The Volumetrics Soup

4 servings | serving size: about 2 cups

When preparing this recipe, start with clean countertops and utensils. Wash hands with soap and water. Wash whole, fresh potatoes by scrubbing with a clean vegetable brush under cold, running water. Prewashed, packaged items do not require further washing.

Ingredients

1½ cups white potatoes, peeled and cubed
32 ounces no salt added vegetable or chicken broth
2 cups frozen broccoli florets
2 cups frozen cauliflower florets
¾ cups frozen carrot slices
1 Tablespoon olive oil
Ground black pepper, to taste

Directions

1. Boil the potatoes in water for 15 minutes and then drain.
2. Combine the potatoes, broth, broccoli, cauliflower, carrots, and olive oil in a large pot and simmer over medium heat, covered, for 20 minutes.
3. Purée until the soup is fairly smooth with a few small chunks of vegetables. Use a stick or immersion blender directly in the pot, or purée it in batches in a countertop blender. Season with pepper.

Calorie Density (CD): 0.29 calories per gram