

Broccoli, Cauliflower and Corn Soup



INGREDIENTS

- 1 Tbsp. oil
- 1 large onion, coarsely chopped
- 1 carrot, peeled and chopped
- 1 celery stalk, sliced
- 1 garlic clove, peeled and minced
- 3 cups of a mixture of raw broccoli and cauliflower
- 1 cup corn
- 8 cups low sodium vegetable broth

DIRECTIONS

1. Saute onion, carrot, celery and garlic and cook until tender – 10 minutes or so.
2. Add broth and cook uncovered for 20 minutes. Add the cauliflower, broccoli and corn and cook about 15 more minutes – but NO LONGER. If you cook too long, vegetables become mushy and strong tasting.
3. Puree some of the soup, but you can leave some chunky pieces. Or you can puree it all.

NUTRITION FACTS *6-8 servings*

Calories: 107	Total Carbohydrate: 18.75 g
Fat: 3.3 g	Dietary fiber: 4.5 g
Sodium: 159 mg	Protein: 3.75 g

Easy Tomato Basil Soup



INGREDIENTS

- 1 tsp. olive oil (or for oil free prep, use a dab of water)
- 1 medium onion, chopped
- 3 large cloves of garlic chopped finely
- 7 cups of chopped fresh tomatoes
- 1 handful of fresh basil leaves
- 1½ tsp. salt
- 1 tsp. pepper

DIRECTIONS

1. Cook onion and garlic in oil or water for a few minutes, until starting to turn golden.
2. Add the chopped tomatoes. Cook over medium heat, stirring every few minutes until tomatoes have broken down and are soft.
3. Remove from heat and add basil and salt and pepper.
4. Carefully blend in a blender, food processor or with a stick immersion blender until smooth.
5. Serve immediately



NUTRITION FACTS *6 servings*

Calories: 78	Total Carbohydrate: 28 g
Fat: 1 g	Dietary fiber: 4 g
Sodium: 482 mg	Protein: 4 g