



Fall Vegetable Soup with Butternut Squash

By Kathleen Henry @ Produce On Parade

Serves 6

This hearty fall soup is loaded with veggies and butternut squash. It's warm and comforting and just perfect for a cozy weeknight night in. A delicious way to get in your day's worth of vegetables!

Ingredients

- 1 Tbsp. olive oil
- 1 ½ cups celery, diced
- 1 bell pepper, diced (I used orange)
- ½ cup green onions, sliced
- 5 garlic cloves, minced
- 1 tsp. salt
- 2 tsp. dried Italian seasoning
- 1 bay leaf
- 7 cups water
- 1 cup vegetable broth
- ¼ tsp. ground black pepper
- 2 large vine-ripened tomatoes, chopped
- 2 heaping cups butternut squash, peeled and cubed
- 1 15 oz. can of green beans, drained and rinsed (or 2 cups fresh)
- 1 15 oz. can of white beans, drained and rinsed
- 1 cup sweet corn (either fresh kernels or frozen)
- 1 tsp. balsamic vinegar
- 3 Tbsp. fresh mint, chopped finely
- 1-2 large handfuls of fresh spinach
- 1 Tbsp. fresh thyme leaves, for garnish (optional)

Instructions

1. Heat the oil in a large soup pot or pressure cooker. Add the celery, bell pepper and green onions. Stir occasionally over medium heat, for about 10 minutes until softened.
2. Add in the garlic, salt, Italian seasoning, and the bay leaf and stir continuously for about 1 minute or until fragrant. Add in the water, vegetable broth, ground black pepper, and the tomatoes. Bring to a boil and then turn down to low and simmer for about 15 minutes or if using a pressure cooker for about 5 minutes.

3. Add in the squash and simmer for about 10 minutes, covered. Add in the green beans, white beans, and the corn and continue to cook over low for another couple of minutes. Remove from heat and add in the vinegar, mint, and spinach and stir well to combine. Allow the spinach to wilt.
4. Serve hot and topped with fresh thyme. I like lemon thyme the best.