



Recipes

Soups

Spring Vegetable Soup (vegan)

Prep and Cook Time: 25 minutes

Yield: 8 servings

Ingredients:

1 yellow or sweet onion, diced
1 clove garlic
4 carrots
5 celery stalks
2 tablespoons extra virgin olive oil
4 cups vegetable stock
1-2 cups water
1 28 oz. can diced tomatoes
1 16 oz. can tomato paste
6 cups of desired vegetables, chopped (broccoli, asparagus, red pepper, yellow squash, zucchini, green beans)
2 cups fresh spinach leaves
2 tablespoons fresh herbs, chopped (parsley, oregano, thyme)
Sea salt and pepper to taste
Red pepper flakes (optional)

Directions:

1. Heat 2 tablespoons of olive oil in soup pot and add in onion, garlic, celery and carrot.
2. Sauté until lightly brown, then add fresh herbs to coat vegetables.
3. Add in vegetable stock, water, tomatoes and tomato paste. Mix thoroughly and then place chopped vegetables into the pot.
4. Bring to a boil, reduce to a simmer and cover for 30 minutes.
5. When vegetables are soft, turn off heat and add in 3 cups of fresh spinach leaves.
6. Place lid back on pot for a few minutes while spinach steams.
7. Season with sea salt and pepper to taste.