

Hearty Winter Vegetable Soup

Ingredients

YIELDS: 8 half-cup servings PREP TIME: 35 minutes

- 1 tbsp. non-hydrogenated margarine
- 1 onion (diced)
- 1 carrot (sliced into small coins)
- 2 potatoes, washed, peeled and diced
- 6 oz (160ml) low sodium chicken broth
- 1 cup (250 ml) frozen turnip or rutabaga
- 1 tbsp. (15ml) all-purpose flour
- 1 cup (250ml) milk
- 1/2 cup (125ml) cheddar cheese, shredded



EQUIPMENT: Large electric skillet / 3 cutting boards / 2 knives / grater / vegetable peeler / measuring cups / measuring spoons / mixing spoon / serving spoon / small bowls and spoons for sampling

Directions

- 1) Peel onion, and dice.
- 2) Peel carrot, wash, and slice into thin coins.
- 3) Peel potatoes, wash, and cube into uniform sized pieces.
- 4) In a skillet melt margarine over medium heat.
- 5) Add onion and carrots and sauté for about 5 minutes – stirring occasionally.
- 6) Add chicken broth, potatoes and frozen rutabaga (or turnip).
- 7) Bring to boil. Reduce heat and simmer for about 20 minutes until vegetables are tender.
- 8) Dissolve flour in a small quantity of milk.
- 9) Add flour and milk to soup with the remainder of the milk and mix in thoroughly.
- 10) Cook over medium heat and stir until thickened.
- 11) Stir in cheese and serve immediately.

Chef's Tip



Be sure to use a large skillet to fit all the ingredients or adjust the recipe to avoid soup overflow.

Let's Get Cookin'!

