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February 19th, 2010

Always in Season: Vegetable Soup

With chilly temperatures outside, we're on the lookout for healthful, satisfying soups that will stick to our ribs, but not to our hips. So we were delighted to procure the recipe for V Eight Soup at the opening party of **Balade**, a new Lebanese restaurant in New York City's East Village. Because the soup uses eight vegetables,

This Lebanese soup calls for fresh vegetables and can be made in under 30 minutes.

the soup was renamed from its traditional Lebanese name to V Eight on the restaurant's menu. The simple dish takes about 20 minutes to prepare and can be made with seasonal ingredients; simply substitute one available vegetable for another, using the same measurements every time.

Owners Joseph Said and Roland Semaan, who met as children in Beirut, told us they take pride in using fresh ingredients to prepare their Middle Eastern offerings, such as the colorful tabbouleh salad and baba ghanouj, a delicate balance of eggplant and tahini brightened with lemon juice and sumac.

V Eight Soup
½ cup green beans
½ cup diced carrots
½ cup cut corn
½ cup green peas
½ cup lima beans
½ cup chopped spinach
1 potato, diced
2 celery stalks, chopped
1 tbsp salt
¼ tbsp black pepper
2 tbsp tomato paste
2 tbsp chopped parsley
Lebanese white cheese and parsley to taste (optional, for garnish)

Place all of the ingredients in a large pot. Add 3 cups of water and heat on stove over high heat, until the mixture comes to a boil. Reduce heat, and allow soup to simmer for 15 minutes. Season to taste, and serve. Top with Lebanese white cheese and parsley, if desired.

Serves 4.

NUTRITION SCORE (per serving)
121 calories
4% fat
Fat .6 g
Carbs 26 g
Protein 5 g
Fiber 5 g
Calcium 48 mg
Iron 2 mg
Sodium 1791 mg

We plan to prepare this healthful vegetarian soup often during the remaining winter months. Do you have a favorite winter soup?

Photo credit: Melissa Hom