

St Vincent de Paul

### Lenten Soup Supper Recipe

The following recipe includes all the ingredients used in the original recipe, which I believe serves 100. (The only exception is the use of vegetable broth cubes, which are in addition to the veggie broth. They are not needed in this very reduced version.) You can use a food processor to chop the onions, celery, and carrots since they are sautéed to save chopping time. The size of the dice on the other vegetable is up to you depending on how chunky you like your soup. Of course you can add or omit veggies as you like, with the exception of the sautéed vegetables which are base of the soup.

### Ingredients

- 1 to 2 Tbsp. olive oil
- 2 small onions (about two cups chopped)
- 1 cup diced celery, about 2 stalks
- 1 cup diced carrots, about 2 carrots
- 3 garlic cloves, chopped
- 1 Tbsp. tomato paste (optional)
- ½ cup white or brown rice
- Parmesan cheese rind (optional)
- 1 teaspoon salt
- 2 bay leaves (optional)
- 2 small russet potatoes, diced
- 1 each yellow squash and zucchini, diced
- 1 carrot shredded or chopped
- ¼ head green cabbage, chopped
- 8 cups vegetable broth (2 32oz containers)
- ¼ cup chopped parsley
- 1 15 oz. can red kidney beans, gently smash 1/2 cup of beans
- 1 14.5 oz. can diced tomatoes

1 small can tomato sauce

1 bunch kale, chard, or spinach chopped (or use whole baby spinach and you won't need to chop) If using kale be sure to destem.

10 sprigs parsley (about a ½ cup chopped)

¼ cup chopped fresh basil

Parmesan cheese, grated

Heat olive oil in large pot on medium high heat, add the onion, celery and carrot and saute until softened, about 10 minutes, stirring frequently. Add chopped garlic and saute 30 seconds, add tomato paste (if using) and saute another 30 seconds.

Add the broth, diced tomatoes with juice, tomato sauce, parmesan cheese rind, bay leaf and rice. Stir and bring to a boil, and then simmer for 20 minutes if using white rice, or 30 minutes if using brown rice. Add the beans, potato, cabbage, shredded carrot, kale or chard or spinach, parsley and basil, and simmer another 15 minutes or until rice and potato are tender. Remove bay leaf and cheese rind if used. Season the soup to taste with salt and pepper. Pass grated parmesan cheese to serve with soup

Note

I've always been impressed by how good this soup tastes, and the many hands that put this soup together. In Father Leo Patalinghug cookbook "Grace Before Meals" he states "This is a good time to remember that what matters most about our meals is not what's on our plates, but what's in our hearts as we cook and serve and share."

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