

Winter Vegetable Soup

I don't like to waste food, so after the Holiday I take all of the Left-over cut vegetables (from snack trays etc) and pack them into a large zip lock bag. Add any Left-over cooked veggies till you have a bag full of Sweet peppers, Celery, Baby Carrots, Broccoli, and Cauliflower, Tomatoes that have gone a little soft etc.. This soup makes use of vegetables that would otherwise go to waste and creates a flavorful and nutritious meal for a Cold January Day!

1 Cup Baby Carrots
1 Cup Celery Sticks
2 Cup Pepper pieces
2 Cup Cauliflower Pieces
1 Cup Broccoli Pieces
1 Cup Mushrooms Pieces
4-5 Small Tomatoes (quartered)
1 Onion Quartered
2 Tablespoons Minced Garlic
1 Tsp Dried Basil
½ Tsp Dried Thyme
1 tsp Salt
Freshly Ground Black Pepper
¼ Cup Olive Oil
2 Cups of Water
8 cups Vegetable Broth or Stock



I spread them onto a roasting pan lined with parchment paper, drizzle it all with some olive oil, half of the basil, Salt and pepper and roast them at 400 for about 40 mins. Remove from the oven and allow them to rest for about 20 mins before adding them to a large pot (I use a medium stock Pot) Add the Broth and water, bring to a slow simmer and cook for 30 mins. Add your seasonings (thyme, basil, salt, pepper). Remove from the heat and puree using a hand blender. Serve Hot garnished with Grated Cheese or a dollop of Yogurt and with fresh bread or homemade biscuits. (this is good hot or cold, can be frozen, and it cans beautifully.)

To Freeze: Ladle into 1 qt Ziplock bags. Lay the bags flat on a cookie sheet and place in the freezer until firm (makes them easier to store)

To Can: Using a water bath canner, measure into sterilized 1 qt Jars wipe the lip of the jars with white vinegar. Seal the jars. Water bath them for 40 mins at a rolling boil. Remove from the water and allow to cool on a towel and laying on their sides.

Makes 3-4 qts

