

## Vegetable Soup

Preparation time **30 minutes**

Cooking time **60 minutes**

Servings **12**

Cost per serving **34¢**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Large pot, cutting board, sharp knife,  
measuring cups and spoons,  
wooden spoon, ladle**



## Ingredients



2 L (8 cups)  
**chicken broth**



1 L (4 cups) diced **vegetables** of your choice  
(onion/leek, carrots, rutabaga, green or yellow beans,  
cabbage, corn, green peas, celery, bell peppers, etc.)



1 can (796 ml)  
**diced tomatoes**



10 ml (2 tsp) **dried herbs**  
of your choice (oregano,  
thyme, parsley, basil)



60 ml (¼ cup)  
**pearl barley**

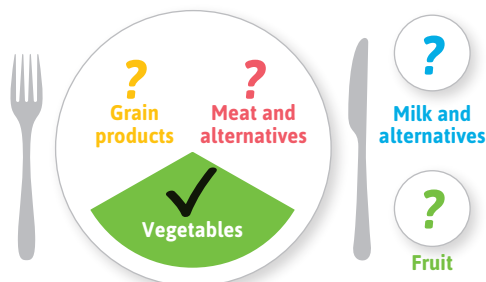


15 ml (1 tbsp)  
**mustard powder**  
(optional)



**Salt and pepper**  
to taste

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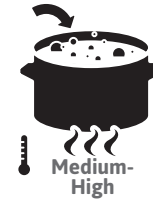


### Balanced plate

✓ One serving of this soup is a tasty way to add vegetables to your menu!

# Directions

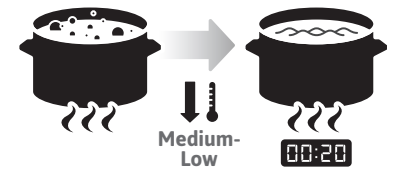
**1** In a large pot over medium-high heat, bring the **chicken broth** to a boil.



**2** Add **vegetables, tomatoes, herbs, barley** and **mustard powder**. Add **salt** and **pepper**. Mix.



**3** Bring to a boil, lower heat and simmer gently for 20 minutes.



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition