



COOKING FOR WELLNESS

CANCER SUPPORT
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GIANT EAGLE
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MARKET
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BAKED VEGETABLE SOUP

Yields: 8 Servings

INGREDIENTS

5 Tbsp extra-virgin olive oil
1 lb Yukon Gold potatoes, halved and sliced ¼ inch thick
1 ½ tsp salt, divided
2 medium zucchini, halved and sliced ½ inch thick
2 medium leeks, white and light green parts only, thinly sliced
4 medium stalks celery, thinly sliced
10 oz cremini (baby bella) mushrooms, quartered
4 cups frozen artichoke hearts (two 9-ounce boxes), thawed, or 10 fresh artichoke hearts, quartered
¼ cup chopped fresh parsley, plus more for garnish
1 (15 oz) can no-salt-added diced tomatoes, with their juice
1 (2 inch) piece Parmesan cheese rind, plus finely shredded Parmesan for garnish
6 cups water
½ tsp ground pepper

INSTRUCTIONS

1. Preheat oven to 350°F.
2. Pour oil into a large oven proof pot (about 6-quart) and arrange potato slices in an even layer over the oil. Sprinkle with ¾ teaspoon salt. Layer in zucchini, leeks, celery, mushrooms, artichoke hearts and ¼ cup parsley; sprinkle with the remaining ¾ teaspoon salt. Pour tomatoes over the vegetables and nestle Parmesan rind into them. Add water (the vegetables will not be completely submerged), cover and bring to a boil over high heat.
3. Once boiling, transfer the pot to the oven and bake, covered, until the vegetables are tender, but still firm, 1 to 1¼ hours. Season with pepper and serve garnished with parsley and Parmesan, if desired.