

Rainbow Vegetable Soup



PREP TIME:
20 MINUTES

COOK TIME:
20-30 MINUTES

TOTAL TIME:
45-50 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free / Vegan / Cleanse Friendly

Yield: 6-8 Servings

Ingredients:

- 2 TBSP Olive Oil
- ½ Large Red Onion (1/2 cup) Diced
- 2 TBSP Diced Shallot
- 2-3 Garlic Cloves Minced
- 1 Cup Sliced Carrots
- 1 Cup Sliced Celery
- 1 ½ Cup Diced Zucchini
- 1 Cup Sliced Red Cabbage
- 1 Cup Sliced Mushrooms
- 1 Teaspoon Dried Rosemary
- 1 Teaspoon Dried Thyme
- 1 ½ Teaspoons Salt
- Cracked Black Pepper To Taste
- 6 Cups Organic Low Sodium Vegetable Broth
- 1 15.5 oz Can Cannellini Beans with liquid
- 1 14 oz. Can Fire Roasted Diced Tomatoes
- 1 ½ - 2 Cups Sliced Spinach

Instructions:

1. In large soup pot add olive oil and warm at medium heat. Add onion and shallot – let cook 3-5 minutes. Add Garlic and cook another 1 minute.
2. Add carrots, celery, zucchini, cabbage – cook down about 5-7 minutes. Add mushrooms and cook another 2-3 minutes. Adjust heat accordingly.

3. Season veggies with rosemary, thyme, salt and pepper.
4. Add broth, beans and tomatoes. Stir and let simmer for another 20-25 minutes.
5. 5 minutes before serving, add spinach to pot – let wilt down.
6. **Serve over 1 of the following:** Rice Noodles / Gluten Free Pasta (brown rice/chickpea) / Brown Rice / Quinoa

***Try and use all organic ingredients if possible.**

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