

# Vegetable Confetti Soup

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/leeks-japanese-yams-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 sweet onion large, chopped
- 1 shallot large, chopped
- 1 clove garlic chopped
- 2 leeks medium, white and light green parts, sliced and washed to remove sand
- 1 1/2 cups brown rice mixed grains- white and, wild rice, red and white quinoa, French lentils and barley. Feel free to use whatever g...
- 3 cups water
- 2 stalks celery chopped
- 3 large carrots chopped
- 2 parsnips medium, peeled and chopped
- 1/2 celery root peeled and chopped
- 1 yam small, peeled and chopped
- 1 sweet potato small, peeled and chopped
- 1 lemon
- 3 inches zest
- 3 quarts vegetable stock
- salt
- pepper
- 1/2 cup chopped parsley

## Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 120 grams
3. Fat: 9 grams
4. Fiber: 14 grams
5. Protein: 12 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 3170 milligrams

8. Sugar: 21 grams

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