



VEGETABLES SOUP

An old healthy classic, loved by kids and adults.

Nutrition Facts Per Serving: Calories 209, Protein 3.6g, Carbs 23g, Fat 13g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 10 min, **Cooking Time:** 20 min



INGREDIENTS

Potato, Zucchini
Celery, Carrot
Onion, Garlic
Butter

Salt, Soup Seasoning
Vegetable Broth,
Tomato Paste
Parsley

METHOD

1. Place large pot over med heat, add the butter and when melted, add onions and a pinch of salt, cook for about 3 minutes stirring until it starts to turn golden.
2. Add veggies with a pinch of salt and cook stirring frequently for 5 minutes.
3. Meanwhile, dissolve broth in boiling water (2 persons: 500 ml, 4 persons: 1,000 ml and 6 persons: 1,500ml) set aside.
4. Add garlic with a pinch of salt, cook for 30 seconds more, then add tomato paste and half the seasoning. Cook for one minute stirring.
5. Add dissolved broth, partially cover, bring to boil, reduce heat to low and cook 20 minutes or until veggies are tender to the bite.
6. Remove cover, simmer for 2 minutes more, adjust seasoning and salt, turn heat off, add parsley, then transfer to serving plate and serve immediately.

BON APPETIT