

Vegetable Soup

Instructions

1. In a large pot, heat the olive oil over medium heat. Add the onion, sea salt, and several grinds of pepper, stirring occasionally, and cook for 8 minutes. Add the carrot and sweet potato, and continue to stir and cook for an additional 2 minutes.
2. Add the canned tomatoes, garlic, oregano, and red pepper flakes. Stir in the broth, bay leaves, any additional seasonings of your choice, and bring to a boil. Reduce the heat to simmer, cover, and cook for 20 minutes.
3. Stir in the cherry tomatoes, green beans, zucchini, and chickpeas, then cover and cook until the green beans are tender, roughly 10 to 15 more minutes.
4. Lastly, add the vinegar and kale and cook until the kale is wilted, about 5 minutes. If desired, serve with your favorite protein and season to taste. This recipe makes 6 servings. Enjoy!

Ingredients

- 2 tbsp extra virgin olive oil
- 1 medium yellow onion, diced
- 1 tsp sea salt, more to taste
- Freshly ground black pepper
- 1 medium carrot, diced
- 1 small sweet potato, diced
- 1 can (14.5 oz) fire roasted diced tomatoes
- 4 cloves of garlic, chopped
- 2 tsp dried oregano, or 2 tbsp chopped fresh thyme or rosemary
- ¼ tsp red pepper flakes, plus more to taste
- 4 cups vegetable broth
- 2 bay leaves
- 1 cup cherry tomatoes, halved
- 1 cup green beans, chopped
- 1 zucchini, diced
- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tbsp white wine vinegar
- 1 ½ cups chopped kale

Grocery List

Produce

- Yellow onion
- Carrot
- Sweet potato
- Garlic
- Fresh thyme
- Fresh rosemary
- Cherry tomatoes
- Green beans
- Zucchini
- Kale

Pantry Items

- Extra virgin olive oil
- Sea salt
- Ground black pepper
- Fire roasted diced tomatoes
- Dried oregano
- Red pepper flakes
- Vegetable broth
- Bay leaves
- Chickpeas
- White wine vinegar