

RECIPE: HOW TO MAKE A BASIC VEGETABLE SOUP

This hearty vegetable soup recipe is healthy, easy to make, and tastes fantastic. You can literally swap or add different fresh or frozen vegetables for the ones listed below.

TOOLS + RECIPE NOTES

- Large soup or pasta pot
- This recipe makes a broth based tomato vegetable soup, but if you wish to just have a chicken soup, skip the tomato paste
- You can also cook pasta or rice separately and then add at the end. If you add the pasta while it's cooking, it would soak up all the liquid, and not leave you with much.
- Feel free to add or swap any and all veggies you have on hand, you can also add 2 cups of chopped and cooked chicken to this recipe. SO GOOD!

INGREDIENTS

- 3 tablespoons oil
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 stalks of celery, chopped
- 2 tablespoons tomato paste
- 1 clove of garlic, minced or 1 teaspoon garlic powder
- 1 teaspoon of Worcestershire sauce
- Pepper + salt to taste - wait to add the salt at the end where your broth likely has some
- 6 cups stock or broth, chicken or vegetable broth
- 1 cup frozen peas
- 1 cup frozen corn

OPTIONAL ADD INS: 2 cups of shredded cabbage, or coleslaw mix, 2 medium potatoes, peeled and chopped, any frozen veggies, ALL proteins (canned, drained and rinsed beans), cooked chicken, cooked beef, cooked pork, firm tofu, it's all great!

DIRECTIONS

1. Heat the oil in a stockpot pot oven over medium heat.
2. Add the onions, carrots, celery, and tomato paste.
3. Cook, stirring often until the vegetables have softened and the onions are translucent; 8 to 10 minutes.
4. Add the garlic and pepper and Worcestershire and continue to cook and stir, for another minute.
5. Pour in the stock/broth, frozen peas and corn and cook for five more minutes.
6. Finally, add ANY AND ALL OF YOUR MIX INS - the potatoes and cabbage (if using), cooked proteins, etc then raise the heat to medium-high and bring the soup to a boil.
7. Partially cover the pot with a lid, and then reduce the heat to maintain a low simmer.
8. Simmer for 20 minutes or until the potatoes, and other vegetables are tender.
9. Remove the pot from the heat, taste and season with more salt and pepper if needed.