

# ***Eat Simply...So Others May Simply Eat*** **“SIMPLE” RECIPE**



During the Lenten Season, “Eat Simply” asks how you and your family will be uniting yourselves with the struggling neighbors and with the starving of the world. We encourage you to reflect, discuss and decide how you will eat more basic meals during Lent as you participate in “Eat Simply.”

**What is a “simple meal” in your house?** Below is a recipe that is easy and quick and is considered a “simple meal” in my home.

If you have a favorite “simple” recipe, perhaps you would like to share it. We would be happy to share it in the bulletin and on the website.



## ***Healthy Veggie-Loaded Vegetable Soup***

### **Ingredients:**

2 TBS Extra Virgin Olive Oil  
1 large onion (diced)  
4 cloves garlic (minced)  
3 medium carrots (diced)  
3 stalks celery (diced)  
2 medium (Russet\*) potatoes (peeled and diced)  
2 TSP Italian Seasoning  
4 cups vegetable broth (Better Than Bouillon\*)  
1 cup water  
2 15oz. cans of diced tomatoes  
1 cup frozen\* corn kernels  
1 15oz. can of Kidney Beans (drained and rinsed)  
1 bay leaf  
1/4 cup of chopped fresh parsley  
1 TBS lemon juice (freshly squeezed\*, or to taste)  
1 1/2 TSP kosher salt (or to taste)  
freshly ground pepper to taste

\*These are suggestions.  
Adjust recipe to your tastes and likings.

### **Directions:**

1. Heat oil in a large dutch oven over medium heat. Once hot, add onion and one (1) TSP of kosher salt and cook for 5 minutes more, stirring often. Add garlic, carrots, celery, and potatoes. Cook 5 minutes more, stirring often. Add Italian seasoning and cook for 1 more minute.
2. Add broth, water, tomatoes, corn, beans, bay leaf, and several grinds of black pepper.
3. Bring to a boil and then reduce the heat to low and simmer, covered, until the vegetables are tender, about 35 minutes.
4. Remove from heat and stir in parsley and lemon juice.
5. Remove bay leaf, and season to taste with salt and pepper.

*Serve hot  
with crusty bread\*  
and **Enjoy!**  
Kelley*



***Thank you so much for participating in the Eat Simply Program.***



### ***Parish Outreach***

