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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