

Thick & Hearty Veggie Soup With Beans

Blending half the soup is the key to making this thick and creamy.

- 2 TBS Olive Oil
- 1 leek, sliced
- 1 large or 2 smaller carrots, sliced
- 1 – 2 stalks celery, sliced
- 1 1 / 2 cup cauliflower florets
- 1 cup red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 tomato, chopped
- 1 1 / 2 cup chopped fresh cabbage
- salt and pepper
- fresh thyme, Italian parsley and oregano (about 1 –2 TBS chopped)
- 1 cup homemade Italian tomato sauce (see my recipe on the website)
- 4 cups vegetable broth or water (more as needed to correct consistency)
- 1 15 -ounce can of Navy Beans, or Butter Beans or Great Northern Beans
- 1 tsp red wine vinegar

Heat the oil in a large pot. Add the leeks and sauté. Add carrots, celery, cauliflower, bell pepper, zucchini and cabbage. Sauté for about 5 minutes, stirring. Season with salt and pepper. Add the tomato sauce. Add veggie broth, bring to a boil, reduce heat and simmer for about 30 minutes. As it begins to simmer add the fresh herbs.

When vegetables have softened after at least 30 minutes, scoop out several cups of the soup (about half) and blend until smooth. Put the blended portion back into the pot, season with a dash of vinegar. Adjust salt and pepper.

This goes great with a big, crusty bread.