Victory Garden Soup

Recipe adapted from Food Fight! A Mouthwatering History of Who Ate What and Why Through the Ages by Tanya Steel

Ingredients

- 2 tablespoon olive oil
- 1 large onion, peeled and chopped
- 3 carrots, peeled and chopped
- 1 potato, peeled and chopped
- 1 garlic clove, peeled and minced
- 1 cup fresh or frozen peas or edamame
- 1 cup fresh or frozen corn kernels
- 2 quarts low sodium chicken or vegetable broth
- 2 tablespoons apple cider vinegar or fresh lemon juice
- Salt and pepper
- 2 tablespoons chopped cilantro or parsley

Directions

Ask an adult to warm the olive oil in a large stockpot over medium heat. Add the onion and cook for 2 minutes. Add the carrots and potato and cook for 4 minutes.

Add the garlic, peas, and corn and cook for 2 minutes. Add the broth and vinegar and cook on low heat for about 20 minutes. Season with salt and pepper and cilantro. Divide into bowls.

For more recipes from Cooking Up History, visit: www.s.si.edu/CookHistory.