

Hearty Root Vegetable Soup



Contain:  

Spiciness:   MILD

Serves: 



Prep Time : 15mins Cooking Time : 20mins

Ingredients :

- 1 tbsp (15 mL) canola oil
- ½ cup (125 mL) carrots, medium diced
- ½ cup (125 mL) turnips, medium diced
- ½ cup (125 mL) onions, medium diced
- 1 tbsp (15 mL) garlic, chopped
- 1 tbsp (15 mL) fresh rosemary, chopped
- ½ tbsp (7 mL) fresh thyme, chopped
- ½ can (28 oz/796 mL) no salt added diced tomatoes
- 1 can (19 oz / 540 mL) white kidney beans, drained and rinsed
- 4 tbsp (60 mL) Soy Asahi Seafood Stock
- 4 cups (1000mL) of water
- 1 cup (250 mL) packed, fresh baby spinach

Instructions :

1. Heat the oil in a medium saucepan and sauté carrots, turnips, onions and garlic for 1 minute.
2. Add the fresh herbs, diced tomato, white kidney beans and broth (seafood stock & water) to the saucepan and simmer for 15 minutes or until the vegetables are cooked.
3. Stir in the spinach and turn off the heat. Serve hot.



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