

Cooke's Corner

Tomato-Garlic Vegetable Soup

From Better Homes and Garden Italian Cook Book, 1979 Meredith Corporation, Des Moines Iowa

A quick soup, full of flavor! Perfect for fall!

Makes 6 full size servings

8 cups vegetable broth

3 medium potatoes peeled and cubed

2 stalks celery sliced

3 medium carrots sliced

1 medium onion chopped

1 cup sliced cauliflower

1 9 ounce package of frozen green beans

2 teaspoons salt (or to taste)

¼ teaspoon pepper (or to taste)

1 15 ounce can of great northern beans rinsed and drained

1 cup sliced zucchini

1 6 ounce can tomato paste

½ cup grated parmesan cheese

1/3 cup snipped parsley (fresh)

2 teaspoons dried basil

¼- ½ teaspoon garlic powder

2 Tablespoons olive oil

Directions

In a large kettle or stock pot combine first 9 ingredients. Bring to boil and reduce heat, cover and simmer for 10 minutes. Add beans and zucchini and simmer for 10-15 minutes longer or until vegetables are tender.

In the meantime combine the tomato paste, cheese, parsley, basil and garlic powder. Stir in olive oil, 1 Tablespoon at a time. Stir into soup.

Top with additional cheese if desired

Serve with hearty bread and green salad for a

Complete meal.

*Except for celery, all vegetables were local and in season. I substituted fresh green beans for frozen. I substituted 2 leeks for the onion.

* Vegan options: Substitute parmesan cheese with ½ cup ground cashews + ½ cup nutritional yeast.

* This soup increases in flavor the longer it sits. Made in the morning, it would be a perfect welcome home meal after a long day. Even better; the next day as "left over's"!