



# VEGETABLE SOUP



Agriculture Commissioner  
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### NUTRITION

Calories: 172kcal, Carbohydrates: 33g,  
Protein: 5g, Fat: 3g, Saturated Fat: 1g,  
Sodium: 266mg, Calcium: 62mg, Iron: 2mg

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## INGREDIENTS

- 1 Onion (Chopped)
- 5 Garlic Cloves (Minced)
- 2 Tbsp. Olive Oil
- 1 Tsp. Salt
- 2 Celery Ribs (Chopped)
- 3 Carrots (Chopped)
- 6 Potatoes (Chopped)
- 2 Cups Vegetable Broth
- 3 1/2 Cups Tomatoes (Diced)
- 1 Cup Peas
- 1 Cup Sweet Corn
- 1 1/2 Cup Green Beans
- 2 Bay Leaves, 1/2 Tsp. Thyme, Basil, Pepper

## DIRECTIONS

1. In a large pot, heat the olive oil over medium high heat. Add the onion, carrot and celery and cook for 5 minutes or until vegetables are tender. Add in the garlic and potatoes. Cook for 3 minutes.
2. Add remaining ingredients and cook until vegetables are soft. Serve warm.