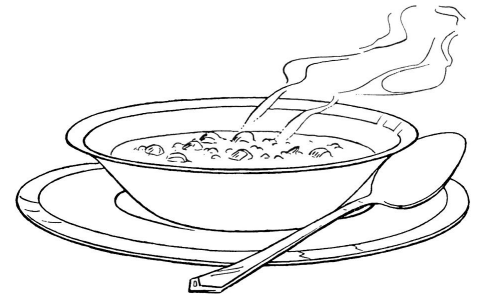


VEGETABLE SOUP

PRESENTED BY CAMBRIDGE FARM TO SCHOOL
AND CHEF GENE GOWAN, CANELLA CULINARY

Today the Cambridge Elementary Kindergartners get to participate in the popular Chef in the Classroom series! This is the first event of the CICS series this year. Each grade gets to experience and enjoy one Chef in the Classroom a year.

We hope to help students understand where food comes from, get them to taste new things, and get them comfortable and excited about cooking! Each event features a seasonal ingredient and ties into a theme the students are learning in the classroom. The students learn a nutritious recipe created by our local chef Gene Gowan; followed up with a yummy tasting and many fun questions.



VEGETABLE SOUP



Ingredients:

- 2 Tablespoons Olive Oil
- 1 cup thinly sliced Celery
- 2 cups chopped Onions or leeks
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini
- 2 teaspoon Italian Seasoning
- Coarse salt and pepper
- 3 cans (14.5 oz each) vegetable broth
- 1 can (28 oz) diced tomatoes, with juice
- 1 Tablespoon tomato paste

Directions:

Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.

Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.

Add vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes. Season with salt and pepper, as desired. Let cool before storing.

Thanks to our local Chef, Gene Gowan, for his creativity and expertise, as well as, willingness to lead us in this month's Chef in the Classroom!



THE FARM TO SCHOOL PROGRAM MISSION IS TO PROMOTE HEALTHY NUTRITION, FOSTER CONNECTION TO REAL FOOD THROUGH EDUCATION AND PRACTICE WITH A FOCUS ON COMMUNITY AND THE ENVIRONMENT.

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