

# A-TO-Z VEGETABLE SOUP

From the Kitchen of: Cathy Carter, Community Member

**Preparation Time:** 20 minutes | **Cook Time:** 55 minutes | **Yield:** 4 quarts, or 10 (12-ounce) bowls

**Common Allergens:** Soy

## INGREDIENTS:

- 3 Tablespoons olive oil
- 1 cup yellow onion, diced, and/or leeks (rinsed, halved, and thinly sliced)
- 1 cup celery, diced
- 1 teaspoon garlic, minced
- 2 Tablespoons turmeric
- 1 Tablespoon paprika
- 1 Tablespoon soy sauce
- 1/2 teaspoon cinnamon
- 1 bay leaf (optional)
- 1/4 teaspoon cayenne
- Salt & pepper, to taste
- 2 cups grain of choice, such as couscous, barley, or quinoa
- 14-24 ounces of canned or boxed tomatoes (or 2 cups fresh tomatoes, chopped)
- 1 (12-ounce) can of tomato juice
- 2 quarts stock or broth of choice
- 4-5 cups mixed vegetables, such as carrots (peeled and sliced into coins), sweet potatoes or winter squash (1/2 inch cubes), green or yellow beans (bite-sized pieces), bell pepper (1/2 inch cubes), green peas (shelled), cabbage, zucchini (1/2 inch cubes), and/or corn kernels
- 2 cans drained chickpeas
- 1/2 cup shelled edamame (optional)
- 2 cups greens of choice, such as kale, spinach, and/or chard

This warmly spiced soup is reminiscent of canned “alphabet” soup that Cathy was fond of in her youth. According to Cathy, the ingredients are “adaptable to your tastes” and what you have on hand. Cathy says that this recipe is excellent for eating over ten different varieties of plants – from acorn squash to zucchini!

Cathy has been making this soup for over twenty years as a lunch, usually with a piece of cheesy toast or homemade chicken meatballs. She originally learned this recipe from a wellness-centered community cookbook created by employees of the old Parke-Davis / Pfizer facility in Ann Arbor and has adapted it over the years to include greens and grains to make the recipe heartier.

## INSTRUCTIONS:

- In a large stock pot, warm olive oil over medium heat.
- Sauté the onion and/or leeks, celery, and garlic until soft but not brown.
- Add the turmeric, paprika, tamari/soy sauce, cinnamon, cayenne, and bay leaf (if using). Sauté for a few more minutes until fragrant.
- Cook the grains according to package directions, or until tender.
- Add the tomatoes, tomato juice, and stock and bring to a simmer.
- Add vegetables and simmer, uncovered, for around 20 minutes or until vegetables can be pierced easily with a fork.
- Add the chickpeas, edamame (if using), and greens. Simmer, covered, for around 10 more minutes.
- Turn off heat and add the cooked grains. Let sit, covered, for another 10 minutes to cool.