr> </table> <p><b>Steps:</b>          1) Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery and sauté 3 - 4 minutes then add garlic and sauté 30 seconds longer.          2) Pour in broth (if you want lesser ratio of broth use 3 cans then only 3/4 cup of the 4th can) and add to-matoes, potatoes, parsley, bay leaves, thyme and season with black pepper to taste (if you want a really flavorful soup you can add in more dried herbs, I prefer to let the flavors of the vegetables shine though and not overdue it).          3) Bring to a boil, then add green beans, reduce heat to medium-low, cover and simmer until potatoes are tender, about 20 - 30 minutes, then add corn and peas and cook 5 minutes longer. Serve warm.</p>	1 TBSP	Olive oil	2 each	Yellow onion, chopped	4 each	Carrots, chopped	3 ribs	Celery, chopped	4 cloves	Garlic, minced	2 quarts	Low-sodium vegetable broth	4 each	Tomatoes, diced	1 each	Potato, diced	1/2 cup	Chopped parsley	2 each	Bay leaves	1/2 tsp	Dried thyme	1 1/2 cups	Chopped fresh green beans	1 cup	Fresh corn	1 cup	Frozen peas	TT	Salt and freshly ground black pepper	<p style="text-align: center;"><b>Culinary/ Nutrition Notes for Demo:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 5%; text-align: center; vertical-align: middle;"><b>1</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• This soup contains a serving of vegetables. The variety of vegetables in the soup gives you various nutrients and vitamins that are beneficial to health.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>2</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• The spices and herbs help give more flavor to the soup and showcase the vegetables.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The vegetables in this soup makes it a good source of fiber.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>3</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Try using a different broth to change the flavor profile.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Make sure to use low sodium broth since normal broths add a lot of sodium.</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>4</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> <tr> <td style="text-align: center; vertical-align: middle;"><b>5</b></td> <td style="padding: 5px;"> <p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul> </td> </tr> </table>	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• This soup contains a serving of vegetables. The variety of vegetables in the soup gives you various nutrients and vitamins that are beneficial to health.</li> </ul>	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• The spices and herbs help give more flavor to the soup and showcase the vegetables.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The vegetables in this soup makes it a good source of fiber.</li> </ul>	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Try using a different broth to change the flavor profile.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Make sure to use low sodium broth since normal broths add a lot of sodium.</li> </ul>	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
1 TBSP	Olive oil																																								
2 each	Yellow onion, chopped																																								
4 each	Carrots, chopped																																								
3 ribs	Celery, chopped																																								
4 cloves	Garlic, minced																																								
2 quarts	Low-sodium vegetable broth																																								
4 each	Tomatoes, diced																																								
1 each	Potato, diced																																								
1/2 cup	Chopped parsley																																								
2 each	Bay leaves																																								
1/2 tsp	Dried thyme																																								
1 1/2 cups	Chopped fresh green beans																																								
1 cup	Fresh corn																																								
1 cup	Frozen peas																																								
TT	Salt and freshly ground black pepper																																								
<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• This soup contains a serving of vegetables. The variety of vegetables in the soup gives you various nutrients and vitamins that are beneficial to health.</li> </ul>																																								
<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• The spices and herbs help give more flavor to the soup and showcase the vegetables.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• The vegetables in this soup makes it a good source of fiber.</li> </ul>																																								
<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Try using a different broth to change the flavor profile.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Make sure to use low sodium broth since normal broths add a lot of sodium.</li> </ul>																																								
<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>																																								
<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>																																								

## Nutrition Facts

12 servings per container

Serving size **1 Cup**

Amount Per Serving

**Calories 100**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

**Cholesterol** 0mg **0%**

**Sodium** 85mg **4%**

**Total Carbohydrate** 17g **6%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 6g **12%**

Vitamin D 0mcg **0%**

Calcium 42mg **4%**

Iron 1mg **6%**

Potassium 516mg **10%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Clean-up/Review comments

#### Culinary:

Click here to enter text.

#### Nutrition:

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 large pot</li> <li>5. 1 serving dish for final presentation</li> <li>6. mise en place cups</li> <li>7. 1 electric skillet</li> <li>8. 1 can opener</li> <li>9. 1 strainer/ sieve</li> <li>10. silicone spatula</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. tasting spoons</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<p><b>Produce</b></p> <ul style="list-style-type: none"> <li>• 1 yellow onion</li> <li>• Carrots</li> <li>• Celery</li> <li>• Garlic</li> <li>• Tomatoes</li> <li>• 1 potato</li> <li>• 1 bunch parsley</li> <li>• Green beans</li> <li>• Corn</li> <li>• Frozen peas</li> </ul> <p><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Olive oil</li> <li><input type="checkbox"/> Low sodium vegetable broth</li> <li><input type="checkbox"/> Bay leaves</li> <li><input type="checkbox"/> Dried thyme</li> <li><input type="checkbox"/> Salt</li> <li><input type="checkbox"/> pepper</li> </ul> <p><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <p><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Click here to enter text.</a></li> </ul>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation: 30- 45 minutes</b></p>	