

# "CLEAN OUT THE FRIDGE" VEGGIE SOUP



## DIRECTIONS:

1. Heat oil in large pot over medium heat.
2. Add onion and garlic. Cook about 2 minutes.
3. Add hard vegetables and stir. Cover and cook for 5 minutes.
4. Add softer vegetables and stir. Cover and cook for 3 minutes.
5. Add broth, tomato paste, fresh herbs and seasonings. Bring to boil.
6. Reduce to simmer. Cover and cook 20 minutes or until all vegetables are soft.



3 Tbsp  
olive or  
avocado  
oil



2-3 Tbsp  
tomato  
paste

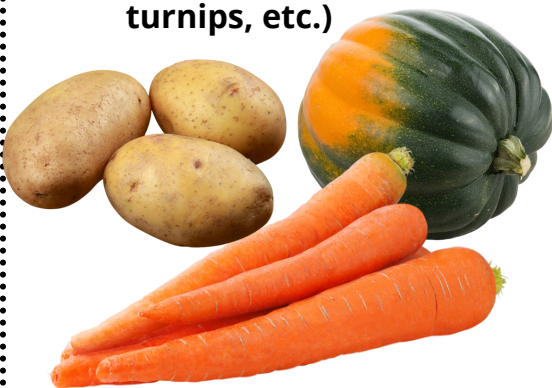


2 cups soft vegetables,  
chopped (zucchini, corn,  
peppers, broccoli, cauliflower,  
green beans, celery, etc.)

1 large onion,  
chopped; 3  
cloves garlic,  
minced



3 cups hard vegetables,  
cubed (potatoes, squash,  
carrots, sweet potato,  
turnips, etc.)



2 Tbsp fresh  
herbs, finely  
chopped

4 cups  
vegetable broth



2 tsp salt,  
1 tsp black  
pepper

*optional additional seasonings: cumin, paprika, smoked paprika, bay leaf, dried herbs, etc.*

Reduce food waste by making soup. At the end of the week, go through your fridge and pull out any produce that is beginning to look wilted. Also pull out any leftover vegetables that are in there (ex. half of a pepper).