



# Winter Vegetable Soup

**Prep Time:**

15 minutes

**Start to Finish Time:**

45 minutes

**Servings:** 8**Nutritional Information:**

Per serving, 1/8 of recipe

Calories	281
Fat	9 g
Carbohydrates	41 g
Fibre	6 g
Protein	10 g

## Ingredients

1 tbsp	oil	15 mL
1	onion, chopped	1
2	cloves garlic, minced	2
1	bay leaf	1
1 tsp	dried thyme leaves	5 mL
½ tsp	each salt and pepper	2 mL
¼ cup	white wine	50 mL
2 cups	peeled and chopped butternut squash	500 mL
2	parsnips, peeled and sliced	2
2	carrots, peeled and sliced	2
8 cups	sodium-reduced chicken broth	2 L
½ cup	UNCLE BEN'S® 7 Grains Medley	125 mL
¼ cup	chopped parsley leaves	50 mL
2 tsp	apple cider vinegar	10 mL



## Directions

1. Heat oil in a Dutch oven or large saucepan set over medium heat. Add onion, garlic, bay leaf, thyme, salt and pepper. Cook for 5 minutes or until fragrant. Add wine; simmer for 1 minute.
2. Stir in the squash, parsnips, carrots and broth; bring to a boil. Add the UNCLE BEN'S® 7 Grains Medley. Simmer for 20 minutes or until vegetables are softened and grains are tender.
3. Remove from heat. Stir in parsley and vinegar.