

Leftover Vegetable Soup

- Prep: 10 minutes
- Cook: 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)

Nutrition Facts

- 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 freezer-safe 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/>

GLEANERS

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