

BRIDGETTE'S VEGGIE SOUP

2 TBSP extra virgin olive oil
1 large onion, chopped
2-4 cloves garlic, minced (depending on your garlic preference)
2-3 carrots, diced (keep skins on if organic)
1 zucchini, diced
1-2 potatoes, diced
1 cup green cabbage, chopped
1 cup frozen peas
1 cup butternut squash, diced
4-6 cups vegetable broth (can use a combination of water and broth)
1 tsp. dried basil, 1 tsp. dried oregano, 1 tsp. dried thyme
2 bay leaves
Sea salt and freshly ground black pepper (to taste)

1. Heat oil and large stockpot. Add onion and garlic; saute for 3 minutes. Add a pinch of sea salt.
2. Add carrots. Saute 2-3 minutes, add a pinch of sea salt.
3. Add potatoes and squash, saute another 2-3 minutes with another pinch of sea salt.
4. Add basil, oregano, thyme and bay leaves, saute for 1 minute.
5. Add stock/water and remaining veggies
6. Bring to a boil, then lower heat and cover. Simmer for 20 - 30 minutes.
7. If you are going to add dumplings, do so now, following directions to dumplings.
8. Serve hot. Freezes very well. (you can use all kinds of veggies in this soup)

HOMEMADE VEGETABLE STOCK

1. Fill a large freezer ziplock back with vegetable scraps.
(onion, celery, carrots, butternut squash, corn cobs, leeks, scallions. Do not use broccoli, cauliflower, cabbage, or herbs.)

*You want a neutral stock so that you can flavor it when you use it in a recipe.

1. Put all the scraps in a large soup pot and cover with water, 2" above the scraps.
2. Bring to a boil, then simmer for at least an hour. The longer it cooks, the richer it will taste.
3. Strain the stock through a colander, removing all the scraps.
4. You can use immediately or freeze for further use.

BRIDGETTE'S VEGGIE SOUP SHOPPING LIST

2 TBSP extra virgin olive oil
1 large onion
2-4 cloves garlic
2-3 carrots
1 zucchini
1-2 potatoes
1 cup green cabbage
1 cup frozen peas
1 cup butternut squash (whatever veg you prefer)
4-6 cups vegetable broth
1 tsp. dried basil
1 tsp. dried oregano
1 tsp. dried thyme
2 bay leaves
Pasta (optional: orzo, elbow)
Beans (optional: kidney, great northern)
Sea salt and freshly ground black pepper

Note:

You can use almost any vegetables you love, but I always use onion, garlic, carrots, celery and potatoes. You can use sweet potato if you like, add corn, green beans, etc.