

PARISH OUTREACH

Eat Simply Recipe

During this Lenten Season, Eat Simply asks how you and your family will be uniting yourselves with our struggling neighbors and with the starving of the world. We encourage you to reflect, discuss and to 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 considered a “simple meal.” If you have a favorite “simple” recipe, perhaps you would like to share it, and we would be happy to share it in the bulletin and on the website. Thank you so much for participating in the Eat Simply program!

Healthy Veggie-Loaded Vegetable Soup — Ingredients

- 2 tablespoons Extra Virgin Olive Oil
- 1 Large Onion (diced)
- 4 cloves Garlic (minced)
- 3 Medium Carrots (diced)
- 3 stalks Celery (diced)
- 2 Medium Potatoes (peeled and diced, use Russet)
- 2 teaspoons Italian Seasoning
- 4 cups Vegetable Broth (+ 1 cup water, use Better Than Bouillon)
- 2 15-ounces cans Tomatoes (diced)
- 1 cup Corn Kernels (use frozen)
- 1 15-ounce can Kidney Beans (drained and rinsed)
- 1 Bay Leaf
- ¼ cup Fresh Parsley (chopped)
- 1 tablespoon Lemon Juice (freshly squeezed, or to taste)
- 1 ½ teaspoons Kosher Salt (or to taste + freshly ground black pepper)



Directions

1. Heat oil in a large dutch oven over medium-low heat. Once hot, add onion and 1 tsp kosher salt and cook for 5 minutes, stirring often. Add garlic, carrots, celery, and potatoes and cook for 5 more minutes, 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. Bring to a boil and then reduce the heat to low and simmer, covered, until the vegetables are tender, about 35 minutes.
3. Remove from heat and stir in parsley and lemon juice. Remove bay leaf and season to taste with salt and pepper. Serve hot with crusty bread. Enjoy!