

## Winter Vegetable Soup

(V) – This recipe is a vegan option recipe!

*After a morning of cross-country skiing or sledding with the kids, nothing's more warming than a bowl of hearty vegetable soup for lunch. We frequently make a double batch, freezing half for another meal. Team this soup with some crisp winter apples or pears and a serving of low-fat Cheddar cheese, and you're ready for company.*

### **Ingredients:**

- 2 teaspoons extra virgin olive oil
- ½ pound leeks, trimmed, split in half lengthwise, and well rinsed
- 1 medium white onion, chopped
- ½ pound carrots, thinly sliced on the diagonal
- 2 large celery ribs, thinly sliced on the diagonal
- 2 tablespoons dried lentils, rinsed and picked over
- 2 tablespoons dried split peas, rinsed and picked over
- 2 tablespoons dried small white beans, rinsed and picked over
- 1 teaspoon dried thyme
- ½ teaspoon freshly ground pepper
- 2 quarts fat-free, reduced sodium chicken or for vegan option use vegetable broth
- One 14½-ounce can no-salt-added plum tomatoes, drained and coarsely chopped
- ¼ pound spinach, tough stems discarded

### **Directions:**

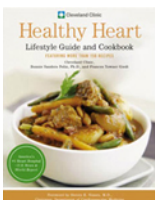
- 1) In a large soup pot, heat the oil over medium-low heat. Thinly slice the leeks and add them to the pot along with the onion. Cook, stirring, until the vegetables wilt, about 5 minutes.
- 2) Add the carrots, celery, lentils, peas, beans, thyme, pepper and broth. Bring to a boil. Reduce the heat and simmer, covered, for 45 minutes, stirring occasionally.
- 3) Stir in the tomatoes and continue to simmer, covered, for another 15 minutes, until the white beans are tender.
- 4) Stir in the spinach and simmer, uncovered, until wilted, about 3 minutes.
- 5) Ladle into soup bowls and serve.

### **Nutritional Analysis:**

- Calories: 130 calories (20% calories from fat)
- Total Fat: 3 g
- Saturated Fat: 0.5 g
- Protein: 9 g
- Carbohydrates: 21 g
- Dietary Fiber: 5 g
- Cholesterol: 0 mg
- Sodium: 130 mg
- Potassium: 120 mg



### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com*