VEGETABLE SOUP

Crafted with

Fresh, Flavorful Ingredients

Ingredients:

2 tablespoons olive oil 1 onion, diced

2-3 cloves garlic, minced

2 celery stalks, chopped

2 bell peppers (any color), diced

3 medium-sized tomatoes, diced

2 medium-sized potatoes, peeled and diced

6 cups vegetable broth (or water)

1 teaspoon dried thyme
1 teaspoon dried oregano
Salt and pepper to taste
1 cup chopped fresh spinach
or kale (optional)

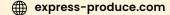
Fresh parsley or basil for garnish (optional)



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Instructions:

- Heat olive oil in a large pot over medium heat. Add diced onions and sauté until they turn translucent, about 3-4 minutes. Add minced garlic and cook for another minute, stirring frequently to prevent burning.
- 2. Add chopped celery, bell peppers, diced tomatoes, and potatoes to the pot. Stir everything together and let it cook for 5-7 minutes, allowing the vegetables to soften slightly.
- 3. Pour in the vegetable broth or water, ensuring it covers all the vegetables. Add dried thyme, dried oregano, salt, and pepper. Bring the soup to a boil.
- 4. Once boiling, reduce the heat to low, cover the pot, and let the soup simmer for about 20–25 minutes or until the potatoes are tender.
- 5. If using fresh spinach or kale, add it to the soup in the last 5 minutes of cooking to wilt and incorporate into the soup.
- 6. Taste and adjust seasoning if needed. Remove the pot from heat.
- 7. Ladle the vegetable soup into bowls, garnish with fresh parsley or basil if desired, and serve hot.

Item#	Description	Pack Size
180225	CELERY FRESH PASCAL SLEEVED	30-36 ct
180390	PEPPERS FRESH RED BELL	15-20 lb
180259	PEPPERS FRESH GREEN BELL CHOICE	1.1 BU
180367	SPINACH FRESH CELLO	4/2.5 lb
180340	TOMATOES FRESH - 6X6 BULK	25 lb
180296	IDAHO POTATOES - 100 ct BAKER	50 lb
180287	ONIONS FRESH YELLOW JUMBO	50 lb