

Choco Fever Dream

Best Vegetable Soup Recipe – Fresh & Flavorful

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 carrots, diced
- [ ] 2 celery stalks, sliced
- [ ] 1 zucchini, diced
- [ ] 1 cup peas (fresh or frozen)
- [ ] 1 large tomato, chopped
- [ ] 4 cups low-sodium vegetable broth

Seasoning

- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tsp fresh lemon juice

Instructions

1. Heat olive oil in a large pot over medium heat; add carrots and celery, sauté for 5 minutes until they start to soften.
2. Add zucchini and tomato, cook another 3 minutes, stirring gently.
3. Pour in the vegetable broth, sprinkle thyme and bay leaf, bring to a gentle simmer.
4. Add peas, continue simmering for 10-12 minutes until all vegetables are tender.
5. Season with salt, pepper, and lemon juice; remove bay leaf and serve hot.

Nutrition per serving

120 kcal	4 g	22 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning at the end; the broth should be balanced, not salty.
- For extra depth, add a pinch of smoked paprika while simmering.
- If you prefer a thicker texture, blend half the soup and stir back in.