



Winter Vegetable Soup with Noodles

Source: Vermont FEED New School Cuisine Cookbook
(<https://vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks>)

Servings

6

Ingredients

3 cups Kale, collard greens, or Swiss chard	1/4 cup Turnips, <i>peeled and diced</i>
3 cups Carrots	3 qt Water
3/4 cup Onions	1/4 lb Egg noodles, <i>whole-grain</i>
1 tsp Vegetable oil	1/4 cup Dry green lentils
1 Tbsp Garlic, <i>chopped</i>	3/4 Tbsp Chicken bouillon
1 cup Butternut squash, <i>diced</i>	1/4 tsp Black pepper, <i>ground</i>
	1 tsp Salt, <i>Kosher</i>

Preparation

1. Remove tough ribs from the greens. Cut into 1/2 inch pieces.
2. Trim and peel carrots and onions. Cut into 1/2 inch dice.
3. Heat oil in a large stockpot over medium heat. Add onion, garlic, and half of the salt. Cook, stir occasionally, until browned for 10-15 minutes.
4. Add carrots, squash, and turnips.
5. Reduce heat to medium-low and cook, stirring occasionally, until tender.
6. Meanwhile, bring some water to a boil in a pot. Cook pasta until tender and set aside.
7. Bring a half cup of water, lentils, and 1/4 of the salt to a boil in a large saucepan. Reduce heat to a simmer until tender, about 30 minutes. Drain and set aside.
8. When the vegetables are tender, add the rest of the water, the rest of the salt, chicken base, and pepper to the pot. Bring to a simmer and cook for 20 minutes.
9. Add the greens and cook until just tender, about 5 minutes. Add the drained lentils.
10. To serve, add the noodles to bowls and ladle soup, or stir cooked noodles into the pot.

Dig Deeper

For information recipes, lessons, resources, guides, and more, visit:

mtharvestofthemoth.org



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Brassicas



Cauliflower



Kohlrabi



Cauliflower



Brussels Sprouts



Turnip



Brussels Sprouts



Cabbage



Turnip



Kohlrabi



Broccoli



Broccoli



Bok Choy



Bok Choy



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. The program is a collaboration between Montana Farm to School, FoodCrops Montana, and Montana Department of Agriculture. More information and resources are available at www.montanafarmtofoodsmonth.com. Funds from the Montana State University Extension Service are an AD/FC/AN/Veterans Preference Employer and Provider of Educational Outreach.



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