

Vegetable Soup (broth)

Ingredients:

10 servings

2 onions	1 bay leaf
2-3 garlic cloves	Safran
3-4 medium carrots	Other spices of choice
3-4 parsnips	1-2 tsp salt
0.5 leek	1-1.5 L water

Directions:

- 1 Wash, peel and cut veggies.
- 2 Add salt and vegetables to water and cook for about 20 Min.

Hint: Great, light entrée. Enjoy with a slice of whole grain bread or homemade focaccia.

To make it a bigger meal, add 2-3 slices of whole grain bread and top with cottage cheese. Sprinkle with cress.

Nutrition (per serving):

Energy	20 kcal
Fat	0.1 g
Carbohydrates	4 g
Fibre	1 g
Protein	0.6 g
Sodium	44 mg