



Gleaners Dried Soup Recipe

www.OntarioGleaners.org

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• Dried ingredients may be available at local bulk food stores

- 3 c Potatoes (diced)
- 1 c Potato Flakes
- 1c Peppers
- 1c Onions (granular)
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- 1c Broccoli
- 1c Cauliflower
- 1c Carrots
- 1c Sweet Potatoes (Yams)
- 1c Veggie Mix (may include beets, asparagus, celery parsnips)
- 1c Lentils
- 1c Barley
- 1c Split Peas
- 2 Tbsp Salt (more for North American pallets)
- ½ c Tomato (granular)
- Spices to suit your taste. Meat and broth if available.



Directions: Empty 1 package into 25 litres of warm water and soak for 8 to 10 hours. Bring to a boil and simmer for 30 minutes. (Makes approximately 100 servings of soup)



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Using Surplus Produce to Feed a Hungry World