

INGREDIENTS

- 1-2 T olive oil
- 4 carrots, peeled and sliced
- 4 celery stalks, sliced
- 2 small broccoli crowns
- 2 leeks, chopped
- 1 onion, diced
- 1 zucchini, diced
- 1 can cannelloni beans (or 1 1/2 c shelled edamame)
- 1 1/4 c low sodium crushed tomatoes
- 1 48oz box of chicken broth
- Pinch of red pepper flakes
- 1 bay leaf (optional)
- Salt and pepper to taste

INSTRUCTIONS

1. Start by sautéing your hard vegetables in 1-2 T olive oil until soft, then add in your soft vegetables and sauté for an additional few minutes
2. Cover and sweat all vegetables on low for 5-8 minutes.
3. Add in beans, crushed tomatoes, broth and spices. Cover and bring to a boil.
4. Once boiling, uncover and simmer on low-med heat until vegetables are cooked to your liking.
5. Serve with warm french bread



Hearty Detox Vegetable Soup



6 SERVINGS



35 MINUTES

Especially after an indulgent holiday season or just a week of eating out, we love this detox veggie soup! It's packed with fiber and protein and full of flavor.

NOTES

Mix and match your favorite vegetables in this recipe! Use ours as a guide, but feel free to add, remove or swap for what you love.