



# Hearty Winter Vegetable Soup

YIELDS: 8 ½ cup servings

PREP TIME: 35 minutes

## Ingredients

- 15 mL (1 tbsp) non-hydrogenated margarine
- 1 onion (diced)
- 1 carrot (sliced) into small coins
- 2 potatoes, washed, peeled and diced
- 160 mL (6 oz) low sodium chicken broth
- 250 mL (1 cup) frozen turnip or rutabaga
- 15 mL (1 tbsp) all-purpose flour
- 250 mL (1 cup) milk
- 125 mL (½ cup) cheddar cheese, shredded



Figure 1. Hearty Winter Vegetable Soup

EQUIPMENT: Large electric skillet | 3 cutting boards | 2 knives | grater | vegetable peeler | measuring cups | measuring spoons | mixing spoon | serving spoon | small bowls and spoons for sampling

## Directions

1. Peel onion and dice.
2. Peel carrot, wash, and slice into thin coins.
3. Peel potatoes, wash, and cube into uniform sized pieces.
4. In a skillet melt margarine over medium heat.
5. Add onion and carrots and sauté for about 5 minutes – stirring occasionally.
6. Add chicken broth, potatoes and frozen rutabaga (or turnip).
7. Bring to boil. Reduce heat and simmer for about 20 minutes until vegetables are tender.
8. Dissolve flour in a small quantity of milk.
9. Add flour and milk to soup with the remainder of the milk and mix in thoroughly.
10. Cook over medium heat and stir until thickened.
11. Stir in cheese and serve immediately.

**CHEF'S TIP:** Be sure to use a large skillet to fit all the ingredients or adjust the recipe to avoid soup overflow.