

## The Ultimate Comfort Bowl: My Favorite Healing Vegetable Soup Recipe

Loaded with nutrient-dense vegetables:



**TIME**  
**15 min**

**METHOD**  
**Slow cooker**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

2 tablespoons olive oil  
1 large yellow onion, diced  
3 cloves garlic, minced  
1 tablespoon fresh ginger, grated  
3 large carrots, peeled and sliced  
3 celery stalks, sliced  
1 medium zucchini, diced  
1 cup green beans, trimmed and chopped  
4 cups baby spinach or kale  
1 can (15 oz) diced tomatoes, drained  
6 cups low-sodium vegetable or chicken broth  
1 teaspoon turmeric  
1 teaspoon dried thyme  
1 teaspoon dried oregano  
Salt and freshly ground black pepper to taste  
Juice of half a lemon  
Optional: fresh parsley, red pepper flakes, or  
grated Parmesan for garnish

### DIRECTIONS

- 1. Start With Aromatics:** I heat the olive oil in a large pot over medium heat, then add the diced onions, garlic, and ginger. The smell alone makes me feel better. I sauté for about 3-4 minutes until the onions are translucent and everything is fragrant.
- 2. Add the Hearty Veggies:** Next, I toss in the carrots and celery. These take a bit longer to soften, so I like to get them going early. I stir them around for another 5 minutes, letting them soak up all the flavor from the aromatics.
- 3. Pour in the Broth and Tomatoes:** Once the carrots and celery start to soften, I add in the diced tomatoes and broth. I also stir in the turmeric, thyme, and oregano at this stage. The turmeric gives the soup a golden hue and adds extra anti-inflammatory goodness.
- 4. Add Quick-Cooking Vegetables:** After bringing the pot to a gentle simmer, I add the zucchini and green beans. They don't need much time to cook, and they add beautiful color and crunch. I simmer the soup for about 10-12 minutes until the veggies are tender.
- 5. Finish with Greens and Lemon:** Right before serving, I stir in the baby spinach or kale and let it wilt. Then, I squeeze in fresh lemon juice to brighten everything up. The lemon is the secret to making this soup taste fresh and vibrant.
- 6. Garnish and Serve:** I ladle the soup into big bowls and sprinkle with fresh parsley or a pinch of red pepper flakes if I want a little heat. Sometimes I grate a bit of Parmesan on top for richness.

