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▶▶▶▶ January 2013 ◀◀◀◀

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Roasted Tomato and Vegetable Soup

Prep Time: 30 mins

Cook Time: 25 mins

Total Time: 55 mins

Ingredients

- 1 tablespoon oil, olive
- 1 medium onion(s), chopped
- 1 stalk(s) celery, sliced
- 1 medium carrot(s), chopped
- 1 teaspoon garlic, minced
- 3 can(s) broth, reduced-sodium chicken, 14 ounces each
- 2 cup(s) squash, butternut, cut-up, peeled, and seeded
- 14 1/2 ounce(s) tomatoes, fire-roasted, diced, or diced tomatoes, undrained
- 1 can(s) beans, white kidney, 15-19 ounces, rinsed and drained
- 1 small zucchini, halved lengthwise and sliced
- 1 cup(s) broccoli florets
- 1 tablespoon oregano, fresh, or 2 teaspoons dried oregano, crushed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper, black
- cheese, shredded Parmesan

Recipe Tip:

Slow Cooker Version: Omit olive oil. In a 3 1/2- to 4-quart slow cooker combine onion, celery, carrot, garlic, broth, squash, tomatoes, beans and dried oregano (if using). Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3 1/2 to 4 hours. If using low-heat setting, turn cooker to high-heat setting. Add zucchini, broccoli, fresh oregano (if using), salt and pepper. Cover and cook 30 minutes more. Serve as above.

Preparation

1. In a 4-quart Dutch oven, heat oil over medium heat. Add onion, celery, carrots, and garlic; cook for 5 minutes.
2. Stir in broth, squash, and undrained tomatoes. Bring to boiling; reduce heat. Cover and simmer for 20 minutes. Add beans, zucchini, broccoli, oregano, salt, and pepper; cook for 5 minutes more. If desired, sprinkle each serving with Parmesan cheese.