



**LISA CHEPLAK**  
THE HEALTHY FAMILY

## Vegetable Soup

Yield: 4 quarts

### Ingredients:

- 1 carton vegetable broth - 4 cups
- 4 cups water
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 celery stalks, chopped
- 2 carrots, peeled and diced
- 4 potatoes, diced
- 1 zucchini, diced
- 1 cup frozen corn
- 1 cup frozen peas
- 1 cup fresh herbs: parsley, oregano, basil or 1 tsp dried herbs
- 1- 15 oz. can garbanzo, kidney or cannellini beans
- 1- 28 oz. can crushed or diced tomatoes
- Optional: Add minced greens (kale, mustard greens, spinach)
- 1 tsp salt
- 2 cups, cooked brown rice, cooked pasta shells or alphabet pasta

### Directions:

1. Add onion, garlic, celery, carrots, potatoes and zucchini to a large pot\*
2. Add broth and 4 cups water. Bring to boil and simmer until carrots are soft.
3. Add corn, peas, garbanzo beans and crushed tomatoes. Simmer for about 20 minutes.
4. Add salt to taste, fresh herbs and minced greens.

You can also add: green beans, cabbage and any other favorite veggies!

\*To make in the Instant Pot, add all ingredients to the Instant Pot. Close and seal lid. Cook on manual mode for 10 minutes. Release steam and open lid. Add salt, fresh herbs and cooked pasta shells, brown rice or alphabet pasta.