 Basic Vegetable Soup Recipe

* 1 tablespoon olive oil (or another cooking oil such as canola oil or sunflower oil)
* 1/2 large onion, chopped
* 2 ribs celery, chopped
* 2 carrots, sliced
* 2 cups mixed chopped vegetables, your choice (try cauliflower, zucchini, or green beans)
* 1/2 tsp salt
* 1/2 tsp garlic powder
* 1 teaspoon thyme
* 1 teaspoon oregano
* 1 bay leaf
* 8 cups water and 2 cubes of vegetable bouillon OR 8 cups vegetable broth
* 1 14-ounce can tomatoes
* **Prep Time**: 10 minutes
* **Cook Time**: 20 minutes
* **Total Time**: 30 minutes
* **Yield**: 6-8 servings

**Preparation**

Heat oil in a large soup or stock pot. Add onion, carrots and celery. Heat, stirring, for 3-4 minutes, until onions are soft. Add the rest of the vegetables and heat for just another minute or two.

Add salt, garlic powder, thyme and oregano, stirring to coat the vegetables well.

Add bay leaf, water or [vegetable broth](http://vegetarian.about.com/od/soupsstewsandchili/r/veggiebroth.htm) and bring to a simmer. If using bouillon cubes, add and stir to make sure they dissolve.

Add the tomatoes, stir, and allow your vegetable soup to simmer until all the vegetables are cooked, about 8-12 minutes.

Adjust seasonings to taste.

Remove the bay leaf and serve your homemade vegetable soup with a sprinkle of Parmesan cheese if you're not eating vegan, and some crusty bread or crackers.

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