



Grandpère Tiger's Veggie Soup

[Episode 137: Daniel Gets a Cold]

Mom Tiger has a cold, so Daniel and his dad make a batch of Grandpère's veggie soup to help her feel better.

Children learn so many different things when they cook with you. Let them help, and they'll look forward to tasting this delicious soup. As you dice the onion, celery, and carrots, ask your child to pull apart the broccoli florets. You can explain that grown-ups need to do some of the steps in a recipe, like chopping and using the stove. When you are finished preparing the vegetables, have your child help you measure the other ingredients.

Ingredients

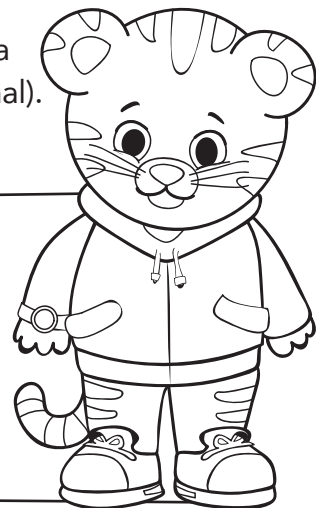
1 tablespoon extra virgin olive oil
1 medium yellow onion, diced
2 carrots, sliced
2 stalks celery, finely chopped
2 teaspoons minced garlic
64 oz. low-sodium vegetable broth
1 bay leaf
1 Parmesan cheese rind (optional)
1 14 oz. can diced tomatoes
1 teaspoon salt
¼ teaspoon black pepper
1 cup corn (fresh or frozen)
1 cup green beans (fresh or frozen), broken into bite-size pieces
1 Yukon gold potato, peeled and chopped
½ cup broccoli florets (small pieces)
¼ cup grated Parmesan cheese for serving (optional)

Directions

- 1 In a large soup pot, heat olive oil over medium-high heat. Add onion and carrots and sauté for about 10-15 minutes, until soft and tender, stirring frequently. Add celery and sauté for 3-4 minutes, until softened. Add garlic and cook for about 1 minute.
- 2 Stir in the broth, bay leaf, cheese rind (if using), tomatoes, salt, and pepper, and bring to a boil. Reduce heat and add corn, green beans, potato, and broccoli.
- 3 Simmer, stirring occasionally, for 40 minutes until potatoes are tender and soup has reduced slightly. Season to taste with salt and pepper. Discard bay leaf and cheese rind (if using).
- 4 Makes 6-8 servings. Serve warm with a sprinkling of Parmesan cheese (optional).

Take It Further

Children feel valued and loved when they have one-on-one time with the grown-ups they know. Take this time to prepare a meal and also to spend time with your children.



Talk About It When you are gathering ingredients for this soup, you can use this opportunity to talk to your children about vegetables, what they look like when whole, after they are chopped, and even encourage them to do some tasting.