

Creamy Garden Vegetable Soup



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Ingredients:

- 2-1/4 tsp. canola olive oil
- 1/4 c. yellow onion, minced
- 1/4 c. celery, diced
- 1/4 c. carrots, diced
- 1/2 c. red pepper, diced
- 1 pt. cream of mushroom soup
- 1-1/2 pt. water
- 1/2 c. edamame (shelled green soybeans), frozen
- 2 tbsp. parsley, chopped
- 2 tbsp. chives, chopped

Directions:

1. Heat oil in stock pot over medium high heat.
2. Add onion and celery. Saute for 2 minutes.
3. Add carrots. Saute for 4 minutes
4. Add peppers. Saute for 2 minutes.
5. Add soup and water to pot. Bring to a boil. Reduce heat and simmer for 10 minutes.
6. Add edamame. Simmer for 10 minutes.
7. Stir in parsley and chives just before serving.

