



## Super Food Vegetable Soup

<b>Yield:</b>	1 gallon		
<b>Servings/Size:</b>	21 (6 oz ) servings		
<b>Prep Time:</b>	5 minutes	<b>Cook Time:</b>	40 minutes
<b>Cost:</b>	Cheap	<b>Difficulty:</b>	Easy

**Description:** Twist on a popular soup featuring MINOR'S® Bases.

Ingredients		Weight / Metric		Measure
	Olive oil	2.5 fl oz	70 g	5 Tbsp
	Red onions, small diced	10 oz	283 g	2-1/2 cups
	Carrots, small diced	6 oz	170 g	1-1/2 cups
	Celery, small dice	6 oz	170 g	1-1/2 cups
	Shittake mushrooms, sliced	7 oz	198 g	1 qt
	Water	96 fl oz		3 qt
	MINOR'S Natural Gluten Free Vegetable Base	2 oz	51 g	3 Tbsp
	MINOR'S Sun Dried Tomato Pesto Flavor Concentrate	0.75 oz	20 g	1-1/2 Tbsp
	MINOR'S Roasted Garlic Flavor Concentrate	1 oz	36 g	2 Tbsp
	Kale, chopped	5 oz	150 g	1 qt
	Broccoli, florets	3 oz	75 g	3/4 cup
	Tomatoes, fire roasted, diced	6 oz	170 g	1 cup
	Lentils, cooked	6 oz	175 g	1 cup
	Tarragon, chopped		4 g	1 Tbsp
	Chives, chopped		4 g	1 Tbsp
	Parsley, chopped		4 g	1 Tbsp
	Red wine vinegar	0.75 oz	21 g	1-1/2 Tbsp
	Salt	0.5 oz	16 g	1 Tbsp

### Procedure

1.	Combine olive oil, onions, carrots, celery, and shitake mushrooms. Toss until all are well coated. Roast in a convection oven at 425°F for 12-15 minutes or until vegetables are browned.
2.	Whisk together water, MINOR'S Natural Gluten Free Vegetable Base, MINOR'S Sun Dried Tomato Pesto, and Roasted Garlic Flavor Concentrates, and bring to a simmer.
3.	Add roasted vegetables, kale, broccoli, tomatoes, and lentils. Continue to simmer until all of the vegetables are tender.
4.	Add tarragon, chives, parsley, vinegar and salt and serve.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, Should be reviewed and followed with respect to your preparation of this recipe.

©Nestlé 2014

