



Kids Can Cook

Alphabet Vegetable soup

In keeping with our literacy theme this month, try this simple alphabet vegetable soup, also nice on a cold winter day.

Ingredients:

- 1 1/2 tbsp olive oil
- 2 cloves of garlic, minced (or less)
- 1 small yellow onion, diced
- 2 tsp Italian seasoning
- 3/4 tsp sea salt
- 1 tsp thyme
- 8 cups of vegetable broth
- 1 pound of frozen mixed vegetables
- 2 sticks of celery, diced (optional)
- 15 oz can of diced tomatoes in their juices
- 8 oz can of tomato sauce
- 1 cup of dry alphabet pasta



Directions:

1. In a large pot, heat the olive oil over medium heat. Once hot, add in the garlic, onion, italian seasoning, sea salt, and thyme. Cook until the onion begins to soften, about 5 minutes.
2. Turn the heat to high and add in the broth, frozen vegetables, celery, diced tomatoes in their juices, and tomato sauce. Bring to a boil.
3. Once boiling, lower heat to a gentle simmer and add in the pasta. Cook until the pasta is tender (check the box of the pasta you're using for reference), about 20 minutes. Check pasta for doneness (cook to your liking) and when the pasta is done.
4. Pour into bowls and allow to cool before serving.