



Victory Garden Soup

Featured on December 1, 2018 for “Smithsonian Holiday Festival” demo with Chef Tanya Steel

*“This classic veggie soup was a great way to use up yummy vegetables from people’s victory gardens.”
– Tanya Steele*

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.

