



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