



Charitable # 85923 0476 RR0001

Ontario Christian Gleaners

Using Surplus Produce to Feed a Hungry World

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Gleaners Dried Soup Recipe

Dried ingredients may be available at local bulk food stores

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



Directions: Empty 1 package into 25L of warm water and soak for 8-10 hours. bring to a boil and simmer for 30 minutes. Recipe makes approximately 100 servings of soup.

