

# HEARTY HYDRATING VEGETABLE SOUP

(ALLERGENS ARE IN BOLD)

## Ingredients:

- 6 cups of broth of your choice 1 tbsp
- 1 tbsp Extra virgin olive oil
- 2 lrg Carrots
- 1 lrg Sweet potato
- 2 Parsnips
- **1 Celery Stalk**
- 1 Tbsp chopped fresh Parsley
- 1 Shallot
- Salt and Pepper to taste

## Directions:

- Chop all the veg into bite size pieces
- Add all ingredients to a large soup pot
- Bring soup to a boil and reduce heat to low. Cook covered for 50 minutes.
- Add parsley in the last few minutes of cooking.
- Serve as is or with some tasty bread to dip in!



*Enjoy!*



# NUTRITIONAL INFORMATION

HEARTY VEGETABLE SOUP

367.22ML OF WATER  
PER PORTION



CALORIES:

72.6% Carbs

9.2% Protein

18.2% Fat

PER 427G SERVING %RI

Energy(kJ)	975 kJ	12%
Energy(kcal)	232 kcal	12%
Fat	4.3 g	6%
<i>of which saturates</i>	0.8 g	4%
Carbohydrate	39 g	15%
<i>of which sugars</i>	15 g	17%
Fibre	9 g	36%
Protein	4.9 g	10%
Salt	1.2 g	20%