

Garden Vegetable Soup

Ingredients

2/3 cup sliced carrot
1/2 cup diced onion
2 garlic cloves, minced
5 cups fat-free Vegetarian vegetable broth (make sure it's low sodium)
1 cup of water
1 1/2 cups diced green cabbage
1/2 cup green beans (fresh is better)
1 TBS tomato paste
1/4 TSP Kosher (or sea) salt
1/2 cup sliced zucchini
1 TBS Paprika
1 Shallot, diced
2 Bay leaves
Bouquet Garni:
 2 sprigs of fresh Thyme
 2 sprigs of fresh Oregano
 5 Basil leaves
 3 Sage leaves

Preparation

1. In a large saucepan sprayed with nonstick cooking spray (hey, we all know it's PAM), sauté the carrot, onion, and garlic over low heat until softened (about 10 minutes). Add paprika and cook for about two minutes more. Only do this if there is liquid to support it. If the veggies are dry add the paprika just before the next step.
2. Add broth, water, cabbage, beans, tomato paste and salt; bring to a boil. Lower heat, add the bouquet garni, bay leaves, and simmer uncovered for at least three hours.
3. Stir in zucchini and simmer another hour. Serve hot.