



H E A R T Y V E G E T A B L E S O U P

Ingredients:

- Assorted vegetables (carrots, potatoes, onions, celery), chopped
- 1 can of chopped tomatoes
- 1 litre of vegetable stock
- 2 cloves of garlic, minced
- Dried mixed herbs (such as thyme, parsley)
- Olive oil
- Salt and pepper to taste

Instructions:

1. **Prepare Vegetables:** In a large pot, heat olive oil over medium heat. Sauté onions and garlic until soft.
2. **Cook Soup:** Add the rest of the chopped vegetables, canned tomatoes, and vegetable stock. Bring to a boil, then reduce heat and simmer until vegetables are tender.
3. **Season:** Add mixed herbs, salt, and pepper to taste.
4. **Serve:** Serve hot, optionally with crusty bread on the side.