

Spring Vegetable Soup

Serves: 6

Prep Time: 20 minutes

Cook Time: 30 minutes

Ingredients

- 2 tbsp olive oil
 - 1 tbsp butter
 - 1 leek, white and light green parts only, thinly sliced
 - 2 garlic cloves, minced
 - 2 carrots, diced
 - 2 celery stalks, diced
 - 1 small fennel bulb, chopped (optional but adds aroma)
 - 1 small zucchini, diced
 - 1 cup shelled peas (fresh or frozen)
 - 1 cup trimmed green beans, cut into 1-inch pieces
 - 4 cups vegetable or chicken stock
 - 1 small potato, diced (for light thickness)
 - 1 cup baby spinach or young kale leaves
 - ½ cup chopped fresh herbs (parsley, chives, dill, mint, or basil)
 - Zest and juice of ½ lemon
 - Salt and freshly ground black pepper, to taste
 - Shaved Parmesan or a drizzle of pesto (for garnish)
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Instructions

- 1. Sauté the base vegetables**
In a large soup pot, heat olive oil and butter over medium heat. Add leek, garlic, carrot, celery, and fennel. Cook gently for about 8 minutes, until softened and fragrant.
- 2. Add stock and simmer**
Stir in potato and pour in the stock. Bring to a boil, then lower heat and simmer for about 15 minutes, until the potato is tender.
- 3. Add the spring vegetables**
Stir in zucchini, peas, and green beans. Cook another 8–10 minutes, just until vegetables are tender but still vibrant.
- 4. Finish with greens and herbs**
Stir in spinach and fresh herbs; cook for 1–2 minutes until wilted. Add lemon zest and juice, then season to taste with salt and pepper.

5. **Serve**

Ladle into bowls and top with shaved Parmesan or a drizzle of pesto. Serve with crusty bread or a toasted baguette slice.

Chef's Tips

- For extra richness, stir in a splash of cream or crème fraîche just before serving.
- A handful of cooked orzo, farro, or small pasta shapes can make it heartier.
- To make it vegan, omit the butter and cheese, and add a drizzle of good olive oil at the end.