



Italian Vegan Vegetable Soup

NIBBLEDISH CONTRIBUTOR

Ingredients

1 tbs olive oil
3 cloves garlic, minced
1 medium yellow onion, diced
1 14 oz can Italian style diced tomatoes
1 head broccoli
1/4 bunch kale
1/4 cup barley
2 stalks celery, chopped
1 carrot, chopped
1 tsp dried, crushed rosemary
1 tsp dried oregano
1 tsp dried thyme
2 tsp dried basil
S & P

Instructions

This was created while I was craving pizza, but was on a very strict vegan, liver healthy diet (i.e. no bread or cheese and only liver healthy veggies).

In a dutch oven, heat oil over medium heat. Add garlic and onion and sweat for about 5 minutes.

Add carrots and celery and some salt and pepper. Saute for about 3 minutes. Add tomatoes and about 4 cups of water. Bring to a boil, add barley and herbs, and then reduce to a simmer.

After about 15 minutes, add the broccoli and kale. Heat until cooked through.

Season with salt and pepper and serve!

It's super easy, but really delicious!