

Three Bean Garden Vegetable Soup

Cook time: 30 - 45 minutes

Yields: 6 - 8 portions

Cost: \$1.33/person

Ingredients:

1 ½ cups canned beans - 3 different types
2 tablespoons olive oil
1 large yellow onion, diced
1 tablespoon garlic, minced
1 cup diced carrots
1 cup diced celery
1 cup diced bell pepper or other seasonal vegetable
6 cups vegetable broth (from store or see recipe below)
1 14 oz can diced tomatoes
2 bay leaves
1 tablespoon Italian seasoning blend
1 ¼-1 ½ teaspoon fine grain kosher salt
¼-½ teaspoon red pepper flakes
3 cups baby spinach or kale
¼ cup fresh chopped parsley

Directions:

1. Rinse beans well and reserve.
2. Heat olive oil in a large pot. Sauté onion and garlic for 5-6 minutes, or until translucent and slightly softened, stirring frequently.
3. Add carrots, celery and other seasonal vegetables. Continue cooking for 6-7 minutes.
4. Add rinsed beans, broth, tomatoes, bay leaves, Italian seasoning, salt and red pepper flakes. Bring to a boil, then reduce heat to low and simmer for 30-45 minutes, and check the seasoning throughout cooking. Adjust with salt and pepper if necessary.
5. Stir in kale/spinach and parsley 5 minutes before serving.

Nutrition Information:

104 Calories, 4 g Fat, 0.5 g Sat Fat, 0 g Trans Fat, 0 mg Chol, 288 mg Sodium, 14 g Carbohydrate, 4 g Fiber, 4 g sugar, 3 g Protein

Vegetable Broth

Cook time: 30 minutes

Ingredients:

1 tablespoon olive oil
5 cloves garlic, minced
2 large onions, chopped
3 ribs celery, chopped
3 carrots, chopped
8 cups water
vegetable scraps 2-3 cups is a good amount
2 bay leaves
Parsley, a few sprigs
Thyme, a few sprigs

Directions:

1. Heat the olive oil in a large pot over medium heat.
2. Add the garlic, onions, celery, and carrots. Cook until softened, about 5 minutes, stirring often.
3. Add the water, vegetable scraps, bay leaves, parsley, and thyme. Reduce heat to low and simmer, partially covered, for 45 minutes.
4. Pour the broth through a fine mesh strainer into a large heat-proof bowl or pot; discard solids.
5. Once the broth has cooled, transfer it to airtight plastic containers or freezer bags and store it in the freezer.