

Chickpea Minestrone

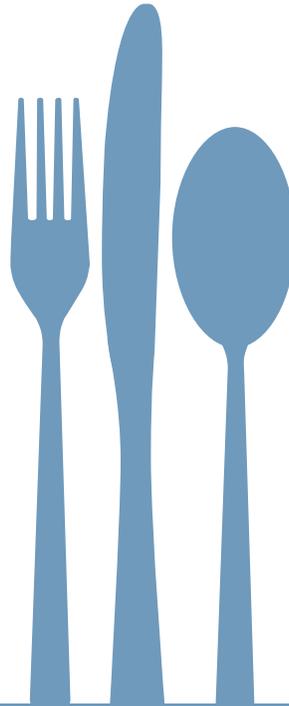
DIRECTIONS

1. In a large stock pot add oil, onion and carrots and sauté until tender.
2. Add garlic, paste, broth, tomatoes, and oregano and bring to a boil.
3. Add chickpeas and pasta and cook for ~10 minutes.
4. Add greens.
5. Top with Parmesan cheese and red pepper flakes.



INGREDIENTS

- Olive oil
- 1 chopped onion
- 2 chopped carrots
- 3 cloves minced garlic
- 2 Tbsp. tomato paste
- 4 cups vegetable broth
- 28 oz can diced tomatoes
- 1 tsp. oregano
- 15 oz can chickpeas
- 1 cup chickpea pasta
- 1 bunch spinach or Swiss chard



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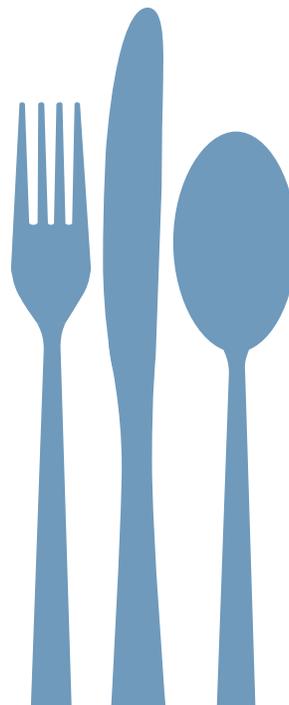
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Chicken Fajita Soup

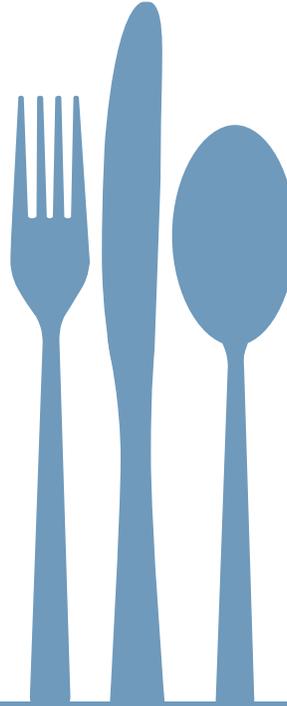
DIRECTIONS

1. Add the olive oil and peppers, onion and garlic to a large pot and sauté.
2. Add chicken, beans, tomatoes, broth, and seasoning (and if adding rice you may need to add 1-2 cups water). Bring the soup to a boil. Lower the heat and simmer for 15-20 minutes (or until rice is tender).
3. Top with cheese, avocado, jalapeno, etc.!



INGREDIENTS

- 1 pound chicken breast or 1 small rotisserie chicken
- 1 tsp. olive oil
- 2 bell peppers chopped
- 1 red onion chopped
- 4 cloves minced garlic
- 15 oz black beans
- 15 oz fire roasted diced tomatoes
- 8 cups chicken broth
- 1/2 cup fajita seasoning
- 1/2 cup brown rice (optional)



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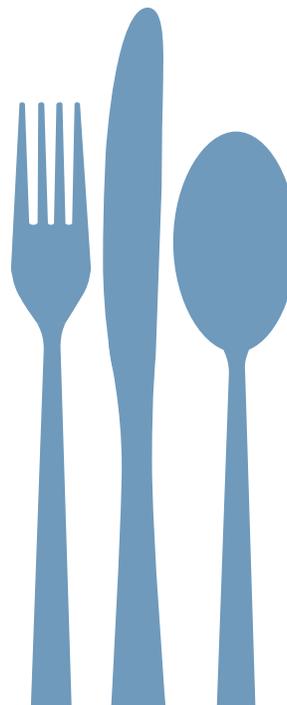
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Thai Curry Vegetable Soup

