

Fresh Vegetable Soup Recipe

Here's a fun, kid-friendly recipe from *vegkitchen.com* by Nava Atlas. This tasty soup doesn't need a lot of time to simmer. Start it about 30 minutes before you want to serve it. The recipe serves 4-6.



Ingredients:

- 1 tablespoon olive oil
- 2 medium carrots, peeled & diced small
- 2 medium potatoes, peeled & diced small
- 1 cup green beans, cut into 1-inch lengths (use organic frozen green beans if fresh are unavailable)
- 1/2 cup tiny alphabet noodles

- 32-ounce carton low-sodium vegetable broth
- 1/4 teaspoon paprika
- 1/4 teaspoon dried dill
- 1 cup diced ripe tomato or about half a 16-ounce can diced tomatoes, (see Notes)
- 1 cup frozen green peas, thawed

Instructions: Heat the oil in a medium size saucepan. Add the diced carrots and sauté for 5 minutes over medium heat.

Add the potatoes, green beans, alphabet noodles, broth, dill, and paprika. Bring to a slow boil, then simmer gently, covered, for 15 minutes, or until the carrots and potatoes are tender.

Add the peas and tomatoes and simmer for another 5 minutes. Add a little more water if the broth seems crowded and cook just until heated through.

Notes: If you'd like a more tomatoey soup, use the entire can. If there are leftovers, much of the broth will be absorbed by the noodles. Add water as needed, then correct the seasoning with additional paprika, dill, and salt if needed.

Newspaper Activity: Look through the local newspaper (print or online) and other sources for recipes that uses fresh vegetables. Including several daily servings of vegetables & fruits as part of an overall healthy diet may lower the risk for heart disease and certain types of cancer. Source: www.choosemyplate.gov

For more veggie recipes go to www.vegkitchen.com/kid-friendly-recipes

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