

# Mom's Vegetable Soup

Serves 6-8 two cup servings

## Ingredients

- 2 tablespoons olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 3 red skinned potatoes, diced
- 1 cup frozen diced carrots and peas
- 2 cups frozen cut green beans
- 1 can garbanzo beans, rinsed
- 1 large can diced tomatoes
- Optional: Parmesan rind
- Optional: sprigs of thyme, oregano and parsley OR pinches of dried herbs
- salt and pepper to taste

## Directions

- Heat olive oil in a soup pot on medium high heat.
- Add the onion, stir, and toss with a pinch of salt.
- Cook the onion about 5 minutes.
- Add the celery and potato, a pinch of salt and pepper and stir.
- Cook about 5 minutes, then add enough water to cover the vegetables. Simmer until vegetables are tender.
- Add the remaining ingredients, plus 1 diced tomato can of water and simmer about 20 minutes.

