



Summer Harvest Soup

This sunshiny soup is a celebration of **summer produce**. Zucchini, tomatoes, corn, green beans, and asparagus simmer together, creating a light yet flavorful broth. The grains add heartiness; for a light appetizer, you can leave them out.

By Darshana Thacker Wendel

Makes 8 cups
Preparation Time: 15 minutes
Cook Time: 15 minutes

INGREDIENTS:

2 onions, chopped (2 cups)
4 cloves garlic, minced
1 cup 1-inch pieces green beans
1 cup ½-inch-dice zucchini
1 cup halved cherry tomatoes
1 cup fresh or frozen corn
½ cup dry bulgur or quinoa, rinsed and drained
1 lb. fresh asparagus, trimmed and cut into 1-inch pieces
12 fresh basil leaves, chopped
2 tablespoons lemon juice
¼ teaspoon sea salt
Freshly ground black pepper, to taste

- 1 In a large skillet cook onions and garlic, covered, over medium-low 10 minutes. Add water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
- 2 Add 6 cups water and the next five ingredients (through bulgur). Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until bulgur is cooked and vegetables are tender.
- 3 Add remaining ingredients. Cook about 2 minutes more or until asparagus is just tender and bright green in color. Garnish with additional fresh basil.