



Groovy Green Soup



1/2 onion (any color)
1 clove garlic or 1 shallot
1 cup chopped veggies from
“Eat This First” section
1/2 tbs olive oil
1 cup vegetable broth (can
be made from food scraps!)
Salt and pepper to taste

1. Sauté veggies in oil over medium heat.
2. Add in vegetable broth and simmer for 20 minutes.
3. Blend if desired.



CITY OF
LONG BEACH

#FoodWastePreventionWeek