



# MEDITERRANEAN VEGETABLE SOUP

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

Extra virgin olive oil  
8 oz sliced mushrooms  
1 medium onion  
2 garlic cloves  
2 celery ribs  
2 carrots  
2 medium zucchini  
2 gold potatoes  
1 tsp ground coriander  
1/2 tsp turmeric  
1/2 tsp sweet paprika  
1 15 oz can white beans, rinsed & drained  
2 cans (14 oz) diced tomatoes  
2 bay leaves  
1 large sprig of fresh thyme  
6 cups low-sodium vegetable or chicken broth  
1 bunch of flat leaf parsley  
Zest of 1 lime  
Juice of 1 lime  
Salt & Pepper, to taste

## DIRECTIONS

In a large pot, heat 1 tbsp olive oil over medium-high heat. Add mushrooms and cook 3-5 minutes. Remove from pot and set aside.

Dice onions, garlic, celery, carrots, zucchini and potatoes. Add to pot with spices, salt & pepper. Cook about 7 minutes, stirring often until the vegetables have softened.

Add the beans, tomatoes, bay leaves, thyme and broth. Bring to a boil for 5 minutes, then turn the heat down to medium-low. Cover and simmer for 15 minutes.

Uncover and return the mushrooms to the pot. Cook just until warmed through.

Stir in chopped parsley leaves, lime zest and lime juice.

Remove from the heat and remove bay leaves and thyme sprig. Serve & enjoy!