

Vegetable Medley Soup



Ingredients

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| 2 tbsp. olive oil | 1 cup mushrooms, sliced (6-8 ea.) |
| ½ cup small diced onion | 1 oz. green beans, cut into 2 inch pieces |
| 4 cloves minced garlic | 3 leaves kale, stems removed and cut into 1 inch pieces (or 1 cup raw spinach) |
| 1 to 1½ cups of cherry or grape tomatoes | 1/4# pasta (any small shape) |
| 1 carrot, peeled and diced small | 1 bay leaf |
| 1 parsnip, peeled and diced small | 6-8 basil leaves, shredded thin |
| 2 stalks celery, peeled and diced small | ¼ tsp. dried oregano or Italian seasoning |
| ½ ea. red pepper, diced small (1/4 cup) | 1-1 ½ tsp kosher salt |
| 1 small zucchini, cut in half, seed pocket scraped out, diced small | ¼ tsp. ground black pepper |
| 3 leaves of green or white cabbage, cut into strips | 2 qts. Veggie or chicken stock or broth |
| | ½ cup grated Parmesan or Romano Cheese |

Procedure

1. Heat oil in the bottom of a 6-qt. stock pot over medium high heat. Add onions and garlic. Sauté for 2-3 minutes until fragrant and soft.
2. Add the tomatoes, and cook until skin is beginning to blister.
3. Add the celery, red pepper, carrots, parsnips, zucchini, mushrooms, and cabbage. Cook and stir for 2-3 minutes.
4. Add the stock, bay leaves, salt, pepper, and dried oregano. Bring to a simmer. Add the pasta, and green beans. Cook for 6-8 minutes, or until pasta is al dente.
5. Add the kale and the basil. Remove bay leaf. Adjust seasonings.
6. Stir in cheese or sprinkle on the top.

Yields 3-4 quarts.