

Vegetable Herb Soup

INGREDIENTS

For the vegetable broth:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 head of garlic, halved crosswise
- 2 teaspoons fresh or 1 teaspoon dried thyme
- 1 teaspoon fresh or ½ teaspoon dried rosemary
- 1 teaspoon black peppercorns
- 1 bay leaf
- 10 cups water

For the soup:

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 cups vegetable broth
- 1 cup chopped spinach
- 1 cup chopped kale
- 1/2 cup chopped fresh herbs (basil, parsley, thyme, etc.)
- Salt and pepper to taste

DIRECTIONS

For the vegetable broth:

1. Heat the oil in a large pot over medium heat. Add the onion, carrots, celery, garlic, thyme, rosemary, peppercorns, and bay leaf. Cook the vegetables until they soften, about 5 minutes.

2. Add the water to the pot and bring to a boil. Reduce heat to low and simmer for 1 hour, or until the vegetables are very tender.
3. Strain the broth through a fine-mesh sieve into a bowl. Discard the solids.
4. Let the broth cool slightly before storing it in airtight containers in the refrigerator for up to 5 days or in the freezer for up to 3 months.

TIPS

- For a richer flavor, roast the vegetables before adding them to the pot. Simply toss the vegetables with a little olive oil and salt and roast in a preheated 400 degree F oven for 20-30 minutes, or until softened.
- You can also add other vegetables to your broth, such as mushrooms, zucchini, or tomatoes.
- If you don't have fresh herbs, you can use dried herbs. Just use half as much dried herbs as you would fresh herbs.

For the soup:

1. Heat the olive oil in a large pot over medium heat. Add the onion, carrots, and celery and cook until softened, about 5 minutes.
2. Add the vegetable broth and bring to a boil. Reduce heat to low and simmer for 15 minutes, or until the vegetables are tender.
3. Stir in the spinach, kale, and herbs. Cook for 5 minutes, or until the greens are wilted.
4. Season with salt and pepper to taste. Serve hot.

TIPS

- Feel free to use any combination of fresh herbs you like.
- If you want a thicker soup, you can puree it in a blender or food processor until smooth.
- Serve the soup with a dollop of sour cream, yogurt, or crème fraîche.