

Plant a Row • Grow a Row invites you to

Sip, Slurp and Savour ...

Daily Bread's Hearty Vegetable Soup

Ingredients

- 2 tbsp olive oil
- 2 cups diced onion
- 2 cups diced celery
- 2 cups diced carrots
- 2 cups diced potato
- 2 cups diced zucchini
- 1 tbsp basil
- 1 tbsp oregano
- ½ tsp black pepper
- 2 cups diced green pepper
- 1 cup frozen corn
- 1 cup frozen sweet peas
- 8 litres low-sodium vegetable stock



**Your garden can help
feed those in need**

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In a 10 -12 litres pot, put on low-medium heat. Add oil and allow oil to heat up. Place onions in and cook until translucent (clear). Add celery and cook for two minutes. Add carrots and potatoes at the same time. Turn heat to low and allow the carrots and potatoes to cook five to seven minutes. Place the zucchini in and cook for two minutes. Oregano, basil and black pepper need to be mixed in well.

Add the green pepper and cook for two minutes. Add the peas and the corn and mix into the other ingredients. Once combined, add in vegetable stock. Turn the burner up to medium-high and bring soup to a boil. Once you have the soup at the boiling point, you are ready to taste it and make any seasoning adjustments.

This recipe yields 12 servings

Recipe Courtesy of Cheryl Torrance, Cook Instructor, Daily Bread Food Bank

What soup are you going to grow this year?

For more information, contact The Compost Council of Canada 1-877-571-GROW (4769)