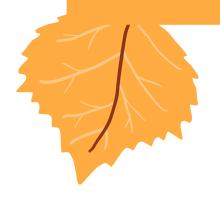
# Leftover Vegetable Soup

Prep: 10 minutesCook: 30 minutes

Total Time: 40 minutes

Yield: 6 servings

Serving Size: 1 and 1/4 cups





### **Ingredients:**

- 1/4 cup vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 large carrots, peeled and chopped
- 2 celery ribs, chopped
- 3 cups of any leftover chopped vegetables or canned vegetables/beans
- 2 1/2 cups stock (vegetable stock recipe on other side)
- 1 bay leaf
- salt, pepper, and any other seasonings to taste



#### **Directions:**

- 1. Gather ingredients
- 2. In a large pot, heat vegetable oil over medium heat
- 3. Add in onion, cook till softened
- 4. Add garlic, carrots, and celery. Cook for 5 minutes
- 5. Add chopped vegetables and stir
- 6. Add stock, bay leaf, and any other spices desired
- 7. Cook for about 20 minutes or until vegetables are soft and soup is heated through
- 8.Blend for creamy texture (optional)





- Calories: 194
- Total Fat: 11 grams
- Total Carbohydrates: 20 grams
- Protein: 6 grams
- Sodium: 293 milligrams

\*Nutrient amounts are variable depending on ingredients used

## **What Veggies To Use**

- Potatoes
- Beans
- Corn
- Carrots
- Celery
- Tomatoes
- Onion





# Homemade Vegetable Broth

# Using Veggie Scraps

## Steps:

- 1. Save vegetable scraps and store them in a freezersafe bag
- 2. Add frozen vegetables to a large pot and cover with water
- 3. Cover pot and cook on low to medium-low heat for 3 hours
- 4. Strain vegetables from the liquid and add salt or other spices to taste
- 5. Store leftover broth in the refrigerator for up to a week or in the freezer in glass jars or ice cube trays for up to 2 months



## What veggies should I save for the broth?

- onion ends
- celery pieces/leaves
- carrot peels/ends
- mushroom stems
- tomato ends
- pepper cores
- stems of leafy greens
- stems of herbs

https://frommybowl.com/homemade-vegetable-broth/





