

# Vegetable Soup

By Lidey Heuck • Updated Oct. 15, 2024 • Rating: 5.0 (3,234)

## Overview

A simple, one-pot vegetable soup that is highly customizable. Consider this a template: swap in what's on hand and add vegetables according to their cooking times. Hearty greens like kale or chard can replace spinach; rosemary or an Italian seasoning blend may stand in for the oregano & thyme. A pinch of cumin brings subtle smokiness, and a 15 oz can of drained, rinsed white beans makes it more filling. Finish as-is or with Parmesan, thinly sliced scallions, and torn basil.

## At a Glance

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<b>Yield</b>	6–8 servings
<b>Total Time</b>	About 1 hour
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	45 minutes
<b>Method</b>	One-pot simmer (stovetop)

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## Ingredients

- 3 Tbsp extra-virgin olive oil
- 1 large yellow onion, chopped
- 3 medium carrots, diced (about 2 cups)
- 2–3 large celery stalks, diced (about  $1\frac{1}{2}$  cups)
- 4 garlic cloves, minced (about 2 Tbsp)
- 2 tsp fresh thyme *or* 1 tsp dried
- $1\frac{1}{2}$  tsp dried oregano
- Pinch of crushed red pepper flakes
- Kosher salt and freshly ground black pepper
- 2–3 Yukon Gold potatoes, diced (about 2 cups)
- 1 Tbsp tomato paste
- 8 cups (2 quarts) vegetable broth
- 1 (15 oz) can diced tomatoes, with juices
- 1 cup frozen or fresh chopped green beans
- 1 cup frozen or fresh corn kernels
- 1 cup frozen or fresh green peas
- 2 cups baby spinach
- $\frac{1}{3}$  cup chopped fresh parsley, plus more for serving
- 1 Tbsp red wine vinegar

## Optional Add-Ins & Finishes

- 1 (15 oz) can white beans, drained and rinsed (for more body)
- Fresh rosemary or Italian seasoning (in place of oregano & thyme)
- Grated Parmesan, thinly sliced scallions, and torn basil for serving

## Preparation

1. **Sweat aromatics.** In a large pot or Dutch oven, heat the oil over medium. Add onion, carrots, and celery; cook, stirring occasionally, until crisp-tender, about 10 minutes. Add garlic, thyme, oregano, red pepper flakes, 1 tsp kosher salt (use 2 tsp if using low-sodium broth), and 1 tsp black pepper; cook until fragrant, about 1 minute.
2. **Toast tomato paste.** Add potatoes and tomato paste; cook, stirring often, until the paste begins to brown on the bottom, 2–3 minutes.
3. **Simmer base.** Pour in broth and diced tomatoes with their juices; bring to a boil over medium-high. Reduce heat and simmer, partially covered, until potatoes are fork-tender, 20–25 minutes.
4. **Add tender veg.** Stir in green beans, corn, and peas; return to a simmer and cook until green beans are tender, 3–5 minutes.
5. **Finish & season.** Off heat, add spinach, parsley, and vinegar; stir until spinach wilts. Taste and adjust salt and pepper. Serve hot, topped with more parsley (and optional garnishes).

## Customization Guide

- **Vegetable swaps:** Fennel, zucchini, or broccoli are excellent additions. Add firmer veg earlier; tender veg later.
- **Greens:** Substitute kale or Swiss chard for spinach; simmer kale 5 minutes, chard 2–3 minutes.
- **Spice profile:** Replace oregano/thyme with 1–2 tsp Italian seasoning, or add  $\frac{1}{2}$  tsp ground cumin for subtle smoke.
- **Heft:** Add white beans with the broth; simmer 10 minutes.

## Storage & Freezer Tip

Soup keeps up to 5 days refrigerated or 3 months frozen.

- **To freeze:** Cool soup to room temperature in the pot. Transfer to airtight containers and freeze up to 3 months.
- **To reheat:** Thaw overnight in the refrigerator, or unmold by running the container under hot tap water and transfer to a saucepan. Simmer gently, partially covered, until heated through, adding water or broth as needed.

*Serving suggestions:* Parmesan, scallions, and basil elevate the bowl; crusty bread on the side never hurts.