

Buckwheat Vegetable Soup

Culinary Medicine, Nutrition Services

Serves: 4 Serving Size: 2 cups

Equipment: skillet, spoon, large pot with lid, cutting board, knife, ladle

Ingredients

1 cup buckwheat groats	1 teaspoon dried thyme
1 tablespoon olive oil	1 teaspoon dried oregano
1 leek (green parts only), chopped	Salt and pepper to taste
2 carrots, diced	Fresh parsley, chopped (for garnish)
2 celery stalks, diced	
1 zucchini, diced	
1 bell pepper, diced	
1 can (14.5 oz) diced tomatoes	
6 cups water	

Instructions

1. Rinse the buckwheat groats under cold water. In a dry skillet, toast the groats over medium heat for about 5 minutes, stirring frequently, until they are fragrant and lightly browned. Set aside.
2. In a large pot, heat the olive oil over medium heat. Add the chopped leek and sauté until it becomes translucent, about 5 minutes.
3. Add the carrots, celery, bell pepper, and zucchini to the pot. Cook for another 5-7 minutes, stirring occasionally, until the vegetables begin to soften.
4. Add the diced tomatoes (with their juice), water, toasted buckwheat, thyme, and oregano to the pot. Stir to combine.
5. Bring the soup to a boil, then reduce the heat and let it simmer for about 20-25 minutes, or until the buckwheat and vegetables are tender.
6. Season with salt and pepper to taste. Adjust the seasoning as needed. Ladle the soup into bowls and garnish with fresh parsley.



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Why We Like This Recipe

This Low FODMAP Buckwheat Vegetable Soup is a comforting and nutritious dish that's perfect for any time of the year.

Chef's Notes:

- Toasting the buckwheat brings out their nutty flavor and adds depth to the dish.

Nutrition Notes:

- Buckwheat is a great source of plant-based protein, fiber, and essential minerals like magnesium and manganese. The variety of vegetables provides vitamins A and C, as well as antioxidants that support overall health. This recipe is low in FODMAPs, making it suitable for those with IBS or other digestive sensitivities. It's also naturally gluten-free and vegan.

Gardener's Notes:

- Buckwheat is a hardy crop that can be grown in a variety of soils and climates, including New England. It has a short growing season, making it ideal for home gardens



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