

# Summer Soup!

June 19, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



*With summer approaching, the weather is warmer and soups may not be a typical summer food. But what if you have lots of veggies left over? Turn those veggies into a summer soup which is perfect for crisp evenings that still occur in warm weather! This summer soup is light, tasty and a one pot wonder!*

Serves: 4 Total Cook Time: 30 minutes  
·1 small onion, quartered and thinly sliced  
·4 cups reduced-sodium chicken or vegetable broth

- 1 cup sliced zucchini
- 1 can (15-1/2 ounces) navy beans, rinsed and drained
- 1/2 cup diced red potato
- 1/2 cup cut fresh green beans (2-inch pieces)
- 1/2 cup chopped tomato
- Salt and pepper to taste
- 1/8 teaspoon ground turmeric
- 1/4 cup chopped celery
- 1/4 cup diced carrots
- 2 tablespoons tomato paste
- Cilantro or parsley to garnish

Heat a little oil in a large heavy bottom pot, on medium heat. Sauté onions until tender, about 5 minutes. Now add in all the remaining ingredients except the garnish. Bring to a boil. Reduce heat and cover and simmer for 20-30 minutes or until vegetables are tender. Taste for flavor, adjust seasoning if needed. If you like spice here's what I do. I love adding a whole jalapeno into my soup pot and getting flavor from the pepper. If I want the some heat I make a slither from the point of the pepper toward the stem but not cutting it in half. Throw that in and you'll get some heat. For maximum heat slice the jalapeno pepper all the way and add in the exposed pepper in the pot. The exposed seeds and veins of the jalapeno will surely spice it up. You can use any hot pepper you like and use the same method for different heat levels. You can also add in any other veggies you may have or for a little heartier add in your favorite pasta, for soups I like angel hair