

Recipes from a Bright Sister's Kitchen

Bright Vegetable Soup

This versatile recipe is very forgiving and allows you to reduce or increase vegetables as you like. Be prepared to store in the freezer. This recipe makes a LOT of soup.

<p>Bright Line Equivalents Makes approximately 10 each 10 oz servings of:</p> <ul style="list-style-type: none"> • Vegetables
<p>Prep/Cooking Time Prep = approx. 15 minutes Cook = approx. 1 hour</p>

INGREDIENTS

2 tsp	Olive Oil (optional)	1 (15 oz can)*	Corn, low-sodium, canned or frozen (this is optional)
2 medium	Yellow onion, diced		
3 Tbsp	Minced garlic		
6-10 large	Carrots chopped	2 -3 (32 oz boxes)	Vegetable broth/stock
6-8	Celery stalks chopped		
1	Cauliflower head		VEG SOUP SPICES
10 oz ish	Frozen Green Beans		
1-2	Diced Zucchini	2 Tbsp	Kinder's Woodfired Garlic
1-2	Diced Red Bell Pepper	1 Tbsp	McCormicks Cajun Seasoning
1 bag	Shredded cabbage or Shredded Brussels Sprouts(optional)	1 Tbsp	Oregano
		2 Tsp	Pepper
		2 Leaves	Bay Leaves
1 bunch	Chopped Fresh Cilantro		Salt and Pepper to taste
			You may also like Paprika or other herbs and spices.

PREPARATION

Chop all veg. Add all chopped vegetable to stock pot. Add broth and Boil for 10 minutes, stirring occasionally, then cover pot and reduce to simmer. Simmer for 45 minutes and let sit. Add cilantro, spices and seasonings.

SERVING SUGGESTIONS

Weigh soup for desired amount. Use a slotted spoon to increase veg. Add soup base/broth as desired. The soup generally cooks up thick so this method of serving works best if you have a thinner soup.

Adding Protein: Add protein and/or fat to your soup bowl just prior to serving. Cheese is a great addition to this soup and if you use parmesan, it goes a long way. The options are endless.