

Vegetable Soup with Rice

Swick

Makes 3 servings | Active Time: 15 minutes | Total Time: 40 minutes

Chef's Notes

*Tiquisque is a variety of taro common in Costa Rica. It looks like a hairy, ugly potato and is often sold in Latin or other ethnic markets. If you can't find it at nearby stores, feel free to substitute with potatoes.

Step 1: Making the Soup

- 8 cups water
 - 4 cups low-sodium vegetable broth
 - 1 cup rice, uncooked
 - 1 sweet onion (like Vidalia), minced
 - 3 cloves garlic, minced
 - 1 chayote squash, cubed
 - 1 carrot, peeled and cut into 1/4-inch rounds
 - 1 white sweet potato, peeled and cubed
 - 1 tiquisque*, peeled and cubed
 - Salt and pepper (optional)
- In a soup pot, combine all ingredients and bring to a boil.
- Reduce heat to a low simmer and cook for 30 minutes, or until rice is cooked through.
- Add salt and pepper to taste before serving.