

# Sunshine Soup

by Westport Community Schools



## Sunshine Soup

A bright and creamy tomato soup with a power punch of whole grains that adds a nutty flavor and pleasant texture. Sunshine Soup can be served as a side dish, or a main dish for a late night snack or a early light lunch with a side of a whole wheat roll.

## Ingredients

### 6 SERVINGS

3/4 cup of Eden Organic Millet-Whole Grain (6 oz)  
2 tbsp of Extra Light Olive Oil  
1/4 cup of Medium Yellow Onion-Diced (2 oz)  
1 tbsp of Large Clove Garlic  
1/4 tsp of Salt  
1/4 tsp of Black Pepper  
1/4 tsp of Onion Powder  
1 tsp of Liquid Hot Crushed Pepper  
1/4 tsp of Worcestershire Sauce  
3/4 cup of Canned Diced Tomatoes (7 oz)  
1 cup of Unsalted Vegetable Stock (8 oz)  
1/4 cup of Silk Original Creamer (2 oz)  
1/2 cup of Canned Sweet Potatoes (4 oz)  
1/2 cup of Canned Sliced Carrots (4 oz)  
2 cup of Fresh Chopped Kale (16 oz)

### 50 SERVINGS

6.25 cups of Eden Organic Millet-Whole Grain (50 oz)  
1 cup of Extra Light Olive Oil  
2 cups of Medium Yellow Onion-Diced (16 oz)  
2.5 tbsps of Large Clove Garlic  
2 tsps of Salt  
2 tsps of Black Pepper  
2 tsps of Onion Powder  
3 tbsps of Liquid Hot Crushed Pepper  
2 tsps of Worcestershire Sauce  
6 cups of Canned Diced Tomatoes (58 oz)  
8 cups of Unsalted Vegetable Stock (66 oz)  
2 cups of Silk Original Creamer (16 oz)  
4 cups of Canned Sweet Potatoes (32 oz)  
4 cups of Canned Sliced Carrots (32 oz)  
16 cups of Fresh Chopped Kale (128 oz)

## Preparation

### *Sunshine Soup Directions*

In a sauce pan or stock pot rinse and cook millet according to package directions.

In a sauté pan wilt Kale with Olive Oil and a touch of unsalted vegetable stock. In a medium pot over medium heat add Olive Oil. Stir in onions and sauté until translucent. Add garlic and salt and pepper to taste and sauté additional two minutes. Stir in diced tomatoes and unsalted vegetable stock. Bring to a boil then reduce heat to simmer, add carrots and sweet potatoes. Cook, covered 30 minutes. Remove from heat and use hand mixer (hand blender) until smooth. Then slowly add Silk Creamer a little at a time.

To serve add 1/4 cup millet to a serving bowl, pour in tomato and put kale on top (you can also mix kale and millet in just before serving).

***Pan sizes used:***

26 quart pan (serves approx. 10 2/3 oz. servings) – used to cook the millet

40 quart pan (serves approx. – used to cook the soup

12” cast iron skillet pan - used for stir frying the kale, onions and garlic