

Recipes from a Bright Kitchen

Bright Vegetable Soup



Bright Line Equivalents

Makes approximately 12 each 10 oz servings of:

- Vegetables

Prep/Cooking Time

Prep = approx. 30 minutes

Cook = approx. 1 hour

Tools

You'll need a large stock pot, good chopping knife, and a big cutting board.

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.

INGREDIENTS

These ingredients are a starting point for your perfect version of the soup.

2 medium	Yellow onion, diced		FLAVORINGS
3 Tbsp	Minced garlic	2 Tbsp	Worcestershire Sauce or Coconut Aminos
6 large	Carrots, chopped		Beef Broth/Better Than Bullion (optional – has richer flavor)
8	Celery stalks, chopped	1 Cup	Kitchen Bouquet browning sauce (optional – adds flavor depth)
2 each	Green & Red Bell Pepper chopped	2 Tsp	
½ bag (15 oz)	Frozen Green Beans		HERB and SPICE MIX
2 medium	Zucchini, diced	1 bunch	Cilantro - chopped
1 (15 oz bag)	Frozen cauliflower	2 Each	Bay Leaves
1 (bag) OR	Shredded cabbage	1 Tbsp EACH	Cumin
½ head	Cabbage, shaved and chopped.	2 Tbsp EACH	Paprika, Dried Oregano, Garlic Powder
3 (15 oz can)	Fire Roasted Tomatoes, diced, canned	2 Tsp EACH	Garlic Salt, Black Pepper
2-3 (32 oz boxes)	Vegetable broth/stock		<ul style="list-style-type: none"> • Add Chili Powder if you want more heat.

PREPARATION

In a small mixing bowl, Make the HERB and SPICE MIX, set aside.

Chop all fresh vegetable and add to stock pot.

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Add tomatoes to the stock pot. Add 2 boxes of broth.

Turn pot up to high heat and bring soup to a boil.

Once the soup is boiling, ADD frozen cauliflower, frozen green beans and shredded cabbage. Bring back to boil. Boil for 10 minutes, stirring occasionally, reduce to simmer. Add the FLAVORING(S) and HERB and SPICE mix, stir well and continue to simmer.

→ For best results, simmer for 1-2 hours. However, the soup can be eaten within an hour if desired.

SERVING SUGGESTIONS

Use a slotted spoon to weigh out portion of vegetables, adding approximately 2 oz of the broth/liquid after you've reached your veggie serving size.

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. Garbanzo beans are a really filling choice. Or, add some animal protein. The options really are endless.

ADDS and MODS, if you want them:

- Canned Corn – add at the end
- Spinach
- Rinse the tomatoes and you'll have a less tomatoey flavor.

Enjoy!