**Carol’s Spring Garden Vegetable Soup**

This week’s Quick Family Recipe is straight out of my momma’s kitchen. We call it Spring Garden Vegetable Soup…but don’t worry, we picked our vegetables from Publix!  This is truly a one pot wonder and tastes amazing. We all made those healthy New Year’s Resolutions back in January, and then we fall away from it…but this soup helps you get right back on track!

To be a little on the unhealthy side, my momma would make homemade bread to serve with it but skip that side dish if you are really trying to stay on track eating healthy!

Also, a quick side note…save the outer loose leaves of your cabbage and half your can of tomato paste for next week’s recipe!

Let’s get cooking…

**Ingredients:**

* 3 Cloves of Garlic Finely Chopped
* 1.5-2 Cups Chopped Carrots
* 1/2 Sweet Onion Diced
* 1 32 Oz Container of Chicken Broth
* 1 Tbsp Salt
* 1 Tbsp Oregano
* 1 Tbsp Thyme
* 1 Tbsp Basil
* 1/2 Small Can of Tomato Paste
* 1/2 Cabbage Chopped
* 1 Cup Frozen Greenbeans
* 1/2 Large Zucchini Diced

**How to Make:**

* In a large stockpot, heat a little bit of olive oil over medium heat and then add garlic, carrots and onions. Continue stirring, so nothing burns to the bottom. Let your vegetables begin to soften. That usually takes about 5 minutes.
* To your pot, add the entire container of chicken broth, frozen green beans and chopped cabbage.
* You’ll now add the flavor to your soup by adding 1 Tbsp of each of the following: Salt, Thyme, Basil and Oregano. (I forgot to take a picture of the thyme, so don’t forget to add it lol.)
* Next, you’ll mix in 1/2 of a small can of tomato paste.
* Cover and bring to a boil, then lower heat to simmer for 15 minutes. You’ll need to stir occasionally, so that your soup doesn’t burn to the bottom of the pan.
* At the end of 15 minutes, stir in your chopped zucchini and let cook for 4 more minutes.
* That’s it! Serve and enjoy!

Ellis and Tyler would love to see your family making Spring Garden Vegetable Soup together! You can share your pics on the [Z88.3 Mornings Facebook Page](https://www.facebook.com/Z88.3Mornings/)

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