

MOT more of this  
LOT less of that

## Very Vegetable-y Soup

Use your favorite and available vegetables for this very nutritious and delicious soup that is a meal.

**Serves:** 4 (with enough for leftovers)

**Prep and Cook time:** 60 minutes

### Ingredients

2 tablespoons extra-virgin olive oil  
½ medium yellow onion, chopped  
2 medium carrots, peeled and chopped  
2 medium ribs celery, chopped  
1 small sweet potato, chopped  
1 14.5 oz can fire roasted tomatoes, with juice  
2 cloves garlic, minced  
½ teaspoon each dried oregano, thyme, rosemary  
4 cups (32 ounces) vegetable or chicken broth  
1 teaspoon fine sea salt  
2 bay leaves  
1 cup chopped green beans  
1 zucchini, diced  
1 15-ounce can chickpeas, drained and rinsed  
1½ cups chopped kale or spinach  
Freshly grated Parmesan or Pecorino Romano cheese

### Instructions

1. Heat the oil in a large pot over medium heat.
2. Add the onion and cook, stirring occasionally, for 3 minutes.
3. Add the carrot and sweet potato, stir and cook 2 more minutes.
4. Add add the canned tomatoes, garlic, and herbs.
5. Stir in the broth and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.
6. Stir in the green beans, zucchini, chickpeas, and cover and cook 10 to 15 more minutes, until the green beans are tender.
7. Stir in the kale, and salt and pepper to taste.
8. Serve with grated cheese.

**Mary-Beth says:** "Amp up your vegetable quota for the day with this soup. You can add cut up chicken to make it even heartier."