

# Homemade Vegetable Soup



Oh my, do I love this vegetable soup! I make it sooo thick with noodles and vegetables that I think I should call it vegetable stew!! This has become a staple in my family since the change over to vegetarian style dining. Plus, it works for my husband – the vegan!

It does take a lot of chopping of vegetables, but I'm getting real use to that. Maybe grab your spouse or one of the kids to make that part go a little faster. If they're hungry enough....

## Ingredients List:

Extra virgin olive oil  
¾ - 1 spanish onion, chopped  
2-3 carrots, chopped  
2-3 stalks of celery, chopped  
1- 14.5 oz. can diced tomatoes  
1 tsp. dried basil  
1 tsp. dried parsley  
1tsp. dried oregano  
64 oz. organic vegetable broth  
1 zucchini, halved and sliced  
1 summer squash, halved and sliced  
1 ½ - 2 cups broccoli florets  
½ box whole wheat bowtie pasta  
Salt and pepper



## Tip:

If you really like cooked carrots, or zucchini, go ahead and add more. I don't really measure this out anymore. I just keep adding. Later, if the broth starts to disappear because of all the "stuff" I have added, I just add either more broth or some water. Don't sweat it!

## Instructions:



1 Well, yes, even though it is mentioned in the ingredients list that everything should be chopped up, I feel that it takes so much effort to do all the chopping that it really should be counted as one of the steps towards getting the soup ready, so go ahead and chop away!

2 If you chop the carrots, celery and onion first, you can get started on the cooking a little bit faster. These veggies need to cook longer than the others because they are crunchier and it just takes more time to get them softened up. So, put them in the bottom of your soup pot with about a tablespoon of olive oil, vegetable oil or even water if you don't want to use oil, and sauté them until they are tender. You will notice that the onion is not white anymore, but translucent. This should take about 5 minutes or so on medium high heat depending on how much of everything you use. Make sure to stir the mixture often so it doesn't brown or burn.



3 While the carrot mixture is cooking, either dice up a couple of tomatoes or open the can of diced tomatoes and measure out the spices. If you are using fresh spices (I usually do) use about  $\frac{1}{2}$  teaspoon more than the dried. Add the tomatoes and spices and cook another 5 minutes stirring often.

4 While the tomatoes and spices are cooking up, chop up the zucchini, summer squash and broccoli. After 5 minutes, add the vegetable broth, turn the heat down to medium and simmer for 10 minutes or so. This will give you time to finish your chopping or to start cleaning up!



5 Next, add the bowtie pasta. I used about half the box which I think was two cups of noodles. At this time add the zucchini, summer squash and broccoli. Cook the soup until these veggies are tender about 10 more minutes. Don't forget to stir now and then!

6 I know, I didn't add green beans to the ingredients list, but we had them for dinner the night before and there weren't really enough for another meal, so I cut them up small and added them here at the end because they were already cooked, they just needed to heat up!





7 Last, add the salt and pepper to your liking and serve!

Doesn't this look absolutely mouth watering? I always serve this with a crusty roll or a grilled cheese sandwich for the kids.

It's all good, and so good for you. Double the recipe in a big stock pot and you can have soup for a week or so. Or, share it with your neighbors – you just might get a free dinner in return!!

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