

Veggie Soup

Author: Maria Provenzano

Ingredients

- 1 onion; finely diced
- 2 stalks of celery; diced
- 2-3 large carrots; diced
- 1 large red bell pepper; diced
- 1 large (or 2 small) zucchini, diced; I like to cut out the seeds
- ½ cup (heaping) corn; I use frozen, not canned
- 1 15oz can diced tomatoes; I LOVE using the fire roasted if you can find it
- 1 15 oz can garbanzo beans; drained and rinsed
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 32 oz veggie stock
- 1 cup water



Instructions

1. Heat a few tablespoons of olive oil in a large pot over medium heat, and add in the carrots, and celery with a sprinkle of salt; cook until softened
2. Add in the onion and red pepper; cook until starting to soften
3. Add in the zucchini and corn, and cook until starting to soften; stirring frequently
4. Add in the the dried herbs, and cook for another minute or two; stirring frequently
5. Add in the tomatoes and beans
6. Add in the veggie stock and water
7. Bring to a slight boil, then reduce to simmer, and cook for about a half hour until the veggies have softened
8. If refrigerating, make sure to allow the soup to cool completely, then place in an airtight container

Recipe by From Scratch With Maria Provenzano at <http://fromscratchwithmaria.com/veggie-soup/>