

Easy Vegetable Soup

Prep: 10 mins

Cook: 20 mins

Total: 30 mins

Servings: 6 servings

Having a tasty vegetable soup recipe is a great addition to every home cook's book. Easy to make, filling, and delicious, vegetable soups can be a complete and filling meal. Plus, they can be made with any abundant produce you might have from your home garden and are easily adaptable to any preferences. Our version uses vegetable broth as the base, thus making the dish as-is vegetarian and vegan-friendly—the suggested Parmesan to top the soup adds a nice touch, but use vegan Parmesan if needed as these plant-based cheeses offer a similarly beautiful tangy flavor.

Warming vegetable soups are perfect for using both fresh and frozen produce, as well as canned ingredients like beans or corn. Any and all vegetables can go into a pot of veggie soup. Cauliflower, zucchini, and green beans work well in this soup but adjust the vegetables and quantities depending on what is in your fridge. Onions, celery, and carrots, however, add quite a bit of flavor so it's best not to replace those unless you absolutely have to. Because we don't use any thickeners, the soup is naturally gluten-free—just check the broth that you're using as many have wheat ingredients.

Ingredients

For the Soup:

- 2 medium carrots, peeled and sliced
- 1 medium zucchini, cut in half lengthwise and chopped
- 1/2 large onion, chopped
- 2 ribs celery, chopped
- 1 large head cauliflower, chopped; or broccoli and cauliflower mix
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 teaspoon thyme, fresh or dried
- 1 teaspoon fresh or dried oregano
- 2 bay leaves
- 8 cups vegetable broth
- 1 (14-ounce) can tomatoes, undrained

For Serving:

- Grated parmesan cheese, or vegan Parmesan
- 1 loaf crusty bread

Steps to Make It

1. Gather the ingredients.
2. Check that the carrots, zucchini, onion, celery, and cauliflower are chopped to a similar size. Heat the oil in a large stockpot on medium-high heat and add the garlic and the previously chopped veggies. Sauté, stirring for 3 to 4 minutes, until onions are soft, but make sure not to let them brown.
3. Add the salt, garlic powder, thyme, and oregano, stirring to coat the vegetables well.
4. Add the bay leaves, vegetable broth, and tomatoes. Bring to a boil, stirring occasionally. Reduce the heat to medium-low and simmer the soup until the vegetables are tender, or 8 to 12 minutes.
5. Taste test and adjust the salt if needed. Remove the bay leaves and serve your homemade vegetable soup with a sprinkle of Parmesan cheese or Parmesan cheese substitute, if desired, and some crusty bread.

Recipe Variations

- This soup can be made with any other vegetables you have at hand. Here are a few ideas to inspire you in building an amazing vegetable soup using our recipe as your template:
- Add 2 cups of green leafy vegetables like spinach, kale, or rainbow chard.
- Use thawed frozen peas or fava beans, adding 1 cup at the same time you add the chopped vegetables.
- Add 1 cup of cooked rice, quinoa, farro, or barley to give the soup a thicker texture. Alternatively, add 1 can of mashed navy beans.
- Use a squeeze of lime, a dash of sherry or white wine, or a teaspoon of Worcestershire sauce to add some depth of flavor.
- For a herby soup, add 2 tablespoons of prepared pesto.
- Use fresh herbs such as parsley or cilantro, or a dry blend like Italian seasoning or herbs de Provence.
- Use chili flakes, cayenne, paprika, or hot sauce to taste to add a spicy touch.
- Serve with oyster crackers or saltines, or use half bowls of soup and serve with a cheese sandwich, quesadilla, or favorite flatbread.