

PLEASING YOUR PLANT-BASED PALATE

Two Simple Soups



Black Bean Tortilla Chip Soup with Avocado Garnish

Soup

- 1 small onion, minced
- 1 celery stalk, chopped
- 1 medium carrot, chopped
- 2 garlic cloves, minced
- 2 cups water
- 2 teaspoons "Better Than Bouillon" vegetable base
- 1 19 oz. can black beans, drained
- 1 1/2 teaspoon chili powder
- 1 teaspoon dried oregano

Garnish

- 1 medium tomato, chopped
- 1 avocado, cubed
- 1/4 cup cilantro, minced
- 1 stalk green onion, minced
- Juice of 1 small lime
- Tortilla chips

In a medium soup pot on medium heat, sauté the onions in 1/4 cup of water until translucent. Add the celery, carrots, and garlic and sauté for 2 to 3 minutes. Add the water, vegetable base, beans, chili powder, oregano. Bring to a boil, then reduce heat. Cover with lid and simmer for 15 to 20 minutes. While the soup simmers, in a medium bowl, stir together the tomatoes, avocados, cilantro, green onions, and lime juice. Set-aside. With a hand blender or food processor, blend half or all of the soup until smooth (be careful when blending hot liquids). Return to pot and reheat. Serve topped with a generous helping of avocado salsa and tortilla chips. Makes two large or four small servings.

Presenters: Bev Bow & Don Fries of Healthy World Sedona

Please visit Healthy World Sedona at www.healthyworldsedona.com & on Facebook and become a part of a group that focuses on compassionate plant-based living.

PLEASING YOUR PLANT-BASED PALATE

Two Simple Soups

Tuscan Vegetable Soup



Ingredients

1 15 oz. can low sodium cannellini beans, drained and rinsed
½ large onion, diced (about 1 cup)
2 carrots, diced (about ½ cup)
2 stalks celery, diced (about ½ cup)
1 small zucchini, diced (about 1 ½ cups)
1 clove garlic, minced
1 teaspoon dried thyme
½ teaspoon dried sage
¼ teaspoon black pepper
1 quart water
4 teaspoons “Better Than Bouillon” vegetable base
1 14.5 oz. can diced tomatoes
2 cups chopped spinach leaves
1 cup finely chopped fresh basil
3 tablespoons nutritional yeast

Directions

In a small bowl, mash half the beans with a masher or the back of a spoon and set aside.

Cover the bottom of a large soup pot with ½ inch of water. Over medium-high heat, add the onion, carrots, celery, zucchini, garlic and spices. Cook, stirring occasionally until the vegetables are tender – 5 to 10 minutes.

Add the water, vegetable base and tomatoes with their juice and bring to a boil. Add the mashed and whole beans, spinach leaves and basil. Cook until the spinach is wilted – about 3-5 minutes. Stir in the nutritional yeast and allow to simmer for another 5 minutes. Serve with warm bread.

Note: You can substitute or add other vegetables, and can also add pasta such as whole wheat or brown rice elbow macaroni.

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