

# The BEST Vegetable Soup



**NORTH CYPRESS**  
Internal Medicine and Wellness  
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## Ingredients:

- 1-2 Tbsp olive oil
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 2 boxes vegetable stock, low sodium (approx. 58 oz.)
- 2 cups carrots, peeled and diced
- 3 stalks celery, chopped
- 2 cans fire roasted diced tomatoes
- 3 medium sized potatoes, chopped
- 1/3 cup parsley, chopped
- 2 Bay leaves
- ½ tsp thyme
- Salt and freshly ground pepper
- 1 ½ cups frozen or fresh green beans
- 1-2 tsp Better than Bouillon (vegetable based)
- 1 ¼ cup frozen corn
- 1 cup frozen peas



## Directions:

- Heat olive oil in a large pot over medium heat
  - Add onions, carrots, and celery, sauté for 4 mins and then add garlic and sauté for 30 seconds longer
  - Add in broth, tomatoes, potatoes, parsley, bay leaves, thyme, and season to taste with salt and pepper.
  - Bring to a boil and add green beans and bouillon.
  - Reduce heat to a simmer and cover. Simmer until potatoes are tender (20-30 mins)
  - Add corn and peas and cook 5 more mins.
- \*Note: To make it a Mexican Vegetable Soup, can add 1 Tbsp chili powder and 1 tsp cumin.



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