

## YUMMY HEALTHY SOUPS



### Hearty Kale and White Bean Soup

- 1 cup chopped onions
- 2 medium cloves garlic, minced
- 2 Tablespoons olive oil (optional)
- 5 cups water
- 2 cups cubed potatoes
- 2 cans navy or cannellini beans (white kidney beans)  
(If using fresh cooked beans, 2½ cup beans well-seasoned with salt)
- 3 cups chopped kale – packed.
- 1¼ teaspoon salt or Herbamare
- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper–optional

In a large soup pot, sauté onions and garlic in olive oil or just add them directly to the 5 cups water with potatoes and bring to a boil. Reduce heat. Cover and lightly boil for 10 minutes. Add remaining ingredients and cook covered an additional 10 to 15 minutes until potatoes are soft.

This hearty soup can be served with cornbread and tossed salad for a great meal.

### Garbanzo Noodle Soup

*A nice addition to this soup is a handful of thoroughly washed fresh spinach. Add it to the soup and continue cooking another 3 minutes.*

- 1½ tablespoon minced garlic
- ½ cup chopped onion
- 8 cups water
- 2½ cups dry whole grain pasta, ribbon style if available
- 1 cup garbanzo beans (or Soy Curls)
- 3 tablespoons chicken-style seasoning
- 1 teaspoon dried parsley or 2 tablespoons finely chopped fresh parsley
- salt to taste

1. In a large pot, lightly steam onion and garlic in ½ cup of the water.
2. Place remaining water, pasta and chicken-style seasonings into a pot and bring it to a boil. Add remaining ingredients and bring to a boil. Allow to boil gently for 8-10 minutes.
3. Cook on medium heat until pasta is tender. Add garbanzos and parsley.

## Vegetable Soup

*Quick and hearty!*

1 small onion, chopped  
1 clove fresh garlic, pressed  
1 stalk celery, sliced  
1 tablespoon olive oil or 2 tablespoons water  
1 carrot, diced  
1 medium potato, diced  
4 cups water  
1 tablespoon chicken-style seasoning  
14.5-ounce can diced tomatoes  
½ cup pasta sauce  
½ cup corn  
1 teaspoon dried basil  
1 teaspoon parsley flakes  
salt to taste

1. In a large pot, steam or sauté onion, garlic and celery and until tender.
2. Add all remaining ingredients. Bring to a boil, cover and simmer for 10-15 minutes.