BIG-BATCH VEGGIE SOUP

Prep Time: 20 minutes
Cooking Time: 50 minutes
Makes 8 -10 servings

Ingredients
15 mL (1 T.) soft margarine or butter
1 large onion, peeled and chopped
2 cloves garlic, finely chopped
1.8 L (7 cups) chicken or vegetable broth (this is 2 ‘tetra boxes’ of Campbell’s broth)
30 mL (2 T.) EACH dried lentils, and uncooked brown rice
2 carrots, peeled and chopped
1 turnip or rutabaga, peeled and chopped
500 mL (2 cups) cabbage, thinly sliced and chopped
10 mL (2 tsp.) dried basil
10 mL (2 tsp.) dried parsley
Salt and pepper to taste

Directions
In a large pot (big enough to hold around 10 cups/2.5 L), melt margarine over medium heat; stir in onions and cook until tender.

Add garlic, broth, lentils, rice, carrots and turnip; increase heat to bring the mixture to a boil.

Reduce heat and simmer (cover the pot with a lid) for 30 minutes, stirring occasionally.

Stir in cabbage and basil; simmer for 10-15 minutes more or until vegetables and grains are tender.

Top with parsley, salt and pepper to taste.

Cool, then portion into small containers and freeze for a quick, healthy lunch or dinner another day.

This soup is easy to make and gives you tons veggies and fibre. The lentils, rice, basil and parsley can be bought from the “bulk bins” for less than a dollar.

Source: Adapted from “Three-Grain Vegetable Soup” in Anne Lindsay’s Light Kitchen, Easy and Delicious Meals for a Healthy Weight (2003).

✓ Budget-Friendly
✓ Freezable
✓ Vegetarian
✓ Gluten-Free
✓ High-fibre

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