

Fall Harvest Soup

Swick

Serves 1 | Active Time: | Total Time: 40 minutes

Step 1: Make Soup

- 1 Tbsp olive oil
- 1 yellow onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, cut into chunks
- 2 carrots, cut into chunks
- 2 stalks celery, cut into chunks
- 450g butternut squash, cut into chunks
- 2 tsp dried basil
- 2 tsp dried parsley
- 2 tsp dried oregano
- 1 tsp dried thyme
- ½ tsp cumin
- 1 tsp salt
- 1 tsp pepper
- 4 cups veggie broth
- 28 oz diced tomatoes, canned
- 19 oz navy beans, canned

In a large pot, heat oil over medium heat. Once hot, add your onions and garlic and saute for 3-5 minutes or until onions become translucent and soften.

Add your zucchini, carrots, celery, and butternut squash. Saute for an additional 5 minutes then add in your basil, parsley, oregano, thyme, cumin, salt, and pepper. Stir it around for 1 minute.

Stir in your veggie broth and diced tomatoes. Bring to a simmer then simmer for 20 minutes or until butternut squash has become fork tender. Stir in your navy beans until evenly combined.

Taste for any adjustments in seasoning and serve right away with a toasted slice of your favorite bread. Enjoy!