

simple vegetable soup

Makes 6 servings

RECIPE ADAPTED FROM: [Minimalist Baker](#)

PREP TIME: 15 minutes

COOK TIME: 30 minutes

1 large leek, halved lengthwise, cut into ¼-inch slices
(or sub 1 small onion, finely diced)

2 Tbsp olive or avocado oil

3 small carrots, finely diced

4 stalks celery, finely diced

2 cups shredded green cabbage

3 large cloves garlic, minced or pressed

½ tsp each sea salt and black pepper (or to taste)

1 tsp dried Italian herbs (or sub dried basil, oregano,
and/or rosemary)

1 (14.5 oz) can diced tomatoes

1 (15 oz) can cannellini beans, drained and rinsed (any
white bean works, as do pinto beans or chickpeas)

1 (15 oz) can lentils, drained and rinsed
(or sub more beans)

8 cups vegetable or chicken broth or bone broth

1 bunch kale/chard/spinach, chopped into bite-size
pieces

REMOVE the root end and dark green part of the leek and discard. Slice the white and light green part of the leek in half lengthwise and clean by running cold water over each half, getting in between the leaves to remove any dirt. Then slice into ¼-inch slices.

IN a large pot or Dutch oven, heat the oil over medium-low heat. Once hot, add the leek and cook until softened and translucent — about 2 minutes.

ADD the carrots, celery, cabbage, garlic, salt, and pepper, and cook until softened and fragrant, stirring occasionally — about 4-5 minutes.

ADD the Italian herbs and stir to combine. Then add the tomatoes, drained and rinsed beans, lentils, and broth.

STIR well, making sure nothing is stuck to the bottom, and bring to a boil.

ONCE boiling, reduce the heat to low, cover, and simmer for 15-20 minutes or everything is fork-tender and the flavors have melded.

STIR in the greens, then cover and simmer until the greens are tender — about 5 minutes.

STORE leftovers in the refrigerator for 3-4 days or in the freezer for up to 1 month. Flavors get better with time!

