



Veg Party Soup Quarantine Style

Serving size: 8

Ingredients:

5 cloves of garlic, sliced
4 medium carrots, peeled and sliced
1 large yellow onion, sliced
2 medium celery whole stalk, sliced
64 oz vegetable broth
8 oz of whole crimini mushrooms, sliced
15 oz can of triple beans (black, kidney, pinto), rinsed, pre-cooked
12 oz mixed colored potatoes, quartered
12 oz frozen okra, pre-sliced
12 oz frozen black eye peas
12 oz frozen sweet corn
12 oz frozen mixed vegetables (broccoli, cauliflower)
24 oz of marinara tomato basil pasta sauce
1 teaspoon of cumin
1 teaspoon of Spanish smoked paprika
1 teaspoon of red pepper chili flakes
1/2 tsp each of basil, oregano, marjoram, thyme, rosemary, sage
1 teaspoon of curry powder
3 bay leaves
1 tablespoon of avocado oil
1/2 teaspoon each of salt and ground black pepper
Optional: precooked brown rice

Equipment:

1 stock pot (6 quarts)

Directions:

1. In a large stockpot, sweat garlic and onion with oil on low heat until translucent. Then sweat the carrots, celery until translucent as well.
2. Place the mushrooms in the stockpot making sure stems are removed.
3. Throw in the herbs (basil, oregano, marjoram, thyme, rosemary, sage, bay leaves) and spices (cumin, paprika, curry, chili flakes) and cook for another 3-5 minutes.
4. Place all frozen ingredients, beans, potatoes, vegetable broth, pasta sauce and turn heat to high until boil. Continuously stir.
5. Turn down the heat to medium/low and cook for another 30 minutes or until the potatoes are nice and soft. Continuously stir.
6. Season with salt and pepper, adjust taste accordingly.
7. Serve while hot on its own or with a bed of precooked brown rice. Enjoy!