

food  
network



HEALTH SCORE

73%

## Hearty Vegetable Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



110 min.

SERVINGS



8

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients



1 bay leaf



1 carrots peeled



2 carrots organic peeled cut into coins



2 ribs celery



2 ribs celery sliced



0.5 cup edamame



0.5 cup corn kernels fresh



4 sprigs thyme leaves fresh

- ☐ 1 clove garlic peeled
- ☐ 2 cups torn kale leaves
- ☐ 8 servings kosher salt
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 3 quarts chicken broth low-sodium
- ☐ 8 servings olive oil for coating pan
- ☐ 1 onion peeled cut in half
- ☐ 2 to 3 peppercorns black
- ☐ 0.5 cup bell pepper diced red
- ☐ 2 roasted chicken carcasses
- ☐ 0.3 cup onion diced sweet such as maui or vidalia

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve

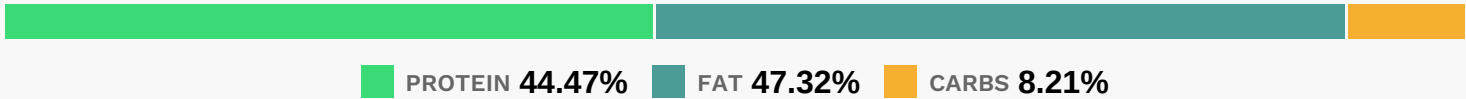
## Directions

- ☐ Set a large saucepan over medium heat. Coat the pan with olive oil and add the diced onions, carrots, celery and garlic. Season with some salt and pepper, and then sweat the vegetables (cook without adding any color) for about 5 minutes.
- ☐ Add the kale, corn, edamame and red bell pepper and cook for a few more minutes so they have a chance to saute.
- ☐ Add the stock, season with salt and pepper and bring to a simmer. Cook until the vegetables are soft, 7 to 8 minutes.
- ☐ Serve.
- ☐ Begin by fortifying store-bought broth (this will add more depth of flavor to the finished soup). In a large stock pot, add the broth, 1 quart cold water, chicken carcasses, peppercorns, celery, carrot, onion, garlic, thyme and bay leaf. Set over medium heat and slowly bring to a

rolling boil.

- Heating the broth up slowly will draw out the flavors of the chicken bones, vegetables and aromatics. Season lightly with salt and let the stock simmer (slightly covered) for 1 to 1 1/2 hours. When done, it will have reduced by about a quarter, leaving you with approximately 3 quarts of rich stock. Strain the stock through a large sieve, discarding the bones and vegetables. Chill the stock immediately until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:48.46, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:31.44782630257%

## Flavonoids

Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg, Apigenin: 0.6mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

## Nutrients (% of daily need)

Calories: 625.34kcal (31.27%), Fat: 32.7g (50.31%), Saturated Fat: 6.98g (43.64%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 10.46g (3.8%), Sugar: 3.9g (4.34%), Cholesterol: 180mg (60%), Sodium: 517.92mg (22.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 69.15g (138.29%), Vitamin B3: 24.41mg (122.07%), Vitamin A: 4868.26IU (97.37%), Selenium: 59.41µg (84.87%), Phosphorus: 600.1mg (60.01%), Vitamin B6: 1.14mg (56.95%), Vitamin K: 38.55µg (36.71%), Potassium: 1116.62mg (31.9%), Vitamin B2: 0.52mg (30.75%), Zinc: 4.22mg (28.1%), Vitamin C: 21.59mg (26.17%), Vitamin B5: 2.57mg (25.72%), Iron: 4.41mg (24.51%), Copper: 0.36mg (17.91%), Vitamin B12: 1.05µg (17.51%), Magnesium: 68.05mg (17.01%), Vitamin E: 2.41mg (16.1%), Vitamin B1: 0.2mg (13.51%), Manganese: 0.21mg (10.39%), Folate: 38.93µg (9.73%), Fiber: 2.32g (9.27%), Calcium: 88.12mg (8.81%)