



**THE OHIO STATE  
UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Presents**

**SOUP'S ON.....**

*Using fresh local vegetables  
For a hearty and nutritious meal*

**With**

**Senior Certified Executive Chef Paul Higgins**

**Starting with a basic vegetable soup, learn how to  
expand and create a variety of meals for the entire  
family**

Recipes provided by Senior Certified Executive Chef, Paul Higgins through OSU Extension Knox County *Get Fresh with Chef Paul* farm to table initiative. Chef Higgins is member of the American Culinary Federation, and former member of the National Research Chefs Association. In 2011 Mr. Higgins received a lifetime Fellowship in The Honorable Order of the Golden Toque.

Mr. Higgins is the producer and creator of [A Journey in Taste and Senior-dining.com](#), and is an Afflicted Scholar at Kenyon College Rural Life Center, Local Food and Aging project

Mr. Higgins works with local community organizations and educators throughout Knox County and Ohio to share his knowledge, experience and expertise to promote the use of *fresh, local foods*.



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# Vegetable Soup And Variations

The basics for vegetable soup are four simple ingredients to start: onion, carrot, celery, and broth. Adding additional vegetables, herbs, rice, beans, or pasta can make a hearty meal to satisfy any appetite.

## To Start:

Wash your hands and be certain your work surface is clean. Wash all vegetables and utensils you will use to prepare your soup.

## Ingredients:

1 cup onion, diced small  
½ cup carrots, diced small  
½ cup celery, diced small  
  
3 tablespoons vegetable oil  
4 cups broth, beef, chicken, or vegetable  
Salt and pepper to suit your taste

## Directions:

Heat oil over medium heat in a large soup pot  
Sauté\* vegetables for 5 minutes until onions turn translucent  
Add broth, add salt and pepper, bring to a boil and simmer for 20 minutes

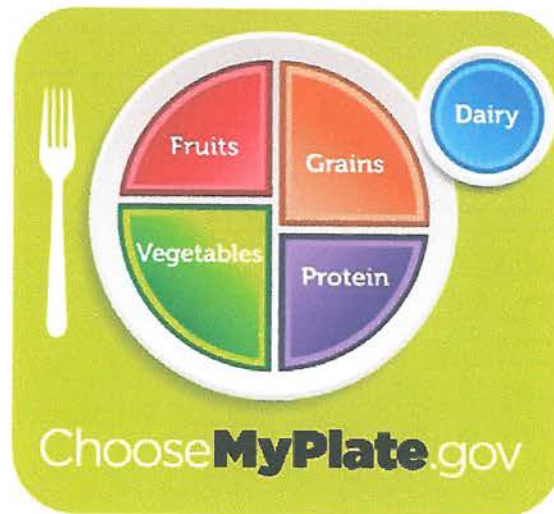
## Additional Ingredients That Can Be Added:

1 cup spinach or Swiss chard	green beans	turnips
1 cup chopped cabbage	mushrooms	potatoes (diced)
1 cup broccoli florets (pieces)	garlic	corn
1 cup diced tomatoes	fresh herbs	peas
¼ cup parsley	leeks	bell peppers
	broccoli	cauliflower
Elbow macaroni	V-8 juice	
Egg noodles	cooked beef, chicken, or turkey	
Bow tie pasta	cooked beans	
Rice	canned or frozen vegetables are	
Ravioli	good substitute in the off season	

Additional ingredients should be added in order of their cooking times, for example, greens cook quicker than potatoes, therefore add potatoes first.

\* Sauté, to cook quickly over high heat

Preparing vegetable soup with fresh, local ingredients can be easy, fun, and provide you and your family with a great, satisfying meal. Using fresh local vegetables is not only healthy for you, but also supports our local farmers who work hard to supply the highest quality of produce for our benefit.



# MINISTRONE (ITALIAN VEGETABLE SOUP)

## Ingredients:

2 tbsp. olive oil  
1-2 cloves garlic, chopped  
1 lg. diced onion  
2 cup diced potatoes  
1 cup diced celery  
1 cup diced carrots  
1 cup sliced zucchini  
1 cup green beans  
2 cup shredded cabbage  
4 cup beef, vegetable or chicken broth  
2 c. peeled tomatoes  
1 can cannellini or kidney beans  
1/2 lb. sm. Elbow or shell pasta  
Chopped parsley & basil  
Salt & pepper

## Directions:

Sauté onion, then garlic  
Add celery and carrots and stir a minutes. Add potatoes and mix  
Add broth and 2 cups of water, bring to boil ,add tomatoes  
Cook for about 10 minutes,  
Add zucchini, green beans and cabbage, bring to boil.  
Add parsley, basil and beans, let simmer until vegetables tender  
Bring to boil, add salt and pepper to taste.  
Add dried pasta. Cook 8 to 10 minutes. Let stand 5 minutes before serving.  
Sprinkle grated cheese on each serving (optional)

# Crock Pot Minestrone

## Ingredients:

1 (15 oz) can white or red kidney beans, drained  
32 oz reduced sodium chicken broth (or vegetable)  
2 tsp olive oil  
1/2 cup chopped onion  
1 cup diced carrots  
1/2 cup diced celery  
2 garlic cloves, minced  
2 peeled and diced or 1 (14 oz) can petite diced tomatoes  
1 tbsp rosemary (minced)  
2 bay leaves  
2 tbsp chopped fresh or dried basil  
1/4 cup chopped fresh or dried Italian parsley  
1/2 tsp salt and fresh black pepper  
1 medium 8 oz zucchini, diced  
2 cups chopped fresh (or frozen defrosted) spinach or seasonal greens  
2 cups cooked elbow pasta

## Directions:

Heat oil in a large nonstick skillet over medium-high heat  
Add the carrots, celery, onion, garlic and sauté until tender and fragrant, about 15 minutes.

Transfer to the crock pot along with the broth, tomatoes, beans, salt and pepper. Add the rosemary, basil and parsley

Cover and cook on low for 6 to 8 hours.

Forty minutes before the soup is done cooking, add zucchini and spinach.

Cover and cook 30 more minutes. Remove bay leaves, rosemary sprig, and season to taste with salt and black pepper.

Serve 1-1/4 cups soup with 1/4 cup cooked pasta in each bowl and top with parmesan cheese if desired.

# Crock Pot Vegetable Soup

## **INGREDIENTS:**

6 cups vegetable or chicken broth  
1(14.5 ounce) can diced tomatoes, with juice  
2 potatoes, peeled and cubed  
1 large onion, diced  
1/2 cup barley  
3 cloves garlic, minced  
1 tsp dried parsley  
1 tsp dried oregano  
1/2 tsp dried basil  
1/2 tsp salt  
1/2 tsp ground black pepper

## **DIRECTIONS:**

Combine 6 cups of broth, vegetables, tomatoes with their juice, potatoes, onion, barley, garlic, parsley, oregano, basil, salt, black pepper, in a slow cooker. Cover and cook on Low for 5 to 6 hours.





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Local food and aging