



autumn
vegetable
soup

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Vegetable Soup is packed with fall veggies, herbs, and white beans. It's a hearty, delicious way to get more veggies into your diet!

Ingredients

- 1 tablespoon extra virgin olive oil
- 2 medium leeks, light green and white parts only, halved and sliced into half moons
- 1 large carrot, coarsely chopped
- 1 large parsnip, coarsely chopped
- 4 cloves garlic, minced
- 1 cup cubed butternut squash (cut into 1" cubes)
- 5 cups water or vegetable stock (I used 4 cups of vegetable stock with 1 cup of water)
- (1) 15 ounce can fire roasted diced tomatoes
- 1 bay leaf
- 1 large sprig thyme or 1 teaspoon dried
- 1 tablespoon freshly chopped rosemary or 1 teaspoon dried
- (1) 15 ounce can cannellini beans, rinsed and drained
- 1 bunch kale, torn
- salt and pepper, to taste.
- Freshly grated parmesan cheese, for serving (optional)

Instructions

1.Preheat the oil in a large soup pot or Dutch oven. Add the leeks, carrot, and parsnip and saute for 5 minutes or until softened. Add the garlic and butternut squash and saute for about 1 minute. Add the stock or water, diced tomatoes, bay leaf, thyme, and rosemary and stir. Bring to a boil and reduce heat to a simmer. Add the beans and continue simmering for about 15 minutes or until the vegetables are tender.

2.Add the kale and simmer for about 5 minutes until wilted. Remove from heat and remove the bay leaf and thyme sprig. Add salt and pepper to taste, and serve with freshly grated parmesan if desired. Enjoy!

