

## Navy Bean and Zucchini Soup



As we head into fall, there are still a lot of zucchinis hanging around, and even more in the freezer. This soup is hearty and filling and reheats and freezes well. Double the batch and share with the neighbors!

### Ingredients:

- 8 Cups vegetable broth and water combined
- 2 Cups cooked navy beans (or any legume that you have) – less cooking time if using canned.
- 1 Cup of chopped herbs (I use parsley and basil - use some dried if no fresh available)
- 1 large onion chopped
- 2 cloves of fresh garlic minced
- 2 stalks of celery chopped
- ½ Cup chopped carrots
- 1 cup chopped fresh or canned diced tomatoes
- Bay leaf
- 2 Tablespoon olive oil
- 2-3 cups shredded zucchini
- Salt and Pepper to taste

In a large soup pot sauté the onions in the oil until soft, adding the garlic, celery, carrots after a couple of minutes and then half of the herbs.

When the onions are translucent add the beans and cover with the vegetable broth and the tomatoes, the bay leaf and some salt and pepper, and bring to a simmer. Simmer until the beans are tender or at least 10 minutes if you are using canned. Add zucchini and simmer for a few more minutes.

Turn it off till ready to serve (even better if it sits a few hours or overnight). When ready to serve reheat and add the rest of the herbs when serving. You can also add some shredded kale, spinach or other greens when simmering for the final few minutes.

Enjoy!