

# DREAMING OF VEGGIES SOUP



RECIPE BY URBAN VENTURES YOUTH  
CHEF COACH: GEO APARICIO, MN SPORTSERVICE

Makes 10 (2-cup) servings

## INGREDIENTS

2 tablespoons olive oil	2 cups chopped cauliflower
2 cups chopped onion	1 (15-ounce) can black beans, rinsed, drained
2 tablespoons finely chopped garlic	1 cup whole kernel corn or cooked hominy
2 quarts (8 cups) chicken broth	2 cups shredded carrots
2 cups chopped potatoes	Chopped fresh cilantro
2 cups chopped butternut squash	Fresh lime wedges
1 ½ pounds boneless, skinless chicken breast, cut into bite-size pieces	<i>Cheesy Toasts</i> (see below)

## DIRECTIONS

1. Heat oil in a large soup pot over medium-high heat. Add onions and garlic; cook and stir about 8 minutes or until onions are translucent.
2. Pour broth into pot; bring to boil. Reduce heat; add potatoes and squash. Simmer for 15 minutes.
3. Add chicken, cauliflower, beans and corn (or cooked hominy). Bring mixture back to a boil, then reduce heat to medium-low. Simmer for 20 minutes or until potatoes and squash are tender and chicken is cooked through.
4. Ladle soup into bowls; top with shredded carrots and cilantro. Serve with lime.

**Cheesy Toasts:** Heat oven to 350°F. Slice a French baguette into diagonal slices. Brush one side of each piece with olive oil. Sprinkle with dried Italian herbs to taste. Bake 5 to 7 minutes or until toasted; sprinkle with 2 teaspoons shredded Parmesan cheese. Bake about 5 minutes longer or until toasts are golden and crisp.

