



United States Department of Agriculture  
What's Cooking? USDA Mixing Bowl

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## "Big Bad Wolf" Vegetable Soup

**Makes:** 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Olive oil		1 Tbsp		1/4 cup
Onion, chopped		1 cup		4 cups
Red bell pepper, chopped		1-1/2 cups		6 cups
Garlic		1 clove		4 cloves
Chili powder		1 Tbsp		4 Tbsp
Butternut squash, peeled, diced		2 cups		8 cups
Pinto beans, canned, drained and rinsed		4 cups		16 cups
Water		1-1/2 cups		6 cups
Whole-kernel corn, frozen		2 cups		8 cups
Tomatoes, stewed		1 cup		4 cups

### Directions

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on LOW for 8 hours or until soup is thick.

### Notes

Serving Tips:

Cooking on HIGH will take less time, but be sure not to scorch the soup on the bottom of the pot.

Additional Tips:

For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.

### My Notes

**Source:** Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from Cooking Light. Slow Cooker. Birmingham (AL): Ox moor House, Inc.; 2006.

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	286
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	64 mg
Total Carbohydrate	53 g
Dietary Fiber	12 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available