

Vegetable Soup



Ingredients:

4 cups vegetable broth

2 onions yellow or white, chopped

4 cloves garlic

4 carrots, sliced

4 celery stalks, sliced

2 bell peppers, chopped

1 zucchini chopped

1 yellow squash, chopped

2 cups green beans, halved

2 sweet potatoes chopped,

1 cup mushrooms (button or cremini)

2 cups diced tomatoes

2 cups kale or green of your choice

4 cups kidney beans or bean of your choice

2 tablespoons white wine vinegar

2 bay leaves

2 teaspoons dried oregano

¼ teaspoon thyme

¼ teaspoon red pepper flakes

2 cups water (if needed)

Directions:

Sauté onions, carrots, celery, and pepper, adding vegetable broth a little at a time to keep the skillet moist. Add garlic and sauté 3 minutes. Add everything except kale and bring to a boil. Simmer for 25 minutes. Add kale. Simmer for 10 minutes.