



There are many delicious vegetables growing in the LdV garden! Stay tuned for more healthy recipes.

Alexis Wasilchin

Vegetable Soup ~

- 1/2 yellow onion, diced
- 4 cloves garlic, minced
- 1 Tbsp olive oil or vegetable oil
- 3 carrots, peeled and diced
- 2 celery stalks, sliced
- 5 new potatoes, diced
- 1 red or yellow bell pepper, diced
- 2 zucchini or squash, sliced
- 1/4 head of cabbage sliced thin or kale
- 3-4 cans chicken broth
- 2 Tbsp tomato paste
- 1/2 tsp dried thyme (or fresh)
- 1/4 tsp dried oregano and or dried basil, salt and pepper to taste
- 1 lb Italian sausage, cut and browned- optional
- 1/2 lb egg noodles, cooked al dente-optional

Heat oil In a large pot sautee yellow onion and garlic until translucent. Add carrots and potatoes and bell pepper and cook for 5 min. Add chicken broth and s&p, cover and bring to a boil- Simmer for 10minutes. Add herbs, tomato paste, and any other veggies . Simmer for another 10 minutes. Add sausage and noodles if desired. Sprinkle with crushed red pepper for extra heat.

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