

Chunky Vegetable Soup (Good on all days)

1 tablespoon extra-virgin olive oil
1 large onion, diced small
1 stalk celery, diced small
1 red bell pepper, diced small
3-4 cloves garlic, minced
¼ teaspoon red pepper flakes
2 teaspoons minced fresh thyme, or 1 teaspoon dry thyme
1 bay leaf
4 cups vegetable broth
1 zucchini, diced small
1 yellow squash, diced small
1 broccoli crown, cut into small pieces
½ pound green beans, trimmed and cut into bite-sized pieces
Salt and freshly ground pepper to taste

1. Heat oil in a large Dutch-oven or stock pot over medium-high heat. Cook the onions with a pinch of salt until they are translucent but not brown. Add the celery and bell pepper, another pinch of salt, and cook until they have softened. Stir in the garlic, red pepper flakes, thyme, and bay leaf, cooking just until the garlic is fragrant (about 1 minute).
2. Pour in the broth and bring to a rapid simmer. Reduce heat, cover and let simmer for 15 minutes. Add the zucchini, yellow squash, broccoli and green beans. If you need more liquid add water. Simmer until all the ingredients are cooked through. Taste, season with salt and pepper as needed, and serve