



OGS Garden Bean and Vegetable Soup

Ingredients:

- 3 Tablespoons olive oil
 - 1 onion, chopped
 - 2 carrots, chopped or shredded
 - 3 garlic cloves, smashed
 - 1+ cups beans, soaked overnight
 - 2 cups tomatoes, chopped
 - 1 sweet potatoes, shredded
 - 5 cups vegetable stock
 - 1 bay leaf
 - 1 Tablespoon dried thyme
- 1 cup basil oil

Directions:

- 1) Place all ingredients in the crock pot and cook for 8 hours.
- 2) When serving, garnish bowl with basil oil.

Recipes from

