

Vegetable Soup

Hearty homemade vegetable soup recipe with seasonal vegetables. Easy, nutritious, and perfect for any season.

Ready in 45 minutes!

15 min

PREP

30 min

COOK

45 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 1 broccoli
- 1 cabbage
- 1 cauliflower
- 2 leek
- 2 onion
- 1 clove garlic
- 2 carrot
- 2 potato
- 4 cup bone broth
- 6 brussell sprouts
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp fresh lemon juice

Instructions

1 Prepare the vegetables

Wash and dice 1 onion into 1/2-inch pieces. Peel and dice 2 potatoes into 1/2-inch cubes. Peel and slice 2 carrots into 1/4-inch rounds. Mince 1 clove of garlic. Cut 2 cups of broccoli into small florets. Cut 2 cups of cauliflower into small florets.

2 **Start the base**

Heat 2 tablespoons of olive oil in a large pot over medium heat (175°C/350°F). Add the diced onion and cook for 3-4 minutes, stirring occasionally, until softened and translucent.

3 Add the minced garlic to the pot and cook for 30 seconds, stirring constantly, until fragrant but not browned.

4 Add the diced potatoes and sliced carrots to the pot. Stir to combine and cook for 2-3 minutes to lightly soften the edges.

5 **Build the soup**

Pour in 4 cups of vegetable broth and add 1 teaspoon of salt and 1 teaspoon of black pepper. Bring to a boil over high heat, then reduce heat to medium-low to maintain a gentle simmer.

6 Add the broccoli and cauliflower florets to the simmering soup. Cover and cook for 15-18 minutes, until all vegetables are tender when pierced with a fork.

7 **Finish and serve**

Stir in 1 tablespoon of fresh lemon juice. Taste and adjust seasoning with additional salt and pepper if needed. Ladle into bowls and serve immediately while hot.

Tips

Start by sautéing aromatic vegetables like onions, celery, and garlic in olive oil to build a flavorful base for your soup.

Cut vegetables into uniform sizes to ensure even cooking – aim for 1/2 to 3/4 inch pieces for most vegetables.

Add vegetables in stages based on their cooking times: start with harder vegetables like carrots and potatoes, then add softer ones like zucchini or leafy greens near the end.

Use homemade or high-quality store-bought vegetable broth for the best flavor – avoid overly salty varieties as you can always add more salt to taste.

Don't overcook the vegetables; they should be tender but still hold their shape for the best texture and nutritional value.

Taste and adjust seasoning throughout the cooking process, adding salt, pepper, and acid (lemon juice or vinegar) to brighten the flavors.

For a richer flavor, roast some of the vegetables in the oven before adding them to the soup – this caramelization adds wonderful depth.

If you prefer a thicker soup, mash some of the cooked vegetables with a fork or blend a portion of the soup and stir it back in.

