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Hearty Vegetable Soup

Ready In: 40 minutes

Serves: 4

This is a delicious way to use up bits of vegetables and herbs you have in the fridge or freezer, even the ones that are wilted.

Ingredients

- » 3 tablespoons Olive Oil
- » 1 Onion *large, diced*
- » 1 teaspoon Cumin
- » 2 Potatoes *medium, diced*
- » 3 Tomatoes *chopped*
- » 4 cups Vegetables *such as carrot, zucchini or yellow squash, bell pepper, celery, asparagus, corn, peas, okra, green beans, spinach, kale, mushrooms, cabbage, or lima beans; chopped, fresh, frozen, or canned*
- » 4 cups Vegetable Broth
- » 2 cups Water
- » Salt *to taste*
- » Black Pepper *to taste*
- » $\frac{1}{2}$ Lemon *juiced*

What you'll need

- » Pot
- » Sharp knife
- » Large stockpot

Directions

1. In a stock pot, sauté the onion and celery (if using) in the olive oil until golden. Add garlic and cumin and cook a minute longer.
2. Add the potatoes (and any root vegetables such as carrots), tomatoes, broth, water, and oregano. Bring to a boil and simmer until the potatoes are tender.
3. Add the other vegetables and simmer until everything is soft.
4. Stir in lemon juice. Season with salt and pepper, to taste.

Storage Tips

- » Soup keeps in fridge for 3 days and freezes well.

Chef's Tips

- » Fresh tomatoes can be substituted with one (14.5-oz.) can of chopped tomatoes.
- » Try at least three different kinds of vegetables in this recipe.



Photo attribution: My Tu Duong

Nutrition Facts	
Serving Size 2.00 cup	
Serving Per Container 4	
Amount Per Serving	
Calories 157	
	% Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Sodium 522 mg	23%
Total Carbohydrate 21 g	8%
Dietary Fiber 5 g	18%

Amount Per Serving

Protein 4 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: