



Long Livo

Vegetable Soup: Fresh Farmhouse Style

15 min

Prep time

4

Servings

30 min

Cook time

Easy

Difficulty

45 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 large onion, diced
- ☐ 2 carrots, peeled and diced
- ☐ 2 celery stalks, diced
- ☐ 2 potatoes, peeled and cubed
- ☐ 1 cup green beans, trimmed and halved
- ☐ 2 cups kale, torn
- ☐ 4 cups low-sodium vegetable broth
- ☐ 1 tsp dried thyme
- ☐ 1 bay leaf
- ☐ Juice of 1/2 lemon
- ☐ Salt and pepper to taste

Instructions

- 1 Heat olive oil in a large pot over medium heat. Add the onion, carrots, and celery; sauté until the onion becomes translucent and the vegetables emit a sweet scent.
- 2 Add the potatoes and green beans, stirring to coat them in the oil. Pour in the vegetable broth, thyme, and bay leaf. Bring to a gentle boil, then reduce to a simmer.
- 3 Let the soup simmer for about 15 minutes, or until the root vegetables are tender. Stir occasionally, and if you notice foam, skim it off.
- 4 Add the kale and let it wilt for 3-4 minutes. Remove the bay leaf, then finish with a squeeze of lemon juice, salt, and pepper.
- 5 Serve hot, ladling the broth into bowls. Optionally garnish with a drizzle of olive oil or a sprinkle of fresh parsley.

Nutrition per serving

180 kcal

Calories

6 g

Protein

28 g

Carbs

5 g

Fat

Tips & notes

- Taste the soup before adding salt; the broth may already be seasoned enough.
- For a richer flavor, roast the vegetables before adding them to the pot.
- A handful of cooked barley or quinoa can turn this into a heartier meal.