



Healthy Bowl of Goodness Soup

Enjoy a rainbow of vitamin rich flavors

3/4 cups diced **red onions**

1/2 cup diced **carrots**

1/2 cup diced **celery**

1 Tablespoon **olive oil**

1 meat or meatless **hot dog**, chopped

2 cloves **fresh garlic**, minced

1/2 cup spicy hot **vegetable juice**

6 cups unsalted **vegetable stock or broth**

1/2 teaspoon **oregano**

1 teaspoon **basil**

1 dried **bay leaf**

2 Tablespoons chopped pitted **dates**

1 cup cubed **butternut squash**

3/4 cups quick cooking **barley**

Stir in

4 cups chopped **fresh kale**, stems discarded
1 cup chopped **shitake or favorite mushrooms**, stems removed
1 can (16 oz.) **chickpeas**, drained
1/2 cup (each) **corn kernels** and **shelled edamame**, thawed
1 cup bite sized fresh **green beans**, cleaned
1 teaspoon salt; 1/4 teaspoon **black pepper** or to taste
Add 3 cups **vegetable stock** or as needed
Shaved **Parmesan**, as desired

Toss onions, carrots, and celery with oil. Place in large heavy soup pot over medium high heat; cook until onions soften and begin to brown, about 7 minutes. Add chopped hot dog and garlic; cook until fragrant about 1 minute.

Deglaze with vegetable juice; scraping up any brown bits on pot, about 3 to 5 minutes.

Add vegetable stock, oregano, basil, bay leaf; and dates; cover; bring to boil. Stir in squash and barley, reduce heat to medium and simmer covered until squash and barley are tender, about 10 to 15 minutes. Remove and discard bay leaf.

Stir in kale, mushrooms, chickpeas, corn, edamame, and green beans; cook covered until heated through about 7 minutes add additional stock as needed.

Season soup with salt, black pepper. Garnish each serving with shaved Parmesan cheese.

Yield: about 10

Cook's Note: Other vegetables can be substituted as ingredients but make sure you use a rainbow of vegetable colors because the different colors indicate the various nutrients they contain. The hot dog can be meat or meatless and adds a flavor component. It is an optional ingredient.

About the Recipe: The healthy secret is to include a rainbow of vegetables for a variety of different nutrients. Adding beans and chickpeas add plant protein and barley provides those whole grains' benefits. Shiitake

mushrooms protect your DNA from oxidative damage and contain all eight essential amino acids. As you can see, this soup is truly a bowl of healthy goodness.