



Kitchen Sink Soup

COMMUNITY | HEALTH | CARE

Ingredients:

Vegetables 2-3 cups

Vegetables of your choice chopped small

Frozen vegetables

Protein 1-2 cups (optional)

Cooked beans or canned beans

Leftover cooked chicken, beef, pork or fish or other meat

Tofu or soy

Grain 1-2 cups (optional)

Cooked grains (rice, quinoa, barely, millet all work well)

Seasonings

2 teaspoon each: Garlic powder, Onion powder, Oregano

1 teaspoon each: Salt, Pepper

2-3 Bay leaves (to be removed)

Liquid 6-8 cups (less if not adding grains or protein)

Veggie broth and/or chicken broth preferably low sodium

Water

Tomato juice

Fat 2 tablespoons

2 tablespoons preferred cooking oil

Preparation:

Warm oil in a large stock pot, until just shimmering.

If using fresh onions and/or fresh garlic, add to oil, sauté until starting to wilt and fragrant. Add seasonings, cook for 20-30 seconds.

Add all your vegetables. Stir to coat with oil and continue to sauté until vegetables are heated through and starting to soften. Add your protein foods then add liquid of your choice.

Bring everything to a boil, reduce to simmer and cover until vegetables are tender. If using root vegetables like carrots and potatoes, this step may take longer.

Once vegetables are cooked through, remove the bay leaves. Add desired grains, stir to combine, and simmer until heated through.

Serve or freeze for another day!