



## **Vegetable Soup**

1 medium white onion, minced

4 garlic cloves, minced

1 TBS chopped cilantro

1 TBS chopped parsley

Veggies

1 ½ TBS white rice

6 cups water, vegetable broth or chicken broth

Salt & Pepper

Dried herbs of choice (oregano, basil, marjoram, thyme)-optional

- Heat a pan with some olive oil. Add all of the above ingredients and sauté for a few minutes, until onion starts browning lightly.
- Add any of the following veggies: cubed butternut squash, sliced green beans, diced potatoes, sliced cabbage, sliced carrots, peas, corn, sliced okra, diced bell peppers, cauliflower florets, broccoli florets or any other vegetable you desire. Sauté for a few minutes.
- Add rice and liquid. Season with salt and pepper. Add your herb of choice, if any.
- Bring to a boil, cover, reduce heat and simmer for about 20 to 30 minutes until veggies and rice are cooked through.
- Ladle into bowls. Garnish with finely chopped parsley.

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