

# Summer Harvest Soup



**Prep:** 20 minutes

**Cook:** 30 minutes

**Yield:** 4 servings

## INGREDIENTS

- 1 medium to large summer squash (like zucchini or yellow squash)
- 2 stalks kale or chard (or other leafy greens)
- 1 onion or 3 green onions
- other chopped vegetables such as carrots, celery, peppers
- 1 can chopped tomatoes, or chopped fresh tomato
- 1 can beans
- 1 teaspoon herbs
- 1 cup stock or water

## OPTIONAL

Add optional add ins such as - 1 can green beans or corn, 1 tsp. fresh garlic or dried, or cooked pasta or rice.



Photo by Victoria Shes on Unsplash

## INSTRUCTIONS

1. Dice vegetables & saute with a little oil, over medium heat in a soup pot for 4-6 minutes or until vegetables are tender.
2. Open can of tomatoes & add to pot.
3. Add beans, sautéed vegetables, optional chopped vegetables and ingredients, and 1 cup of water or stock.
4. Stir in 1 teaspoon herbs, salt & pepper to taste.
5. Heat thoroughly and serve.

## CHEFS NOTES

*This summer harvest soup is a great meal that brings together pantry staples, fresh vegetables, proteins, and broth. Along with the addition of fresh or dried herbs and spices, this soup is a fresh staple during the summer vegetable season. Enjoy with a side of crackers, bread or biscuits.*