

* Raising the Bar on Nutrition food

Vegetable Soup

4 servings

6 Tablespoons	extra virgin olive oil *
1 medium	onion (red or white), chopped
1 -10 oz package	broccoli, frozen, defrosted
2-3	carrots, sliced
1-10 oz package	spinach, frozen, defrosted
6 cups	vegetable broth (made with bouillon)

1. Heat about 2 Tbs of the olive oil on medium in a large soup pan.
2. First, add the onions, stir to coat with oil and cook for about 5 minutes.
3. Add about 2 more Tbs olive oil and the broccoli and carrots, stir to mix in and cook for about 5 minutes.
4. Then add about the rest of the olive oil and the spinach.
5. Stir to combine everything. Reduce the heat to simmer and cook the vegetables for 10-15 minutes.
6. When cooked as much as you want, add the vegetable broth. Heat through.

The soup can be frozen in individual servings. You can add cooked pasta, rice or potatoes, if you like at the time of eating.

Approximate cost for the recipe: \$4.48 or \$1.12 per serving