



PASSOVER VEGETABLE SOUP

Intermediate Lifestyle

Ingredients

8 cups fat-free, low-sodium chicken broth
6 cups chopped leek
3 cups diced carrot
3 cups diced peeled turnip
½ TSP Morton's Lite salt
1/4 TSP pepper
1/8 TSP ground saffron (optional)
7 TSP chopped fresh cilantro

Instructions

Combine first 6 ingredients in a large Dutch oven. Stir in saffron, if desired. Bring to a boil, cover, reduce heat, and simmer for 1 hour or until vegetables are tender. Ladle soup into each of 14 bowls. Sprinkle with cilantro.

Portion-Per-Serving Information (Yields 14 servings):

Serving = 1 cup soup and ½ TSP cilantro = 2 V