

Let's Talk Food Literacy

Homemade Hearty Soup

Makes 4 liters

Adapted from: Cooking with Pulses -
www.pulses.org.

This hearty 1-pot meal takes just over an hour to make. Customize it to include ingredients you have on-hand.

Ingredients:

Soup Base: 10 cups reduced-sodium vegetable broth

Protein Foods: 2 cups whole red lentils, rinsed well and drained

Whole Grain Foods: 1/3 cup dry pearl barley, rinsed and drained

Vegetables

1 large onion, chopped

1 carrot, chopped

1 large celery stock, chopped

1 cup frozen butternut squash

2 garlic cloves, diced

1 -28oz. can diced tomatoes

Seasoning

½ tsp salt

¼ tsp pepper

1 tsp mixed Italian herb mix

1 tsp or several stems of fresh Thyme

1 Bay leaf

Optional: Dash cayenne pepper

Method:

- Combine lentils and barley with vegetable broth in large stock pot or Dutch oven. Bring to a boil, then reduce heat and simmer for 30 minutes.
- Add the onion, carrots, celery, squash, garlic, tomatoes and remaining herbs and spices to the stock pot.
- Bring to a boil and simmer, stirring occasionally, for 20-30 minutes, or until vegetables are tender and soup has thickened.
- Remove bay leaf and bare stems of the thyme sprigs before serving.

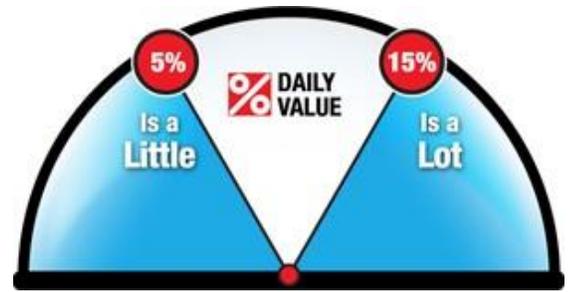


Homemade soup garnished with fresh thyme.

Tips and Tricks:

- ➔ **Reading food labels** can help you make informed choices.
 - Lower the sodium content of recipes by choosing ingredients with “no salt added”, or “low sodium” nutrition claims.
 - Use the % Daily Value (DV) on the Nutrition Facts Table to see if the serving size has a little (5% or less) or a lot (15% or more) of a nutrient.

- ➔ **Freeze this soup** and reheat for a quick, nutritious meal. Adding the date and label to the container can help to keep track of what is in the freezer, and prevent waste.



For more information, visit [Health Canada, Understanding Food Labels](#)