



Vegetable Soup by Karen

Makes 8 servings (~2 cups each). 324 Calories per serving as calculated by MyFitnessPal when I input this recipe. Full nutrition information at the end of this recipe.

This soup freezes well.

Ingredients:

- 3 T EVOO
- 1 onion (I used a sweet onion), chopped (I also sometimes add a shallot in addition to an onion)
- 2 medium carrots, peeled and chopped into thin coins
- 2 celery ribs, chopped
- 2 good-sized red potatoes, peeled and chopped
- 1 medium zucchini, chopped into half circles
- 1 yellow squash, chopped into half or quarter circles
- 4 cloves garlic, minced
- 1 tsp. Italian or Roma seasoning +/- to taste
- 2, 15oz cans petite diced tomatoes with liquid
- 4 cups vegetable broth and 4 cups beef broth or any combination to make 8 cups of broth (to reduce sodium, you can use low-sodium broth)
- 1 tsp fine sea salt
- 2 bay leaves
- Red pepper flakes to taste
- Freshly ground black pepper to taste
- 2 cans white beans, drained and rinsed (cannellini, navy, etc.)
- 2 cans kidney beans, drained and rinsed
- 1 bag spinach (or chopped kale, Swiss chard, or other greens)
- 2 tsp. lemon juice
- 1 parmesan rind chopped into small pieces (optional; this is included in the nutrition calculation)
- Freshly grated parmesan cheese for garnish (optional; this is not included in the nutrition calculation)

Note: you can add or omit veggies based upon what you like and have on hand. I think cut green beans would work well. So would fresh corn cut off the cob. I don't love peas, but you could probably add frozen peas towards the end.

Instructions:

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.
2. Add garlic and Roma/Italian seasoning. Cook until fragrant while stirring frequently, about 2 minutes.

3. Add the seasonal vegetables and beans. Cook for a few minutes.
4. Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper. Add parmesan rind (optional).
5. Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
6. Cook for 30-40 minutes, then remove the lid and remove the bay leaves. Then, add the greens. Continue simmering, uncovered, for 20 minutes (maybe less) or until the greens are tender.
7. Remove the pot from the heat. Stir in the lemon juice. Taste and season with more salt (about ¼ teaspoon more) and fresh cracked pepper.
8. Garnish bowls of soup with grated Parmesan if you'd like. (Not included in nutrition estimate.)

I adapted from a Minestrone soup recipe, so you could definitely add pasta if you want to; I would cook pasta and store it separately adding to each bowl when you want to eat the soup.

Nutrition Facts	
8 servings per container	
Serving size	2 Cups
Amount Per Serving	
Calories	320
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol < 5mg	1%
Sodium 1360mg	59%
Total Carbohydrate 55g	20%
Dietary Fiber 17g	61%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 19g	38%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	