



# Autumn Soup

## Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 onion, finely diced
- 1 carrot, cut in half moons
- 1 celery stalk, cut into half moons
- 7 cups (1.75 L) chicken broth (or vegetable), sodium-reduced
- ½ cup (125 ml) orzo
- 1 large sweet potato, peeled and chopped into 1 cm square cubes
- ½ zucchini, sliced into half moons
- 1 can (540 ml) red beans, drained and rinsed
- 5 fresh sage leaves, chopped
- 3 tbsp (45 ml) fresh parsley, chopped
- Salt and pepper, to taste

## Preparation

- 1 Heat a large pot over medium heat and add oil.
- 2 Sweat the onion, carrot and celery.
- 3 Add broth and bring to a boil.
- 4 Add orzo, sweet potato and zucchini. Cover and simmer for 15 minutes or until orzo and vegetables are cooked.
- 5 Add red beans, sage and parsley and season to taste.

### YOU WILL NEED:

- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- medium pot with lid
- peeler
- can opener
- sieve
- wooden spoon



**CHEF'S TIP:** Don't you have any fresh herbs on hand? You can substitute 1 tbsp (15 ml) of fresh herbs for 1 tsp (5 ml) of dried herbs.

**DIETITIAN'S TIP:** This soup can easily be adapted by replacing the ingredients with others that are already in your refrigerator (leftover chicken or turkey, tofu cubes, carrots, corn...).