



# Throw Together Tomato Vegetable Soup

I've been on a mission to make soup once a week – every single week – this winter and have been really loving all of the warm and comforting recipes I've tried.

Now with the pandemic, less groceries, hit-or-miss produce, I'm making sure nothing goes to waste. This week I made this super easy vegetable soup with some fresh vegetables, some frozen and some veggies that were about to hit the garbage if not for this soup. You can add protein like chicken, ground turkey, beans or shrimp. You can mix and match any and all veggies and season with any herbs and spices that you have also!

## INGREDIENTS

One 28 oz can of Fire Roasted Tomatoes

One 32 oz Box Organic Chicken/Beef/Vegetable Broth

2 tablespoons tomato sauce

2 Bay Leaves

1 to 2 teaspoons chicken/beef/vegetable bouillon; dried or paste (optional)

Salt and freshly ground black pepper

4-5 cups assorted veggie, such as diced squash, green beans, broccoli, cauliflower, peas, carrots,

etc 2 cups spinach or kale (optional)

## DIRECTIONS

In a large pot, add the can of tomatoes and all of their juices, the broth, the tomato sauce and the bay leaf. Also add the bouillon, if desired. Season to taste with salt and pepper. Bring to a boil then cover, reduce the heat to low, and let tomatoes simmer for 15 minutes.

Stir in the vegetables. Cover the pot and continue to simmer until the vegetables are just cooked through, 40 to 60 minutes. Taste for seasoning about halfway through, adding more salt and pepper as needed.

If desired, just before serving, add the spinach or kale to the pot, and stir until the greens wilt.

Spoon into bowls and serve. Makes 6 servings: 50 calories per serving.