

Fresh Vegetable Soup

- Olive oil
- ½ large onion, chopped
- 3 cloves of garlic, minced
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 cup zucchini, chopped
- 1 cup yellow squash, chopped
- 1 cup green beans (I often use frozen, but fresh is certainly fine.)
- 2 cups shredded cabbage (You can use cole slaw mix if you are in a hurry ... or lazy as I am!)
- 2 tomatoes, chopped
- 3-4 cups chicken stock
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and freshly ground pepper

In a large Dutch oven, heat a little olive over medium heat. Add the onion, garlic, celery, and carrots and cook till the onion is translucent and the carrots are barely tender, about 10 minutes. Add the chicken stock and bring to a soft simmer. Add the squash and green beans and let cook till almost tender, about 5 minutes. Add the cabbage and tomatoes last along with the spices and let cook 7-10 minutes more, just until the vegetables are tender and flavorful.

Serve immediately. It can be eaten alone or over brown rice, quinoa, or other grain of your choice.