



Soup of Sunshine

RICHARDS CAREER ACADEMY

COOKING UP CHANGE[®]

Students Transforming the Future of School Food



INGREDIENTS

- 1 T Canola oil
- 1 medium Spanish onion
- 1 large green bell pepper
- 2 small apples
- 1 ½ bananas
- 2 c yellow squash, frozen
- 1 ½ c chicken stock
- 3 c water
- 15 oz can of diced tomatoes
- 4 T peanut butter
- 1 Tsp garlic powder
- 1/8 Tsp chili powder
- 1/8 Tsp paprika
- ¼ Tsp black pepper
- 3 T cilantro, coarsely chopped

PREPARATION

- 1 Dice onion, bell peppers, apples and banana into ½ inch pieces.
- 2 Gently sauté onions, bell pepper and apples in oil in soup pot.
- 3 Add chicken stock and bring to a boil. Add bananas, squash, diced tomatoes, peanut butter, cilantro and all spices. Boil for one minute, then reduce to a simmer.
- 4 Gently simmer for 15-20 minutes or until produce is tender and flavors have developed.
- 5 Add chopped cilantro.
- 6 Taste and adjust spices to desired flavor and heat level before serving.

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