Winter Vegetable Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

1 teaspoon olive oil
2-3 slices bacon, chopped (about 2 ounces)
1 medium onion, chopped (about 1 cup)
2 garlic cloves, minced (about 1 teaspoon)
1 medium acorn squash or butternut squash, peeled and cut in ¾-inch cubes (about 2 cups)
2-3 medium red potatoes, diced (about 2 cups)
2 stalks celery, chopped (about ½ cup)
1 medium carrot, chopped (about ½ cup)
1 teaspoon dried basil
¼ teaspoon ground cinnamon
¼ teaspoon dried thyme
1 (28-ounce) can no-salt-added diced tomatoes
4 cups (32 ounces) low-sodium chicken broth
4 cups chopped, destemmed kale (about 1 bunch)
1 (15-ounce) can no-salt-added white beans (e.g. navy beans, cannellini beans), drained

Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the bacon and cook, stirring often, for 3 minutes.
3. Add the onion and garlic and cook, stirring often, for 3 minutes.
4. Add the squash, potato, celery, carrot, basil, cinnamon, and thyme. Cook, stirring occasionally, for 4 minutes.
5. Add the tomatoes with their juice and stir to combine. Cook for 2 minutes.
6. Add the broth and stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook for 8 minutes.
8. Add the kale and beans.
9. Continue cooking at a simmer until the potatoes, squash, and kale are tender, about 10-15 minutes.
10. Serve warm.

For more recipes, please visit www.nutrition.va.gov