








## INGREDIENTS

### Winter Vegetable Soup

- 2 **onions**, thinly sliced 
- 4 cloves **garlic**, thinly sliced 
- 3 stalks **celery**, diced 
- 4 or 5 large **carrots**, sliced 
- 1 small **rutabaga**, diced 
- ½ small **zucchini**, diced 
- 2 **potatoes**, diced 
- 6 cups chicken or vegetable broth
- Salt, pepper, and herbs, to taste

## DIRECTIONS

1. Sauté the onion, garlic, and celery in a bit of oil.
2. Add the other vegetables and sauté for a few minutes.
3. Pour the chicken or vegetable broth into the pot, season with salt and pepper, then cover.
4. Simmer until the vegetables are tender, then add the herbs.
5. Blend the soup in a blender until it is smooth. You may add milk to adjust its consistency.

*The fundamental ingredients for a good soup are onion, garlic, and celery. Potatoes thicken the soup. You can add the vegetables of your choice to your soup, and get creative with the seasoning.*

# INNH TREASURE Grocery Store

La Constellation  
du Granit



POUR LA  
RÉUSSITE ÉDUCATIVE  
EN ESTRIE



Commission scolaire  
des Hauts-Cantons

M MÈDIATHÈQUE  
Nelly-Arcan



Québec 



Canada 

# Take part in a treasure hunt... at the grocery store!

Pirates have hidden fabulous treasure and to find it, you must find the six ingredients shown on the treasure map below.

Enjoy your search sailor!



**CONGRATULATIONS, YOU'VE  
FOUND THE PIRATE TREASURE!**



**Potatoes**



**Zucchini**



**Garlic**



**Onion**



**Carrots**



**Rutabaga**

