



SOOTHING VEGETABLE SOUP

Staple Ingredients

- 1 large onion diced
 - 2 tbsp olive oil
 - 3-5 cloves of garlic minced
 - 1 cup organic tomato sauce
 - 4 cups of organic vegetable broth
 - 1 cup water
 - 1/2 cup red & white quinoa
 - 1 bay leaf
 - ~1 tsp of salt, pepper, garlic powder, cumin (choose preferred seasonings)
 - 1/2 cup fresh herbs to garnish (basil, parsley)
 - Avocado (optional nice topping)
 - 7 vegetables of your choice
- I used:**
- 1 cup boiled lentils
 - 1 cup chick peas
 - 1/2 cup kidney beans
 - 3 stalks of celery chopped
 - 2 cups kale chopped
 - 2 cups broccoli chopped
 - 3 carrots chopped

Directions

- **Step 1:** Soak & boil lentils/beans first as instructions on bag call for.
- **Step 2:** Sauté onions & garlic in oil in a large pot.
- **Step 3:** Add broth, sauce, water, the harder vegetables first (broccoli, carrots, celery etc) & the bay leaf.
- **Step 4:** Bring to a boil & then reduce the heat to low/simmer, covered until the vegetables are tender, which is about 35 minutes.
- **Step 5:** Add the beans/legumes/softer vegetables for the last 5 minutes & increase heat to bring back to a boil.
- **Step 6:** Remove bay leaf & season to taste with garlic powder, salt, pepper, cumin (seasonings of choice) to your liking.
- **Step 7:** Add boiled quinoa & top with avocado for added nutrients (optional).
- **Step 8:** Garnish with herbs of choice.

Prep Time: 15 mins
Cook Time: 45 mins
Total Time: 60 mins

Enjoy

