



# Winter Vegetable Soup

Prep: 10 minutes | Cook: 40 minutes | Total: 50 minutes

Yield: 6 servings | Serving Size: 1½ cups

## Ingredients

1 teaspoon olive oil  
2-3 slices bacon, chopped (about 2 ounces)  
1 medium onion, chopped (about 1 cup)  
2 garlic cloves, minced (about 1 teaspoon)  
1 medium acorn squash or butternut squash, peeled and cut in ¾-inch cubes (about 2 cups)  
2-3 medium red potatoes, diced (about 2 cups)  
2 stalks celery, chopped (about ½ cup)  
1 medium carrot, chopped (about ½ cup)  
1 teaspoon dried basil  
¼ teaspoon ground cinnamon  
¼ teaspoon dried thyme  
1 (28-ounce) can no-salt-added diced tomatoes  
4 cups (32 ounces) low-sodium chicken broth  
4 cups chopped, destemmed kale (about 1 bunch)  
1 (15-ounce) can no-salt-added white beans (e.g. navy beans, cannellini beans), drained

## Directions

1. Heat the oil in a large pot over medium-high heat.
2. Add the bacon and cook, stirring often, for 3 minutes.
3. Add the onion and garlic and cook, stirring often, for 3 minutes.
4. Add the squash, potato, celery, carrot, basil, cinnamon, and thyme. Cook, stirring occasionally, for 4 minutes.
5. Add the tomatoes with their juice and stir to combine. Cook for 2 minutes.
6. Add the broth and stir to combine.
7. Bring to a boil over high heat, then reduce the heat to maintain a simmer. Cook for 8 minutes.
8. Add the kale and beans.
9. Continue cooking at a simmer until the potatoes, squash, and kale are tender, about 10-15 minutes.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 225 | Total Fat: 4 g | Saturated Fat: 1 g  
Sodium: 240 mg | Total Carbohydrate: 39 g | Dietary Fiber: 7.5 g | Protein: 10 g**

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