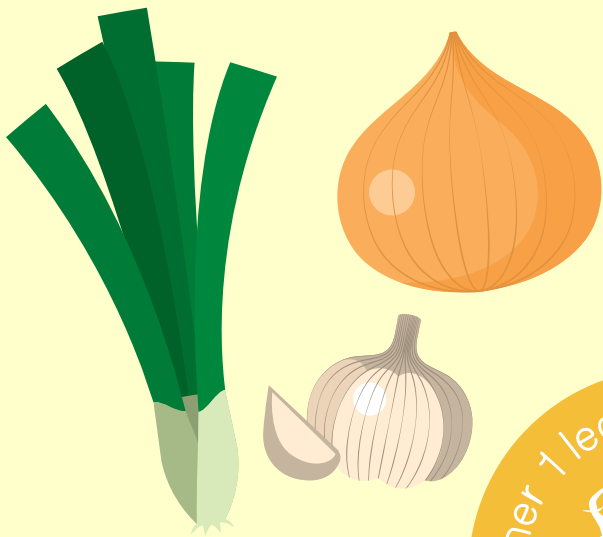


cebola, alho ou alho-francês



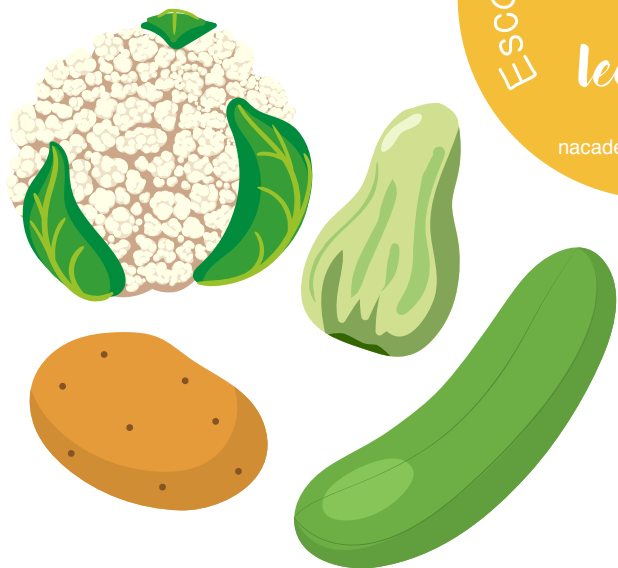
cenoura ou abóbora



Escolher 1 legume de cada grupo

Sopa de
4
legumes

nacadeiradapapa.com



batata, curgete, chuchu ou couve-flor

vegetais: alface, brocolos, couve, etc