

LAURA LEE ALICE COOKS

Homemade Vegetable Soup

Ingredients

- 3 Tbsp of a good olive oil
- 1 large onion, ½-dice
- 4 medium carrots, ½-inch dice
- 3 celery stalks, ¼-inch slice
- 4 cloves garlic, rough mince

- 2 cans (28 oz) diced tomatoes
- 1 Tbsp of beef bouillon *(I use Better than Bouillon)
- **Water**, enough to keep vegetables covered while cooking.
- ½ tsp dried crushed thyme
- ½ tsp dried crushed sage
- 1 bay leaf (optional)

- 1½ cups frozen green beans, or 1 can
- 3 cups (approx) frozen small potatoes, or 2 cans
- 1½ cups frozen lima beans, or 1 can

- 1½ cups frozen green peas, or 1 can
- 1½ cups frozen corn, or 1 can (15-oz)
- ½ cup Pastina (baby pasta)

- Grated cheese for garnishing.

- Sea salt and black pepper (add to taste at end of cooking)

You will need a large pot, enough to hold the ingredients.

Instructions

1. In the pot over medium heat, place the oil, onions, carrots, celery and garlic; sauté for 10 minutes, stirring constantly until vegetables are soft but not overly brown.
2. Add the tomatoes and bouillon to the pot and bring to boil; at this point start adding water and continue to do so as needed to keep the vegetables covered. Lower heat to simmer and add the thyme, sage and bay leaf. Add the green beans, potatoes and lima beans; cook for 30 minutes on simmer, covered. Cook until potatoes are done.
3. Add the corn, peas and pastina; cook for 10 minutes. Remove bay leaf.

*For vegetarian version, use a vegetable bouillon.

Options

- 2 large cans of Veg-All can be used instead of the vegetables. Still sauté about half the amount of the onions, carrots and celery plus the 4 cloves of garlic. We like extra potatoes so I still add those.
- 1 cup packed baby spinach leaves added during last 10 minutes. This is wonderful when doing the Mediterranean-style soup.