

Spring Vegetable Soup

Ingredients:

Servings: 4

- 2 tbsp olive oil
- 2 medium carrots, diced (about 1 cup)
- 1 large leek, trimmed and diced (about 2 cups)
- 1 celery stalk, diced (about $\frac{2}{3}$ cup)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 garlic cloves, minced
- 5 cups unsalted vegetable or chicken stock
- 1 pound very small red potatoes, quartered
- 1 cup frozen green peas
- 1 cup (1½-inch) slices asparagus
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 2 cups fresh baby spinach
- 1 tsp fresh thyme
- $\frac{1}{4}$ cup torn fresh basil
- $\frac{1}{2}$ ounce Parmesan cheese, shaved

(over)

Instructions:

1. Heat a large saucepan over medium heat, add olive oil.
2. Add carrots, leek, and celery; cook 5 minutes, stirring occasionally. Add salt, pepper, and garlic; cook 1 minute, stirring frequently.
3. Add stock; bring to a simmer over medium-high heat. Add potatoes; reduce heat to medium, and simmer 8 minutes or until potatoes start to soften.
4. Add peas, asparagus, and beans; simmer 4 minutes or until vegetables are crisp-tender.
5. Add spinach, thyme, and basil; cook 1 minute.
6. Ladle soup into bowls; top evenly with cheese.

Nutrition Facts: Calories: 340 • Fat: 9g
Sodium: 615 mg • Carbohydrates: 48g
Fiber: 11g • Protein: 19 g

Source: Cooking Light



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