



Summer Vegetable Soup

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

171 Calories

7.1 g fat

576 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 1 TB olive oil**
- 1/2 cup diced onion
- 1/2 cup sliced leeks, white and light green parts only, about 1 leek
- 1/2 cup diced celery, about 1 celery rib
- 1/4 cup diced red bell pepper
- 3 cloves garlic, minced
- 6 cups low sodium vegetable broth
- Soup Spices (1 bay leaf & 1/2 tsp dried thyme)
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 cups large dice zucchini
- 1 cup fresh green beans, trimmed and cut into 1-inch lengths
- 2 tomatoes, diced
- 1 (15 oz.) can cannellini beans, drained and rinsed
- 1/2 cup any small pasta
- 1/4 cup fresh basil
- 1/4 cup grated parmesan cheese
- 4 Ciabatta Rolls

1. Prepare the **leeks**: Cut off the roots of the leeks. Slice the leeks lengthwise. The last couple of inches of the dark green ends should be discarded. Make crosswise cuts along the parts of the leek that you intend to use. Rinse in a bowl of cold water. Place the chopped leeks into a bowl and fill with cold water. (If the leeks are especially dirty, rinse them first in a colander, before covering with water.) Use your hands to agitate the leeks and dislodge any dirt or sand that may be clinging to them. Scoop the leeks out of the water with a sieve or slotted spoon and place in a new bowl for use in your recipe.
2. Peel and mince the **garlic**, set aside. Wash and trim the ends from the **green beans**, then cut into 1 inch lengths, set aside. Dice the **tomato**, set aside.
3. Heat **1 TB olive oil** in a large pot on medium high. Add the **onion, sliced leeks, celery, and red bell pepper**. Cook for 8 to 10 minutes until softened, lowering the heat to medium to prevent browning. Add the **minced garlic** and cook for a minute more, until fragrant.
4. Add **6 cups vegetable broth, bay leaf, thyme, and 1/4 tsp salt and 1/4 tsp black pepper** to the pot. Increase heat to a simmer, then add the **zucchini, trimmed green beans, diced tomatoes, drained and rinsed cannellini beans, and pasta**. Heat to a simmer again and lower the heat to maintain a steady simmer. Cook for 10 minutes until the vegetables and the pasta are cooked through.
5. Garnish with **thinly sliced fresh basil** and **grated Parmesan cheese** to serve. Warm **ciabatta rolls** in a 400 degree oven for 10 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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Peach, Cucumber and Barley Salad

Prep Time: 15 min

Cook Time: 50 min

Serves: 4

NUTRITION FACTS, PER SERVING:

360 Calories

6.25 g fat

555 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 cup pearl barley
- 1 3/4 cup vegetable broth
- 1 1/4 cup water**
- 1 cucumber, seeds removed and diced
- 2 ripe peaches, diced
- 1 pt. cherry tomatoes, halved
- 1/2 cup fresh basil leaves
- 2 TB cider vinegar
- 1 TB olive oil**
- 1/4 tsp salt & 1/4 tsp black pepper**
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 head of lettuce (rinse and pat dry the leaves)

DIRECTIONS:

1. Place **barley** in 4-quart saucepan. Cook on medium heat for 5 minutes or until toasted, stirring constantly. Stir in **1 3/4 cups vegetable broth** and **1 1/4 cups water**. Heat to boiling on high. Cover, reduce heat to low, and simmer 35 minutes or until tender. Drain if necessary, and cool slightly.
2. Meanwhile, scoop out and discard soft center from **cucumber**, then cut into 1/4-inch pieces. Pit and chop **peaches**. Cut **tomatoes** in halves. Stack basil leaves in a pile and roll, then very finely slice **basil** into thin strips. Drain and rinse the can of **chickpeas**, set aside.
3. In large bowl, whisk **vinegar**, **olive oil**, and **1/4 teaspoon salt** and **1/4 tsp black pepper**. Add cooked **barley** and toss until well coated. Cool until no longer hot, then add **diced cucumber**, **diced peaches**, **halved tomatoes**, and drained and rinsed **chickpeas**, tossing until well combined. Serve over **lettuce leaves**.

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