

Foodnity Recipes

Easy Vegetable Soup Recipe for a Healthy Meal

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Fresh Produce

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 3 carrots, sliced into rounds
- [ ] 3 stalks celery, sliced
- [ ] 3 medium potatoes, cubed
- [ ] 2 cloves garlic, minced
- [ ] 2 cups fresh spinach or kale
- [ ] 1 tsp salt (or to taste)
- [ ] 1/2 tsp black pepper

Pantry & Liquids

- [ ] 8 cups vegetable broth
- [ ] 1 can (14.5 oz) diced tomatoes
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried oregano
- [ ] 1 tbsp lemon juice

Instructions

1. Heat the olive oil in a large pot over medium heat. Toss in your onion, carrots, and celery. Sauté them gently for about 5 to 7 minutes until they start to soften and the onion looks a bit clear.
2. Stir in the minced garlic, thyme, and oregano. Just cook them for about a minute—just until you can really smell that garlic hitting the oil. Don't let it burn, or it'll get bitter.
3. Pour in the diced tomatoes with their juices and the vegetable broth. Bring the whole thing to a gentle boil, then turn the heat down to low.
4. Carefully slide in the cubed potatoes. Cover the pot and let it simmer for about 15 to 20 minutes, or until the potatoes are tender when you poke them with a fork.
5. Stir in the spinach or kale and let it wilt for just a minute. Finally, stir in the lemon juice, salt, and pepper. Taste it—maybe it needs a pinch more salt? Trust your tongue here.

Nutrition per serving

180 kcal	8 g	24 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a creamier version, you can stir in a splash of coconut milk or try a creamy vegetable soup instead.
- If you have leftover herbs in the fridge, like parsley or cilantro, chop them up and sprinkle them on top at the end.
- To make it heartier, you can add a handful of cooked pasta or brown rice.