

Vegetable Soup

Prep Time: 10 mins / Cook Time: 30 mins / Total Time: 40 mins / Serves 6

This easy vegetable soup recipe is perfect for using up whatever veggies you have on hand! It's a healthy, vegan meal that's great for cool fall and winter days.

Equipment

- Le Creuset Dutch Oven (I use my Staub Dutch oven for soup)

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 medium yellow onion, diced
- 1 teaspoon sea salt, more to taste
- Freshly ground black pepper
- 1 medium carrot, diced
- 1 small, sweet potato, diced
- 1 (14.5-ounce) can fire roasted diced tomatoes
- 4 garlic cloves, chopped
- 2 teaspoons dried oregano, or 2 tablespoons chopped fresh thyme or rosemary
- ¼ teaspoon red pepper flakes, plus more to taste
- 4 cups vegetable broth
- 2 bay leaves
- 1 cup halved cherry tomatoes
- 1 cup chopped green beans
- 1 zucchini, diced
- 1 (15-ounce) can chickpeas, drained and rinsed
- 2 tablespoons white wine vinegar
- 1½ cups chopped kale

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes. Add the carrot and sweet potato, stir and cook 2 more minutes.
2. Add the canned tomatoes, garlic, oregano, and red pepper flakes. Stir in the broth and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.
3. Stir in the cherry tomatoes, green beans, zucchini, chickpeas, and cover and cook 10 to 15 more minutes, until the green beans are tender.
4. Stir in the vinegar and the kale and cook for 5 minutes, until the kale is wilted. Season to taste and serve.

