

Quick Vegetable Soup a la Provence (Vegan and Gluten-Free)

makes about 5 quarts

8-10 servings

I haven't tried this in a slow cooker, but would love to hear about it if you do!

- 1 tablespoon olive oil
- Pinch crushed red pepper
- 4 leeks (white part only), chopped (can sub 1 large onion)
- 2 stalks celery, small dice
- 2 carrots, peeled, and sliced thinly
- 1 parsnip, peeled, sliced thinly and chopped
- 2 small turnips, peeled, and small dice
- 1 cup cabbage, chopped finely
- 1 small summer (yellow) squash, large dice
- 2 cloves garlic, minced
- 28-ounce can chopped tomatoes (don't use pureed tomatoes)
- 1 teaspoon Herbes de Provence (or a mix of basil and oregano or thyme)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon fresh ground black pepper
- 2 quarts vegetable stock (check to make sure your stock is gluten free if you've purchased it from the store)
 - 1/2 cup fresh basil shredded (julienne) (optional)

— To a 6-quart heavy kettle, add the olive oil and crushed red pepper. Heat over medium flame for 30 seconds until fragrant. Add the leeks and celery and let cook 2-3 minutes. Add carrots, parsnips, turnips, and cabbage. Stir and let cook 4-5 minutes until beginning to soften. Add garlic; cook 1 minute.

— Pour in tomatoes and sprinkle with Herbes de Provence, salt, and pepper. Stir, cover, and let come to a boil. Add stock, stir, cover, and bring to a boil again.

— Reduce to simmer and cook until vegetables are nearly-tender, fifteen – twenty minutes. Taste and adjust seasonings. Serve hot garnished with fresh basil or pistou (pesto), if desired.