

SAVORY VEGETABLE SOUP

(For standard, vegan & vegetarian plans)

Vegetable soup is always a tasty classic. This dish provides great savory flavor in just 30 minutes from start to finish and can be easily adapted for all plans. Vegans and vegetarians can add tofu or add hemp seeds during the last 15 minutes of simmering for added protein. Nutritional Yeast is also a great addition for added protein and a cheesy taste. One serving of this recipe is 1-1/4 cups and covers your vegetable for one meal.



INGREDIENTS

- 2-3 Tbsp avocado oil
- 1 medium onion, diced
- 1 large Bell pepper (any color), diced
- 3 cloves garlic, minced
- 1-12 oz bag frozen cauliflower florets
- 1-12 oz bag frozen green beans
- 1-14.5 oz can diced tomatoes
- 1-32 oz box chicken or vegetable broth
- 1-1/2 Tbsp Italian seasoning
- 1 bay leaf (optional)
- 1/2 tsp Pink Himalayan salt (or to taste)
- 1/4 tsp black pepper

INSTRUCTIONS

In a large pot, heat the avocado oil over medium heat. Add the onions and peppers and sauté until browned and tender – about 8-10 minutes.

Add garlic and sauté for one minute.

Add all other ingredients and bring soup to a boil. Cover and reduce heat to a simmer for 15-20 minutes or until vegetables are soft.