

Ten Vegetable Soup

From the American Institute for Cancer Research

<http://www.aicr.org/health-e-recipes/2013/ten-vegetable-soup.html>

Ingredients

- 2 Tbsp. extra virgin olive oil
- 3 cups chopped green cabbage, quartered and cut crosswise into 1/2-inch strips
- 1 cup cauliflower florets, 1-inch pieces
- 1 medium leek, sliced, use white and 1-inch of light green part
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 medium celery stalk, chopped
- 1 (14.5-oz.) can no salt added diced tomatoes
- 4 cups low-fat, reduced-sodium chicken or vegetable broth
- 1 medium yellow-fleshed potato, diced
- 1/4 cup chopped flat-leaf parsley
- 1 Tbsp. dried thyme
- 1½ packed cups Swiss chard or spinach, cut crosswise into 1/2-inch strips
- Salt and freshly ground pepper, to taste
- Pinch of red pepper flakes or cayenne, optional
- Grated Parmesan cheese, optional

Instructions

1. In large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium-high heat. Add cabbage, cauliflower, leek, onion, carrot and celery and stir to coat them with oil. Cook until cabbage is limp and onion translucent, 4-5 minutes, stirring occasionally. Cover, reduce heat to medium-low and cook gently until vegetables release their juices, about 8 minutes.
2. Add tomatoes with their liquid, broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils, then cover, reduce heat, and simmer soup for 10 minutes. Add Swiss chard and simmer for 10 minutes. Season soup to taste with salt and pepper; let sit for 15 minutes before serving. If desired refrigerate for up to 4 days, reheating in covered pot over medium heat. Or divide cooled soup among reseal-able freezer bags and freeze. This soup keeps in freezer for up to 2 months.

Makes 10 servings

Nutrition information per serving

Calories: 70	Dietary Fiber: 2 g
Total Fat: 3 g	Sodium: 253 mg
Saturated Fat: <1 g	Protein: 3 g
Cholesterol:	Carbohydrates: 9 g

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