

Simple breakfast soup

Make a batch of this soup then pack it up into 3 mason jars or airtight containers so you've got breakfast or lunch sorted for many days. Each morning you'll just warm up a portion of this vegetable goodness.



Vegetarian



Freezer-friendly



PREP TIME
20 min



COOK TIME
30 min



SERVINGS
3

Ingredients

- 30 mL (2 tbsp) olive oil
- ½ yellow onion, finely chopped
- 2 garlic cloves, minced
- 2 celery stalks, small diced
- 2 carrots, peeled and small diced
- ½ bunch broccoli, trimmed and finely chopped (about 750 mL/3 cups)
- 1 can (540 mL/19 oz) no salt added chickpeas, drained and rinsed
- 1 L (4 cups) water
- 15 mL (1 tbsp) white miso
- 30 mL (2 tbsp) cold water
- Salt and pepper to taste

Directions

1. Chop all vegetables finely (so they could nicely fit in a teaspoon). Use the broccoli stems too.
2. In a pot, heat olive oil over medium heat. Add onion, garlic, celery and carrot. Stir well and cook for 6 to 8 minutes or until carrots are tender. Add broccoli and chickpeas and cook for 2 minutes.
3. Add water and bring to a boil. Reduce heat and simmer for 10 minutes or until vegetables are tender. Remove from heat.
4. In a small bowl, whisk together miso and cold water, then stir into soup. Let cool slightly before serving.

Tips

- ✓ If you don't have miso paste on hand, use 1 L (4 cups) of low sodium vegetable broth instead of 1 L (4 cups) of water at step 3.
- ✓ You can use any leftover vegetables you have in the fridge such as mushrooms, potatoes and snow peas.
- ✓ Turn this meal into lunch by adding 375 mL (1½ cups) of cooked whole wheat elbow pasta to the whole recipe.
- ✓ Refrigerate leftovers in an airtight container for up to 3 days in the fridge or 4 months in the freezer. Allow soup to cool completely before putting the lid on.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.



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