

SOUP

Garden Vegetable Soup

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
85 min	40 min	45 min	8	\$1.70	186 kcal



You can never have too many hor d'oeuvre recipes, so give Garden Vegetable Soup a try. This recipe makes 8 servings with 186 calories, 4g of protein, and 8g of fat each. For \$1.7 per serving, this recipe covers 16% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ½ teaspoon freshly ground black pepper
- ☐ 2 ears corn, kernels removed
- ☐ ¼ cup packed, chopped fresh parsley leaves
- ☐ 8 servings Kosher salt
- ☐ 1 teaspoons freshly squeezed lemon juice
- ☐ 2 cups peeled and diced potatoes
- ☐ 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- ☐ 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- ☐ 2 tablespoons finely minced garlic
- ☐ 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- ☐ 4 tablespoons olive oil
- ☐ 4 cups peeled, seeded, and chopped tomatoes

☐ 2 quarts chicken or vegetable broth

EQUIPMENT Pot

Method

- 1 Watch how to make this recipe.
- 2 Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
- 3 Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
- 4 Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
- 5 Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt.
- 6 Serve immediately.

Nutrition per serving

186	4 g	8 g	28 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.1 g · 7% of daily needs
Fibre			4.7 g · 19% of daily needs
Sugar			9.1 g · 10% of daily needs
Sodium			1,180 mg · 51% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			33.4 mg · 40% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/garden-vegetable-soup-141957