

Choco Fever Dream

Vegetable Soup: Fresh Farmhouse Style

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

Ingredients

Main Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 large onion, diced
- [ ] 2 carrots, peeled and diced
- [ ] 2 celery stalks, diced
- [ ] 2 potatoes, peeled and cubed
- [ ] 1 cup green beans, trimmed and halved
- [ ] 2 cups kale, torn
- [ ] 4 cups low-sodium vegetable broth
- [ ] 1 tsp dried thyme
- [ ] 1 bay leaf
- [ ] Juice of 1/2 lemon
- [ ] Salt and pepper to taste

Instructions

1. Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery; sauté until the onion becomes translucent and the vegetables emit a sweet scent.
2. Add the potatoes and green beans, stirring to coat them in the oil. Pour in the vegetable broth, thyme, and bay leaf. Bring to a gentle boil, then reduce to a simmer.
3. Let the soup simmer for about 15 minutes, or until the root vegetables are tender. Stir occasionally, and if you notice foam, skim it off.
4. Add the kale and let it wilt for 3-4 minutes. Remove the bay leaf, then finish with a squeeze of lemon juice, salt, and pepper.
5. Serve hot, ladling the broth into bowls. Optionally garnish with a drizzle of olive oil or a sprinkle of fresh parsley.

Nutrition per serving

180 kcal	6 g	28 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the soup before adding salt; the broth may already be seasoned enough.
- For a richer flavor, roast the vegetables before adding them to the pot.
- A handful of cooked barley or quinoa can turn this into a heartier meal.