

# Easy Vegetable Soup

Recipe By *Dining In*



Cooking and Prep:   
1.5 h

Serves:  12

Contains: 

Preference: Parve

Who knew soup could be this easy?

Difficulty: Easy

Diet: Vegetarian, Vegan,  
Pescetarian, Low Fat

Source: Dining In

## Ingredients (11)

### Main ingredients

- 2 onions, diced
- 2 stalks celery, sliced
- oil for sautéing
- 1 large parsnip
- 1 pound carrots
- 1 zucchini, unpeeled

- 1 handful barley (*optional*)
  - 1/4 to 1/3 cup split peas (*optional*)
  - 1 small can mushrooms
  - 1 tablespoon salt
  - water, to cover
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## Start Cooking

### Prepare the Soup

1. Sauté onions and celery in a little oil in six-quart pot.
2. Add whole parsnip, carrots, and zucchini. Add barley, split peas, can of drained mushrooms, salt, and enough water to fill pot three-fourths full. Bring to a boil and cook about one and a half hours or until carrots are soft.
3. Remove carrots from pot and set aside. Using a hand blender, blend vegetables in pot until smooth or desired consistency. Slice carrots into thin rounds, return to pot, and simmer an additional 10 minutes.

### Credits

Photography and Styling by Chavi Feldman