

CHUNKY TOMATO & POTATO SOUP

Makes 4-6 servings

This hardy and healthy soup is perfect for cold and wintery days. It is jam-packed with lots of vegetables and will fill your home with wonderful aromas! Older children can help with the preparation and cooking of this chunky and delicious soup. Serve with toasted, whole wheat bread croutons and parsley.

Ingredients:

- 1 large chopped onion
- 4 large cubed potatoes
- 4 peeled & chopped tomatoes
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 small red or green chopped pepper
- Salt and pepper to taste
- 1 cup chicken or vegetable stock
- ½ teaspoon olive oil

Directions:

1. In a large saucepan, add olive oil and cook onions and peppers until tender.
2. Add potatoes, tomatoes, carrots, celery and sauté.
3. Pour in stock and simmer until vegetables are tender, about 20-30 minutes.
4. Add salt and pepper to taste.

Tomatoes are members of the fruit family, and are mostly served and prepared as a vegetable. Tomatoes are a great source of vitamin C and also a good source of vitamin A.

