

Recipe

Hearty Vegetable Soup I

By

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Ingredients

1 cup corn kernels (fresh or frozen but no canned corn)
1 cup chopped carrot
1 cup chopped potato
1 cup chopped green beans
1 cup chopped squash*
2 cups flat spinach leaves
3 – 4 cups water
1 ½ tsp salt or less
½ tsp pepper
2 tbsp olive oil + 1 tsp olive oil

Preparation

In a small pan, sauté spinach with 1 tsp oil for less than 1 minute. In another pot, sauté all vegetables with seasoning until they are tender. Add water and cook for 20 to 30 minutes.

Pour the soup in a blender then add the spinach to puree. Pour the puree in the pot and cook for another 5 minutes. If it gets to thick, you may add more water.

*Use only winter squash such as turban, pumpkin, or butternut. Summer squash will not make the soup sweet. This soup is good for all ages, especially for young children who do not like to eat certain vegetables.

Serves

4

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