



## Vegetable Bounty Soup

**Prep: 25 minutes**

**Cook: 1 hour 45 minutes • Serves: 8**

### Vegetable Broth

- 3 medium carrots, coarsely chopped
- 3 medium celery ribs, coarsely chopped
- 3 medium leeks, cut lengthwise in half, white part only coarsely chopped, green part reserved
- 1 large turnip, scrubbed, coarsely chopped
- 1 medium parsnip, coarsely chopped
- 2 tablespoons Essential Everyday® olive oil
- 4 garlic cloves, chopped
- 2 tablespoons soy sauce
- 1 bay leaf
- 8 cups water

### Soup

- 1 small green bell pepper, diced
- 1 medium zucchini, diced
- 1 medium turnip, peeled, cut into ½-inch pieces
- 1½ cups diced butternut squash (from 1 small)
- ⅓ cup orzo pasta
- 2 large tomatoes, chopped
- 1 ear fresh corn, silk and husks removed, kernels cut from cob
- 2 tablespoons dried Italian seasoning
- 1 teaspoon salt
- ½ teaspoon ground black pepper

**1.** Prepare Vegetable Broth: In large saucepot, cook carrots, celery, leeks, turnip and parsnip in 1 tablespoon oil over medium heat 8 to 10 minutes or until almost soft, stirring occasionally. Add garlic and 1 tablespoon soy sauce; cook 3 minutes, stirring occasionally. Add bay leaf and water; heat to boiling over high heat. Reduce heat to medium; partially cover and simmer 1 hour. Strain broth reserving liquid; discard solids. Makes about 6 cups.

**2.** Prepare Soup: Thinly slice reserved leeks. In same saucepot, heat remaining 1 tablespoon oil over medium heat; add bell pepper and leeks; cook 8 minutes, stirring occasionally. Add zucchini; cook 8 minutes or until leeks and squash begin to soften, stirring occasionally. Add turnip, squash, remaining 1 tablespoon soy sauce and Vegetable Broth; heat to boiling over high heat. Reduce heat to medium-low; simmer 10 minutes. Add orzo; heat to boiling. Reduce heat to medium; add tomatoes, corn, Italian seasoning, salt and black pepper. Cook 8 to 10 minutes longer or until orzo is just tender. Makes about 9 cups.

*Approximate nutritional values per serving:  
175 Calories, 4g Fat (1g Saturated), 0mg Cholesterol,  
674mg Sodium, 32g Carbohydrates, 5g Fiber, 5g Protein*