



Creamy seasonal vegetable soup

Source of fibres, vitamin A



Ingredients

2 tablespoons	Vegetable oil	30 ml
1	Onion, chopped	1
3	Garlic cloves, minced	3
2 teaspoon	Fresh ginger, minced (optional)	10 ml
1 ½ teaspoon	Curry powder or preferred spices or herb	7 ml
½ teaspoon	Salt	2 ml
½ teaspoon	Pepper	2 ml
5 cups	In season vegetables, diced	1,25 L
1	Big potato, peeled, diced	1
4 cups	Chicken or vegetable broth	1 L
1/3 cup	Milk	80 ml



Preparation

1. In a large saucepan, cook onion, garlic, ginger, curry, salt and pepper in oil. Stir with a wooden spoon for 3 minutes, or until onion has softened.
2. Add vegetables and the potato. Add broth and bring to a boil. Reduce heat, cover and simmer for 20 minutes or until vegetables become very tender.
3. Using a hand blender, blend mixture until smooth.
4. Add milk and mix well. Reheat over medium heat without boiling.



Tips

1. Use in season vegetables that are on sale (carrots, turnips, parsnips, leeks, broccoli, etc.). Many squash could be use for this recipe (butternut, acorn, pumpkin, hubbard, etc.), but avoid spaghetti squash, it is too stringy.
2. Vary the spices used, especially if vegetables other than squash or carrots are used.
3. For a fast and comforting meal, freezes leftover without adding milk. Add the milk just before enjoying.

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)



Adapted from: passeportsanté.net