

Harvest Soup Lunch Success Story

Staff at Lac La Biche Community Health Services in North Zone came together to celebrate the fall harvest with a harvest-themed soup lunch.

Each person brought a vegetable and the result was a colourful array of items including beans, carrots, parsnips, peas, potatoes, Swiss chard, turnips, and tomatoes. Fresh dill was used for flavour. Slow cookers were used to make the soup. The team enjoyed the soup with fresh buns and ended the meal with bite-sized desserts featuring harvest fruit and vegetables such as pumpkin squares, banana cake and pear cobbler.



Dalal Abougouche, a member of the health services team, summed up the event, “We ended up making 3 pots of soup which fed everyone for two days. It was delicious!”

The team has enjoyed other fun events together while sharing healthy food at work, including:

- Mongolian stir-fry experience (each person grilled their own stir-fry)
- Princess tea (featuring specialty teas in fancy cups complete with crowns and tiaras)
- Sushi demonstration and making the rolls together
- Chili pot luck

Harvest Soup Recipe

Ingredients

1 large onion, diced
6 stalks of celery diced
3 cloves garlic, minced
3 tablespoons vegetable oil
4 potatoes
2 carrots
1 parsnip
1 turnip
1 cup fresh green beans
1 bunch Swiss chard
3 tomatoes
5 bay leaves
Fresh dill
Salt and pepper, to taste
Low sodium broth (add amount for desired thickness)



Instructions

1. Chop all vegetables.
2. Sauté onion, celery and garlic with oil. Add all the vegetables and sauté together.
3. Simmer all ingredients together in a slow cooker until vegetables are tender.