

# Summer Vegetable Soup

*Created by Kristy Regan for the NCNM SIBO Lab*

Any tolerated vegetables can be used in this recipe so feel free to substitute as needed for what you tolerate. The pesto is relatively easy to make and makes the soup special.

Servings: Approximately 10

Soup Ingredients:

- 2 T avocado oil
- 1 T garlic oil
- 8 green onions (green parts only)
- 1 celery root or 2 peeled white, red or gold potatoes (if tolerated) cut into 1 inch chunks
- 1 28-ounce can organic diced tomatoes
- 2 quarts homemade vegetable or chicken stock
- 2 cups green beans, cut into 2 inch pieces
- 1 cup broccoli, cut into small pieces
- 1 cup carrots, cut into rounds
- 1 can artichoke hearts, drained and roughly chopped
- 2 cups kale, roughly chopped

1. Chop all vegetables before beginning the recipe.
2. Sauté the green onions in the avocado and garlic oil in a large soup pot of medium high heat.
3. Add the celery root or potatoes and sauté for approximately one minute.
4. Add the tomatoes and the can liquid and stock and bring to simmer.
5. Add the carrots, green beans and broccoli and simmer for approximately 15 minutes.
6. Make the pesto while the soup simmers.
7. Add the artichoke hearts and greens and cook for another 5 minutes.
8. Add salt and pepper to taste.
9. Pour soup into a bowl and top with pesto.

Pesto Ingredients:

- 1 T garlic oil
- ¼ cup olive oil
- 4 cups arugula pesto
- ¼ cup walnuts (or seed/nut of your choice)
- ¼ 30+ day aged parmesan cheese (optional)
- Salt to taste

1. Add all ingredients to a food processor and process until a paste forms.
2. Scoop into bowl.
3. Scoop 1 teaspoon to 1 Tablespoon of pesto on each bowl of soup, depending on preference. It can be used as a topping or can be mixed into the soup.