

Zucchini and Brown Rice Soup

From – The Victory Garden Cookbook

1 lb zucchini
½ lb spinach or Swiss chard
6 cups chicken broth
½ cup long-grain brown rice
1 ½ cups onions
pkg of gourmet mushrooms
2 Tbsp butter
salt & freshly ground pepper
crushed red pepper flakes (optional)

- Slice zucchini into thin 2” to 3” strips.
- Wash and dry spinach or chard and cut into thin strips.
- Bring broth to a boil, stir in rice, lower heat and cook until tender (40 minutes).
- Saute onions in butter until wilted and golden.
- Remove onions from pan.
- Saute mushrooms, if using, in the same pan until golden.
- Return onions to pan and add zucchini – cook 3 to 4 minutes.
- Add spinach or chard. Cook until wilted.
- Add red pepper flakes, if using.
- When rice is cooked, stir in cooked vegetables.
- Season with salt and pepper.



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