

## Student Vegetable Group Soup

Yield: 3 servings (10 oz each) | Prep Time: 20 min | Cook Time: 30–40 min



### Purpose

Practice knife skills, teamwork, and seasoning while building layers of savory vegetable flavor.

### Ingredients

- Onion, diced – 1 small
- Carrots, diced – 12 oz ( $\frac{3}{4}$  lb)
- Celery, diced – 1 bunch
- Sliced mushrooms – 6 oz (optional)
- Vegetable stock – 30 oz ( $3\frac{3}{4}$  cups)
- Fresh parsley, chopped –  $\frac{1}{4}$  cup
- Salt & black pepper – to taste
- Fresh lemon – 1 lemon
- Tamari –  $1\frac{1}{2}$  Tbsp
- Sriracha –  $1\frac{1}{2}$  Tbsp



### Directions

1. Add prepared vegetables to a medium soup pot.
2. Cover vegetables with vegetable stock.
3. Bring to a gentle simmer and cook until vegetables are tender, about 30 minutes.
4. Taste and season with salt and pepper as needed.
5. Serve in 10 oz portions and finish with lemon juice, tamari, or sriracha as desired.

### Chef Ron's Notes

Cut vegetables evenly for consistent cooking. This soup is a flexible base—encourage students to adjust seasoning gradually and taste often.

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