

## Judy's Healthy and Delicious Veggie Soup

Veggie soup has become a staple in my life and perfection has come over time. I'm not sure that I could make it any better. Along with the ingredients list I have added personal notes. Enjoy!

### Ingredients:

1 quart of veggie broth (or chicken broth if you are not vegan; I use low-sodium chicken broth.)  
1 pint of stewed tomatoes (I have them in the pantry, but you could use a cup of tomato juice, V-8, tomato sauce, just something to give it the tomato flavor)  
1 pint green beans (mine are canned from my pantry, you could use cooked fresh green beans)  
1 pint frozen carrot coins  
1 cup frozen corn kernals  
2 cans small white/navy beans, drained (I think Cannellini beans are a bit hard and not my favorite for this recipe.)  
2 shallots, diced  
2 cloves garlic, minced  
2 teaspoons of Herbs de Provence  
Sprig of fresh thyme if you have it  
2 bay leaves, fresh or dry  
Chopped parsley  
Salt and Pepper to taste (but add salt after the soup has simmered so it doesn't get too salty)

### Directions:

Fill up a large stock pot. If it looks too thick, add some more stock; if it looks too thin, add more veggies... or see the additions below. Simmer on low heat for about an hour.

These extras can be added after the soup has simmered. One cup of the potatoes or one cup of the cooked Ditalini is about right. You can gauge how thin or thick the soup will be if you add any of the extras.

A few chopped Swiss Chard or Spinach leaves; give them a few minutes to cook at the end of the simmering process. ¼ head of green cabbage chopped.

Diced waxy potatoes. Cook them first for about 8-10 minutes; add to stock at the end of simmering process.

Ditalini pasta or Orzo; Cook separately as package indicates; drain and add to soup after the simmering process. If you cook the pasta and potatoes in the simmering stock, it adds a lot of starch to the soup which is not my preference.

Last note: You can start with olive oil in a pan and sauté celery, garlic, carrots and onions. When the shallots are translucent, go on to add the broth and other veggies. I just don't use the celery, garlic and onions due to food intolerances, but I used to start out with the sauté process.

## Vegan Vegetable Soup

2 large cans of diced tomatoes and the juice.

2 cans green beans, drained

1 can peas, drained [frozen or fresh peas preferred.]

Red potatoes, chunked

Baby carrots, chunked

1 Zucchini chunked

1 Yellow squash chunked

1 large onion chunked

3-4 ribs of celery

1/2 cabbage, chunked

Italian Seasoning or Herbs de Provence

Parsley [Fresh parsley preferred.]

2 bay leaves, dried or fresh

Dash onion powder

Dash garlic powder

Salt & Pepper

Chunkily cut the veggies and throw them in the pan, add 2 cans of tomatoes, juice and all. Add just enough water to cover it all. Add the herbs and seasonings to taste, but add the salt at the end of cooking so as to not get the broth too salty.



Cook on stovetop until veggies are cooked to your liking, then mix in the green beans and peas. You can add corn to the recipe if you like.

[Recipe from Facebook]