



Week 6: Soup

INGREDIENTS

- 1 tablespoon oil
- 3 carrots
- 3 stalks celery
- 2 cups chicken broth
- 2 cups water (or use all chicken stock if you want)
- 1 teaspoon oregano
- 1 bay leaf (optional)
- 1/2 teaspoon salt
- Large handful green beans or a bell pepper (to make 1 cup worth)
- 1 can diced tomatoes with juice
- 1 can white beans, drained
- 1/2 cup frozen corn or peas
- 1 1/2 cup dry pasta that takes about 10 minutes to cook
- A lemon
- Parsley
- Parmesan cheese (optional)

EQUIPMENT

- Cutting board and safe knife
- Peeler
- Can opener
- Pot with lid
- Liquid and dry measuring cups
- Teaspoon
- Scissors to cut beans & parsley
- Wooden spoon
- Strainer

DIRECTIONS

- Peel the carrots
- On a cutting board, and using a safe knife, cut carrots and celery into small pieces about 1/4" wide.
- Use a pair of scissors to cut green beans into 1" wide pieces. If you don't have green beans, you can use a bell pepper instead. Cut it into small pieces about the size of a nickel.
- Measure 1/2 cup of frozen corn.
- Open both cans. Pour the beans into a strainer to drain and rinse with water. Do not drain the tomatoes.
- Measure out the pasta into a small bowl.
- Place a medium sized pot on the stove and add oil. Heat to medium. Add carrots and celery and stir with a wooden spoon for about 3 minutes.
- Add green beans or peppers and stir.
- Then add the broth and water and stir. Add the oregano and bay leaf (if using). Add salt, and stir with the wooden spoon.
- Add diced tomatoes and stir. Put the lid on the pot and bring it to a boil on high heat.
- While you wait for the water to boil, pull the leaves off of the parsley and cut them into small pieces using the scissors. Put in small bowl.
- Slice the lemon in half and squeeze the juice into a bowl. Remove any seeds. Set aside.
- Once the pot is boiling, add the pasta, corn, and drained beans. Cook for 10 minutes, or until the pasta is done. Remove from heat. Pour in lemon juice and stir.
- Ladle into bowls and add parsley and parmesan.

EXTRA!

- Puree the beans with a bit of broth before adding to the pot to make the soup creamier.
- Add a bit of pesto at the end and stir. This will also make it a bit creamier.
- Serve with crusty bread and dip it into the soup.

