

Chunky Vegetable Soup

Recipe By Rorie Weisberg



Cooking and Prep:  12
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Serves:  6

No Allergens

Preference: Parve

Watch how easily this hearty, filling soup comes together [here!](#)

Difficulty: Easy

Occasion: Yom Kippur, Nine
Days

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Carb, Sugar Free

Source: Kosher.com

Exclusive

Ingredients (13)

Main ingredients

- 2 tablespoons olive oil, divided
- 1 medium onion, diced
- 1 fennel bulb, diced

- 2 cloves garlic, crushed or 2 cubes **Gefen Frozen Garlic**
- 2 medium carrots, cubed
- 2 medium zucchinis, cubed
- 2 medium yellow squash, cubed
- 1 medium turnip, chopped
- 1 medium kohlrabi, chopped
- 1 (6-ounce) box mushrooms, sliced
- 1 cup **Gefen Organic Chickpeas**
- 1/2 tablespoon salt, plus more to taste
- coarse **Gefen Black Pepper**, to taste (*optional*)

Start Cooking

Prepare the Vegetable Soup

1. Heat one tablespoon oil in a pot on medium heat. Add onion and a sprinkle of salt and sauté for about eight minutes or until softened.
2. Add chopped fennel and sauté another five minutes. Then add garlic and salt and sauté for two minutes.
3. Add all the chopped veggies besides the mushrooms and chickpeas.
4. Add six to seven cups of water or enough to cover an inch above the vegetables. Bring to a boil, then reduce heat, cover and simmer for an hour and a half, stirring occasionally.
5. In a separate frying pan, heat one tablespoon of oil and sauté the sliced mushrooms. Once the soup is cooked, add the mushrooms and chickpeas. Cook an additional 15 minutes.
6. Add salt or pepper to taste. If soup is too thick, add a little boiling water. If soup is too thin, simmer uncovered for a few minutes to thicken.

Note:

Enjoy this soup with some eggs or fish and avocado for a light but filling meal.