

# Vegetable Soup

**Prep: 15 minutes Cook: 60 minutes**

**Serves:6**

By Heather McDougall

This is a soup that my daughter, Heather, makes often for her family. Our grandsons, Jaysen and Ben, love it and will often eat several bowls of this for dinner.

## Ingredients

- 4 cups vegetable broth
- 1 onion, chopped
- 2 stalks celery, chopped
- 2 carrots, sliced
- 2 cloves garlic, minced
- 2 cups water
- 1 yam, peeled and cubed
- 1 white potato, peeled and cut in large chunks
- 15 ounce can chopped tomatoes
- 15 ounce can white beans, drained and rinsed
- 1 bay leaf
- 1 tsp basil
- 1-2 cups chard, chopped
- 1/2 cup uncooked, whole wheat pasta

## Directions

Place 1/4 cup of the broth in a large soup pot. Add the onion, celery, carrot and garlic. Cook, stirring occasionally, until vegetables soften slightly, about 5 minutes. Add the remaining broth, the water, yam, potato, tomatoes, beans, bay leaf and basil. Bring to a boil, reduce heat, cover and cook for about 45 minutes, until all vegetables are tender. Stir in the chard and pasta. Cook for about 10 minutes until pasta is tender.

**Source:** Website, <https://www.drmcDougall.com/health/education/recipes/mcdougall-recipes/?recipe-id=1481&recipe-name=Vegetable-Soup>