

Treasure Barrel

Hearty Vegetable Soup Recipe

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 2 tablespoons olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 4 medium carrots, sliced into coins
- [ ] 3 celery stalks, chopped
- [ ] 4 medium Yukon gold potatoes, cubed

Broth and Seasonings

- [ ] 8 cups vegetable broth
- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 1 teaspoon dried thyme
- [ ] 2 bay leaves
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper
- [ ] ¼ cup fresh parsley, chopped

Instructions

1. Heat the olive oil in a large pot over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the garlic and cook for another minute until fragrant.
2. Add the carrots and celery to the pot. Cook for about 5 minutes, stirring occasionally, until they begin to soften. The kitchen will start smelling incredible at this point.
3. Pour in the vegetable broth and add the diced tomatoes with their juice. Stir in the potatoes, thyme, bay leaves, salt, and pepper. Bring everything to a gentle boil.
4. Reduce the heat to low, cover the pot, and let it simmer for 20-25 minutes, until the potatoes and carrots are tender when pierced with a fork.
5. Remove the bay leaves and stir in the fresh parsley. Taste and adjust seasoning if needed. Let the soup rest for about 10 minutes before serving to allow the flavors to meld.

Nutrition per serving

180 kcal	4 g	30 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will thicken as it cools. If it becomes too thick upon reheating, just add a splash of broth or water.
- Leftover soup makes a great base for other meals - add cooked pasta, rice, or beans for variation.
- For extra richness, stir in a tablespoon of butter or olive oil at the end.