Chrisopther Childress

Senior

Fruit and Vegetable

Henderson County

Vegetable Soup

Ingredients:
2 1/2 tablespoons olive oil
1 1/2 cups yellow onion, diced
2 cups carrots, peeled and chopped
1 1/4 cups celery, chopped
4 cloves garlic, minced
4 (14.5 ounce) cans chicken or vegetable broth
2 (14.5 ounce) cans tomatoes, diced
3 cups potatoes, peeled and diced
1/3 cup fresh parsley, chopped
2 bay leaves
1/2 teaspoon thyme
1 1/2 cups green beans, chopped
1 1/2 cups corn
1 cup peas

Directions:
Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery and saute 3 to 4 minutes, then add garlic and saute for 30 seconds longer. Pour in broth. Then add tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper. Bring to a boil, then add green beans, reduce heat to medium-low, cover and simmer until potatoes are tender, about 20 to 30 minutes, then add peas and corn and cook until tender. Serve warm and enjoy!