



Vegetable Soup



Prep Time: 15 mins Cook Time: 25 min Serves: 4

Ingredients:

- 2 Tbsp olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 2 carrots, diced
- 2 potatoes, diced
- 2 celery stems, diced
- 16 oz vegetable stock
- 1 cup corn
- 1 cup green beans
- 1 cup diced tomatoes
- 1 Tbsp fresh thyme or 1 tsp dried thyme
- 1 Tbsp fresh basil or 1 tsp dried basil
- 1/2 tsp salt
- 1 tsp pepper

**Try adding other
Veggies and
seasonings Too!
(fresh, frozen or
canned)**

Instructions:

1. Prepare all of the vegetables as described.
2. Heat olive oil in a large pot over medium heat.
3. Saute onion and garlic in olive oil until fragrant and tender, about 2 minutes.
4. Once onion is tender add carrots, potatoes, and celery. Saute for five minutes.
5. Pour stock over sauteed vegetables and turn heat up to medium-high to bring to a boil. Cook for 10 minutes.
6. Add corn, green beans, tomatoes, and seasoning. Allow to cook until all vegetables are tender, about 5 minutes.
7. Allow to cool a few minutes before enjoying.