

Vegetable Soup

Serves Eight



Ingredients

- ¼ cup olive oil
- 2 cloves garlic, minced
- 2 cups leeks (white parts only), chopped
- 1 cup brown onion, chopped
- 1 teaspoon Kosher salt
- ½ teaspoon freshly ground pepper
- 2 cups carrots, chopped
- 1 cup celery, chopped
- 2 cups peeled and diced potatoes
- 1 cup fresh green beans, cut into 1 inch pieces
- 1 bay leaf
- 2-quarts vegetable (or chicken) stock
- 4 cups seeded and chopped tomatoes (or one 28-ounce can diced tomatoes with the juice)
- 2 cups fresh corn kernels (from 2 ears of corn)

- ¼ cup fresh lemon juice
- handful of fresh Italian parsley, chopped fine

Steps

- 1. In a large pot begin sauteing leeks, onions and garlic in olive oil over medium-high heat. Once leeks are translucent (about 7 minutes) add the carrots, celery, potatoes, green beans salt and pepper. Cook for another 5 minutes on high heat.
- 2. Add vegetable or chicken stock and bay leaf and bring it all to a rolling boil. Reduce the heat and simmer (loosely covered) for 30 minutes.
- 3. Carefully add the tomatoes and corn and continue to simmer for 30 minutes more (or until the potatoes are fork tender). Remove bay leaf. Taste for seasoning (you may need to add more salt to your liking). Before serving add the fresh lemon juice and top with chopped parsley. Serve hot.