



## Comforting vegetable soup

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique

YIELD : **3 LITRES (12 cups)**

PREPARATION: **20 MINUTES**

COOKING: **50 MINUTES**

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### INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 1 yellow onion, chopped
- 2 garlic cloves, pressed or minced
- 3 celery stalks, with leaves, chopped
- 3 medium carrots, peeled and cut into small cubes
- 480 g (8 cups) cabbage, cut into thin strips
- 450 g (3 cups) butternut squash, peeled and cut into small cubes
- 400 g (4 cups) turnip, peeled and cut into small cubes
- 1 litre (4 cups) chicken broth (or vegetable broth for the vegan version)
- 796 ml (28 oz) diced tomatoes
- 796 ml (28 oz) crushed tomatoes
- 2.5 ml (1/2 tsp) sea salt
- 1 ml (1/8 tsp) pepper

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### PREPARATION

1. In a large saucepan, heat oil. Brown the onion and garlic for about 3 minutes. Add celery, carrots, cabbage, squash and turnip. Cook over low heat, lid closed, for 10 minutes. Add a little water if necessary, to prevent the vegetables from sticking to the bottom of the pan.
2. Add broth, tomatoes, salt and pepper. Bring to a boil, cover and cook over low heat for about 40 minutes, or until vegetables are tender.
3. Adjust the seasoning to taste and, if desired, add a little broth for a slightly less concentrated soup.



*A comforting vegetable soup filled with color and vitamins!*