

Mama's Fresh Market Veggie Soup

If you wish, please add organic chicken or turkey. Be creative and have fun!

<i>Ingredients</i>	<i>Makes at least 6 cups</i>
Oils & Broths	2 Teaspoons of Olive Oil 4 Cups Organic Broth
Veggies	2 Cloves Garlic 3 Scallions, or 1 Small Onion (optional) 2 Stalks of Celery 2 Carrots 2 Small, or 1 Large Pepper (ANY color) 3 Cups Greens. Suggestions: Collard, Arugula, Spinach, Mustard, Dandelion, Swiss chard, or Kale.
Seasonings	1 Large Fresh Tomato OR 1 Cup Canned Organic with No Added Salt Diced Tomatoes. ¼ Teaspoon Salt. ¼ Teaspoon Red Pepper Flakes (optional) ¼ Teaspoon Thyme ¼ Teaspoon Paprika ¼ Teaspoon Turmeric ¼ Teaspoon Tarragon ¼ Teaspoon Black or White Pepper. 1-Cup Parsley or Cilantro
Beans & Grains	Cooked: 1 Can Beans with <i>no added salt</i> . Suggestions: Garbanzo, Kidney, Black, Pinto, White, etc. Cooked: 1 Cup grains: Lentils, quinoa, rice, barley, etc.

Cooking Instructions

Cook your grains first and set aside.

Brown rice or quinoa.
Can also add beans, and/or lentils.

Cut up your veggies.

Rough chop

Use organic broth (Veggie, Chicken, or beef).

Using organic broth makes it much easier than making your own broth.

Most often I use **Trader Joes Organic low sodium Vegetable broth or Free Range Chicken broth.**

Experiment and see if there are some organic broths you like more than others... send me an email and let me know what you find. ☺

If you don't use the entire box of broth put it in the refrigerator so you can always add more to your soup during the week, as you need to.

Begin with olive oil and garlic in a large pot.

Brown the garlic slightly then add: Onion (optional), Carrots, and Celery.

Sauté for 2 minutes, then add peppers, greens and tomatoes and sauté 2 more minutes.

- *In order for the vegetables to maintain more of their nutrients I recommend you **lightly cook them**. They will be a little crisp when you are done.

Turn off the flame and then add spices, broth, cooked grains and beans, as well as any left over veggies and cooked meat, poultry or fish from night before.

Adjust seasoning to your taste.

That's it... your soup is done! YUMMY!!!

