

# Vegetable Soup

TRY THIS CLASSIC  
*Hearty*  
EASY SOUP

Overflowing with  
Nutrients and  
*Flavour*



# Vegetable Soup

The most important ingredient in this - and every recipe - is plant nutrients. A dash of potassium, a pinch of nitrogen and a sprinkle of phosphorus grew the vegetables that make this delicious soup. Drawn from nature, plant nutrients help all of us grow up healthier and live longer lives because it adds nutrition to the foods we love.

To learn more about how plant nutrients feed the world, starting with your family, visit

[www.nutrientsforlife.ca](http://www.nutrientsforlife.ca)

## Ingredients

- 1 lb. carrots, sliced
- 3 med. onions (1-1/2 lbs.), chopped (4 c.)
- 4 large stalks celery, sliced
- 2 large cloves garlic, crushed with press
- 2 cans (28 oz. each) whole tomatoes in juice
- 1/2 small head green cabbage (1 lb), thinly sliced (6 c.)
- 3/4 lb. green beans, trimmed and each cut into thirds
- 1 can (48 oz.) chicken broth
- 6 cups water
- Salt and pepper
- 3 medium zucchini (1 1/4 lbs.), sliced into half-moons
- 2 bags (6 oz. each) baby spinach leaves



## Directions

1. Coat 12-quart stockpot (or large saucepans) with nonstick cooking spray. Over medium-high heat, add carrots, onions, celery, and garlic; cook 8 minutes or until vegetables soften, stirring occasionally.
2. Add tomatoes with their liquid, breaking up tomatoes with the side of the spoon. Add cabbage, green beans, broth, water, 1 teaspoon salt, and 1/4 teaspoon ground black pepper; heat to boiling over high heat, stirring occasionally.
3. Reduce heat to low; cover and simmer 10 minutes, stirring occasionally. Increase heat to high, stir in zucchini and spinach and heat to boiling. Reduce heat to low; cover and simmer 10 minutes or until all vegetables are tender.



INTERNATIONAL YEAR OF  
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NUTRIENTS  
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