

# *Eat Your Heart Out Edibles* ♥

Personal Chef Service and Made-to-Order Bakery

*"Eat Hearty Without the Headache!"*



## *Chef Angela's Alphabet Vegetable Soup*

Serves 6

### **INGREDIENTS:**

- 2 tablespoons butter or oil
- 1 yellow onion, diced
- 3 carrots, diced
- 2 celery stalks, diced (optional)
- 1 russet potato, diced
- 1 sweet potato, diced
- 1 small red bell pepper, diced
- 2 quarts (8 cups) chicken or vegetable broth
- 1 (14 oz.) can diced tomatoes, not drained
- 2 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon dried parsley
- 4 tablespoons tomato paste
- 3/4 cup alphabet pasta (or other small shape)
- 1 cup frozen green peas
- 1 cup frozen sweet corn



### **DIRECTIONS:**

In a large stockpot or Dutch oven, heat the butter over medium heat. Add the onion, carrots, celery, potatoes, and red pepper, and cook about 5 minutes, stirring a few times during that time. Add the broth, diced tomatoes, tomato paste, salt, pepper and parsley. Bring to a boil, then reduce the heat, cover the soup, and cook another 20 minutes. Stir in the pasta and cook 5 more minutes. Stir in the peas and corn and cook about five more minutes, until the peas and corn are heated thoroughly. Enjoy!

Note: To make this a vegan soup, use oil instead of butter and vegetable stock instead of chicken stock.

Compliments of Eat Your Heart Out Edibles

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