

Fall Harvest Vegetable Soup

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1-2 tbsp extra-virgin olive oil
- 1 large onion, chopped
- 3 cups butternut squash, cubed
- 2 medium carrots, chopped
- 4 cups vegetable or chicken broth
- 2 celery stalks, chopped
- 1 zucchini, chopped
- 1 can (796 mL) canned diced tomatoes
- 1 bay leaf
- 1 tsp dried parsley
- 1 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp sea salt
- 2 garlic cloves, chopped

Instructions:

1. In a large soup pot, heat olive oil on medium and add onions. Saute for two minutes, then add butternut squash and carrots.
2. Saute for five more minutes, then add stock, celery, zucchini, canned tomatoes. Give a stir.
3. Then add all the dried spices, bay leaf, parsley, basil and oregano.
4. Lastly add the garlic and sea salt. Give a stir. Bring to a soft boil then reduce to a simmer for 15 to 20 minutes.
5. Enjoy immediately. To store, let the soup completely cool before transferring to a mason jar. Freeze for up to 3 months or refrigerate up to one week.

Notes:

Serves 6 - 8.