

Evan Flatow, MD

Spring Vegetable Soup

163 calories per serving

Cost per serving \$2

Makes 4 servings

Ingredients

7 cups of water
10 small red potatoes, quartered
2 medium carrots, sliced 1/4 inch thick
2 celery ribs, sliced 1/4 inch thick
1 medium onion, coarsely chopped
1 large leek, sliced 1/4 inch thick
1/2 tablespoon kosher salt
1 lb. green beans, cut into 1-inch lengths (or frozen peas)
2 tablespoons chopped parsley
1 tablespoon chopped tarragon
Freshly ground pepper

Preparation

In a large pot, combine the water with the red potatoes, carrots, celery, onion, and leek. Bring to a boil. Add the salt and simmer over moderately low heat for 30 minutes.

Add the green beans (or frozen peas) and simmer until tender, 3 minutes. Stir in the parsley and tarragon. Season with pepper and serve.

Adapted from <https://www.foodandwine.com/recipes>