

## Family Recipe

### VEGETABLE SOUP

Serves 4-6

#### INGREDIENTS

- 1 small onion
- 1 garlic clove
- 1 Tbs. olive oil
- 1 carrot, peeled
- 1 small potato, peeled
- 1 beet, peeled (optional)
- ½ tsp. salt
- 4 cups vegetable broth
- 1 teaspoon dried thyme or other seasoning of choice
- 1 16 oz. can whole tomatoes, with juice
- 1 cup cabbage (about ¼ small head)
- 1 winter squash (e.g. butternut) or sweet potato, peeled (optional)
- Salt and pepper, to taste (optional)

#### DIRECTIONS

1. Chop the onion and mince garlic. Set aside.
2. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.
3. Heat the olive oil in a large, wide pot.
4. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes).
5. Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes.
6. Add the broth and bring to a boil.
7. Once the soup boils, reduce the heat and simmer for 20 minutes.
8. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.

\* Adapted from Jane Kirby, <http://www.parenting.com/article/fall-vegetable-soup>

