



Chunky Vegetable Soup

4-6 servings

2 Tb extra virgin olive oil
1 large onion chopped
2 stalks celery diced
½ tsp Celtic sea salt
2 garlic cloves, minced
1 tsp Italian seasoning
3 cups white or baby bella mushrooms, sliced
14.5 ounce canned crushed tomatoes
1 cup carrots, cut into chunks (2 carrots)
1 cup string beans cut, into 1 inch pieces
1/8 tsp fresh coarse ground black pepper
4 cups stock, vegetable or bone
1 cup frozen organic peas
2 cups coarsely chopped spinach

- Heat oil in a large heavy bottomed saucepan over medium-low heat.
- Add olive oil, chopped onion celery and salt. Sauté for 4 minutes on medium low until translucent.
- Add, garlic, Italian seasoning and mushrooms
- Sauté on low for 5 minutes without browning.
- Add canned tomatoes, sauté 2 minutes.

- Add stock, carrots, string beans and pepper. Bring to boil reduce heat, cover and simmer on medium-low heat for 20 minutes, stirring occasionally, until string beans are tender.
- Add spinach and peas cover and cook an additional 3 minutes until spinach is wilted.
- Taste to adjust spices and salt

Optional: For additional protein add 1-14oz can navy or cannellini beans when you add the carrots and string beans.