

Simple Vegetable Soup (Vegetable)



Ingredients:

- 2 T canola or olive oil
- 2 c white onion, chopped
- 1 c celery, sliced thin
- 2 t Italian seasoning
- Salt and pepper, to taste
- 3 cans reduced- sodium chicken broth
- 1 28 oz diced tomatoes
- 1 T tomato paste
- 3 c water
- 8 cups mixed vegetables - fresh or frozen vegetables. Carrots, corn, green beans, lima beans, peas, potatoes, and zucchini all work well

Directions:

1. Heat oil in stockpot over medium heat. Add onions, celery, Italian seasoning, salt, and pepper. Cook until onions are clear, stirring often, 5-8 minutes
2. Add chicken broth, tomatoes, tomato paste, and water to the pot. Bring to a boil. Reduce to a simmer and cook 20 minutes
3. Add vegetables to the pot and return to a simmer. Cook until vegetables are tender, about 20 – 25 additional minutes. Reheats well.

Serves: 8



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