Hearty Vegan Soup

Ingredients

- olive oil
- 1 big onion
- 5ish carrots
- 1+ celery sticks
- 3+ cloves garlic
- 1 potato
- 1 or 1/2 lb chickpeas
- 1 quart of tomatoes or more
- 1 beet's worth of beet greens
- 4 cups water
- several fistfuls of spinach, dandelion, or other greens
- rice to serve it with

Steps

1. Boil chickpeas (from dry).
2. Slice onion into eighths. Slice celery. Chop carrots into smallish pieces. Slice potato into broad slices.
3. Make rice if you want it on the side.
4. Briefly boil dandelion greens and cast out the water (leech out some of their bitterness). To be added to soup later.
5. Cook onion at modest heat in enough hot oil to almost-cover the bottom of a deep pot.
6. After onion has some dark spots (15ish minutes?), add sliced celery stick and small carrot pieces. These cook down dark together to make broth stock.
7. Add potato.
8. When potato is a little browned, add tomato. Cook until wilted or a little brown.
9. Add four cups of water.
10. Cut up beet greens. Stir them in.
11. Add chickpeas.
12. Slice up spinach while everything else simmers.
13. When carrots are soft and potatoes start falling apart, add spinach.
14. Add dandelion greens.
15. Serve hot with rice with sprinkling of fresh spinach, crisp lettuce, and/or some little cubes of cheese.

Notes

The tomatoes' acid leeches iron from the greens so that your body can use it, and their water deglazes the pot, which lifts up flavor from any broth veggies burned to the bottom. The chickpeas and the rice provide a balance of amino acids for your body's proteins, and they can temper the tomatoes' acid. Carrots and potatoes flesh it out; the carrots add a needed sweetness, as would sweet potatoes. Onion, celery, and garlic give flavor. Greens add iron and fibre, and the dandelions especially store some crucial vitamins along with their bitter milk. A vegetable oil not only helps cooking but also seizes flavor, binding different flavors from the soup and delivering them to the taste buds, and is crucial for brain health.