

# Vegan Vegetable Soup

Prepared by Tammy Serna

## Ingredients:

2 Tb unrefined virgin coconut oil (can use olive oil or for oil free version use vegan stock)  
1 large onion finely chopped  
6 cloves or 2 Tb minced garlic  
2 celery stalks  
3 carrots  
4 oz. kale  
8 oz. cabbage  
2 small zucchini  
2 small yellow squash  
2-14 oz cans diced tomato

Timesaving, short-cut tips:

You can use fresh or packaged. I use the little packaged bits of coleslaw cabbage, and sweet kale.

**Seasonings:** add or delete according to your taste and personal preference

1 ½ tsp paprika	1 ½ tsp sea salt
1 ½ tsp black pepper (course ground)	1 ½ tsp chili flakes
1 ½ tsp tarragon	¾ tsp each of garlic powder and onion powder

## Stock:

3-32oz containers tomato juice or vegetable juice (I use 1 container tomato & 2 vegetable)  
More can be added if needed and according to preference

## Preparation:

Heat oil (or vegan stock) then sauté onion until soft (approx. 5 min.) Add garlic and celery and sauté for 2-3 more minutes stirring frequently. Once garlic is fragrant, add carrots, zucchini, and squash sautéing for about 5-10 minutes more, stirring frequently. Add tomatoes and all spices. Combine gently together. Add cabbage and kale. Slowly add stock while stirring gently to combine all ingredients. Cover and simmer for about 45 minutes. Be sure to stir every 15-20 minutes. Cook until cabbage is no longer raw. Add more liquid if necessary for desired thickness. Taste and adjust spices if needed. The soup can be served right away, but it tastes better to cure it overnight. When reheating, add liquid if needed for desired consistency. (Water can be used.)

Before serving, feel free to add a dollop of vegan pesto to impart more flavor. Enjoy!!