

# Vegetable Soup from [cookingclassy.com](http://cookingclassy.com)

- 2 Tbsp olive oil
  - 1 1/2 cups chopped yellow onion (1 medium)
  - 2 cups peeled and chopped carrots (about 5)
  - 1 1/4 cups chopped celery (about 3)
  - 4 cloves garlic, minced
  - 4 (14.5 oz) cans low-sodium chicken broth or vegetable broth
  - 2 (14.5 oz) cans diced tomatoes (undrained)
  - 3 cups peeled and 1/2-inch-thick diced potatoes (from about 3 medium)
  - 1/3 cup chopped fresh parsley
  - 2 bay leaves
  - 1/2 tsp dried thyme, or 1 Tbsp fresh thyme leaves
  - Salt and freshly ground black pepper
  - 1 1/2 cups chopped frozen or fresh green beans
  - 1 1/4 cups frozen or fresh corn
  - 1 cup frozen or fresh peas
1. Heat olive oil in a large pot over medium-high heat.
  2. Add onions, carrots, and celery and sauté 4 minutes then add garlic and sauté 30 seconds longer.
  3. Add in broth, tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste. \*
  4. Bring to a boil, then add green beans.
  5. Reduce heat to medium-low, cover and simmer until potatoes are almost fully tender, about 20 - 30 minutes.
  6. Add corn and peas and cook 5 minutes longer. Serve warm.

## Notes

### Boosting Flavor

- For more flavors add in more dried herbs (or even triple the amount of dried thyme). Other good herbs to add include basil, oregano, rosemary, marjoram, or Italian seasoning.
- Another option to add more flavor is to use a homemade chicken stock or vegetable broth.
- You can also add a corn cob (that corn kernels have been cut from) in step 3 if using fresh corn.
- It's also delicious to simmer a parmesan rind in with the soup, then remove at the end when removing bay leaves.
- Optionally you can finish servings with grated parmesan and a splash of extra virgin olive oil.

*Whenever we bake up too much squash and have leftovers, we throw the baked squash into these muffins instead of the pumpkin. We blend ours with an immersion or stick blender to make it smooth before we add the other ingredients. These muffins are great for a quick, wholesome breakfast on the go.*