

## Vegetable Soup



### Ingredients

- 2 TSP EVOO
- 1 large onion diced
- 3 cloves of garlic minced
- 3 medium carrots, diced
- 3 stalks of celery, diced
- 2 potatoes, diced
- 2 tsp Italian seasoning 1 bay leaf, ¼ cup parsley, S and P to taste
- 4 cups veg broth + 1 cup water
- 80 oz diced tomatoes
- 1 cup corn, 1 cup peas
- 30 oz kidney beans
- 1 TBL lemon juice

### Utensils

- 1 large pot and lid
- Spoon (wooden if available)
- Measuring cups and spoons
- Oven mitts



# Recipe Instructions

### Step 1: oil and vegetables

In a large pot on med-low heat, add onion, garlic and salt, cook 8 minutes.

### Step 2: Add more Veg

Add carrots, celery, potatoes and cook 5 more minutes, stirring often.

Add Italian seasoning, stir and cook another minute.

### Step 3: Broth and Water

Add broth and water to pot, slowly pouring

### Step 4: Add more Veg

Add tomatoes, corn, peas, beans and bay leaf. Add pepper to taste.

Bring to a boil and then reduce to low. Simmer and cover for about 30 minutes, stirring occasionally.

### Step 5: Remove and finish

Turn off and remove from heat. Pull bay leaf. Add parsley and lemon juice. Taste and if needed, add more S and P

### Step 6: Enjoy!

Let cool a few minutes and Enjoy!!

Serve with bread



Scan this QR code with your phone for an instructional video on how to make this recipe.

**Kitchen Safety Tips:** Always open lid away from yourself or anyone else.

Cool soup , portion and freeze for a quick meal!

Beans add protein without meat!