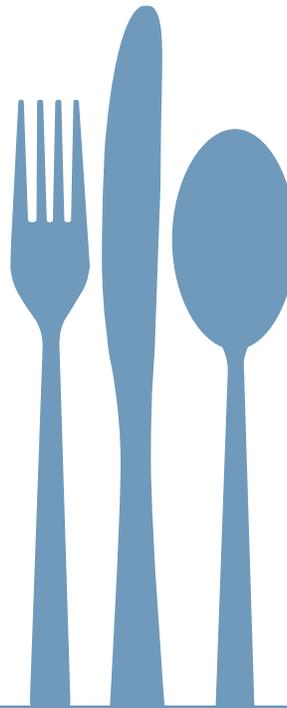
DIRECTIONS

1. Chop the vegetables.
2. Add oil to large soup pot, add garlic, ginger and curry paste and sauté.
3. Add sweet potato, bok choy stalks and broth. Bring to a boil and then let simmer for 5 minutes.
4. Bring another small pot of water to boil for the vermicelli. Add it and boil for 2-3 minutes. Drain.
5. Add coconut milk, brown sugar, and bok choy greens to large pot. Divide the noodles among 4 bowls and ladle the soup over the noodles. Top with a lime and cilantro.



INGREDIENTS

- 2 Tbsp. cooking oil
- 2 cloves garlic
- 1 Tbsp. freshly grated ginger
- 2 Tbsp. Thai red curry paste
- 1 small sweet potato, diced
- 1 bunch baby bok choy
- 4 cups vegetable broth
- 13 oz can coconut milk
- 1/2 Tbsp. brown sugar
- 3.5 oz rice vermicelli noodles
- 1 lime cut into wedges
- Fresh cilantro



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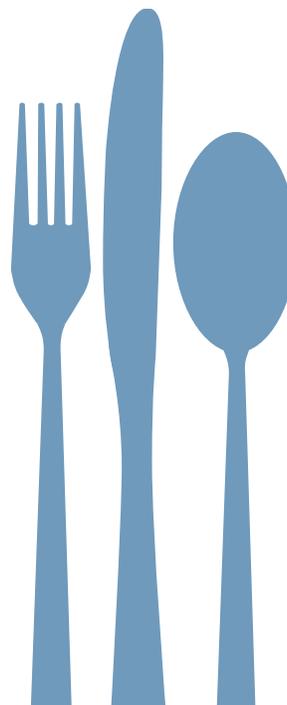
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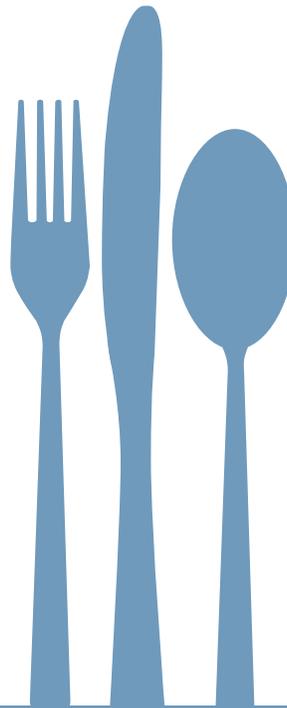
Mason Jar Broccoli Cheddar Soup

DIRECTIONS

1. Shred/grate a head of broccoli and pour into an 8 ounce mason jar. Top with remaining ingredients. Microwave for 10-12 minutes. Top with crushed red pepper flakes. (Serves 1)
2. Optional: Serve in a sourdough bread loaf by cutting out the middle and pouring soup into center or bread bowl.

INGREDIENTS

- 1 head of broccoli
- 1/2 cup shredded carrots
- 1/2 cup shredded cheese
- 1 cup vegetable broth
- 1/2 cup 2% milk
- Black pepper



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