



Everything but the Kitchen Sink Vegetable Soup

(Delicious Any Time of Year—Not Just for Winter!)

A lot of people think soup is just a winter thing—but this vibrant, nourishing vegetable soup is delicious year-round. It's comforting on a cold night, light enough for spring and summer, and perfect for gatherings like Mother's Day brunch. (Happy Mother's Day, Mom!)

Packed with fresh, colorful veggies and layered flavor, this soup is hearty, healthy, and totally satisfying—without added sugar or heavy ingredients. It also freezes beautifully, so you can stash away extra servings for busy days when you need something fast and nourishing.

I affectionately call this my *"Everything But the Kitchen Sink Soup"* because it includes so many delicious vegetables. It makes about 8 generous servings, each under 200 calories, and it tastes even better the next day.

Ingredients

- 4 cups low-sodium organic vegetable broth, divided
- 4 cups low-sodium organic chicken broth
- 2 cups organic yellow onion, chopped
- 2 cups organic celery, chopped
- 1 organic yellow bell pepper, seeded and chopped
- 1 organic jalapeño pepper, sliced (with seeds)
- 4 cloves organic garlic, minced
- 3 cups organic cabbage, chopped
- 2 cups organic broccoli, chopped
- 4 medium organic carrots, sliced
- 1 cup organic cauliflower, chopped
- 2 medium organic zucchini, sliced
- 2 cups water
- 2 (15 oz) cans organic diced tomatoes (no added sugar)
- 1 (15 oz) can organic beans (black, pinto, or kidney), rinsed
- 2 bay leaves (organic, if available)
- 2 cups organic spinach, chopped
- 2 cups organic kale, chopped
- ½ cup organic basil, chopped
- ¼ cup Trader Joe's 21 Seasoning Salute
- Salt and pepper, to taste
- Grated parmesan cheese (vegan or dairy, based on preference) for serving (about 1 TB per bowl)

Instructions

1. In a large soup pot, heat ½ cup of vegetable broth over medium heat. Add onions, celery, yellow pepper, jalapeño, and garlic. Sauté for about 8 minutes, stirring frequently, until softened.
2. Add cabbage, broccoli, carrots, cauliflower, and zucchini. Stir and cook another 10 minutes until slightly softened.
3. Add the remaining vegetable broth, chicken broth, water, diced tomatoes, beans, and bay leaves. Bring to a boil and cook for about 5 minutes.
4. Reduce heat and simmer uncovered for about 25 minutes, or until vegetables are tender.
5. Remove the bay leaves. Stir in spinach, kale, seasoning blend, and salt and pepper. Let cook another 10 minutes.
6. Stir in chopped basil just before serving. Top each bowl with 1 tablespoon of grated parmesan, if desired.

Storage Notes

This soup stores well in the fridge for up to 5 days or in the freezer for up to 6 months.

Tip: If freezing or storing, hold the parmesan until you reheat and serve—it's best freshly sprinkled.

Bon Appetit!