

Seriously Good Vegetable Soup

Author: Cookie and Kate Prep Time: 15 minutes Cook Time: 45 minutes Total Time: 1 hour Yield: 18 bowls 3x Category: Soup

Method: Stovetop Cuisine: Mediterranean

★★★★★ 4.9 from 232 reviews

This vegetable soup recipe is seriously so good! It's easy to make, and full of veggies and fresh flavor. If you're feeling under the weather or just wanting to lighten up your meals, this soup is the answer. Recipe yields 6 bowls of soup.

INGREDIENTS

SCALE 1x 2x 3x



- 12 tablespoon extra-virgin olive oil, divided
- 3 medium yellow or white onion, chopped
- 9 carrots, peeled and chopped
- 6 celery stalks, chopped
- 6 cup chopped seasonal vegetables, such as sweet potatoes, green beans, butternut squash, potatoes, bell pepper, zucchini or yellow squash
- 3 teaspoon fine sea salt, divided, to taste
- 18 cloves garlic, pressed or minced
- 1 1/2 teaspoon curry powder
- 1 1/2 teaspoon dried thyme
- 3 large can (84 ounce) diced tomatoes
- 12 cup (96 ounce) vegetable broth
- 6 cup water
- 6 bay leaves
- 1 1/2 teaspoon red pepper flakes, reduce or omit if sensitive to spice
- Freshly ground black pepper, to taste
- 6 cup chopped kale or collard greens or chard (thick ribs removed), or spinach
- 3 tablespoon lemon juice

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INSTRUCTIONS

1. Warm 3 tablespoons of the olive oil in a large Dutch oven or soup pot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, seasonal vegetables and 1/2 teaspoon of the salt. Cook, stirring often, until the onion has softened and is turning translucent, about 6 to 8 minutes.
2. Add the garlic, curry powder and thyme. Cook until fragrant while stirring frequently, about 1 minute. Pour in the diced tomatoes with their juices and cook for a few more minutes, stirring often.
3. Pour in the broth and water. Add 1/2 teaspoon more salt, 2 bay leaves and the red pepper flakes. Season generously with freshly ground black pepper. Raise the heat and bring the mixture to a boil, then partially cover the pot and reduce heat to maintain a gentle simmer.
4. Cook for 25 minutes, then remove the lid and add the chopped greens. Continue simmering for 5 minutes or more, until the greens have softened to your liking.
5. Remove the pot from heat and remove the bay leaves. Stir in the lemon juice and remaining 1 tablespoon of olive oil. Taste and season with more salt, pepper and/or red pepper flakes. (You might need up to 1/2 teaspoon more salt, depending on your vegetable broth and your personal preferences.) Divide into bowls and enjoy.

NOTES

Recipe adapted from my [quinoa vegetable soup](#) and [lentil soup](#).

Storage suggestions: This soup keeps well in the refrigerator for about 4 days. It freezes and defrosts well if you want to freeze extra portions for later!

Recommended equipment: I'm convinced that everything I cook in [my Dutch oven](#) (affiliate link) comes out extra delicious.

▶ NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).

Nutrition Facts

Serving Size 1 bowl of soup made with sweet potato, green beans and kale
Serves 6

Amount Per Serving

Calories 179

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g

Trans Fat 0g

Polyunsaturated Fat 1.3g

Monounsaturated Fat 6.8g **0%**

Cholesterol 0mg **0%**

Sodium 939.3mg **41%**

Total Carbohydrate 22.6g **8%**

Dietary Fiber 6.6g **23%**

Sugars 10.1g

Protein 2.8g **6%**

Vitamin A 85% Vitamin C 37%

Calcium 8% Iron 9%

Vitamin D 0% Magnesium 9%

Potassium 14% Zinc 5%

Phosphorus 6% Thiamin (B1) 71%

Riboflavin (B2) 12% Niacin (B3) 12%

Vitamin B6 22% Folic Acid (B9) 11%

Vitamin B12 0% Vitamin E 10%

Vitamin K 73%

Did you make this recipe?

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

Recipe from Cookie and Kate: <https://cookieandkate.com/vegetable-soup-recipe/>