

Soothing Vegetable Rice&Bean Pilaf Soup



Easy on the stomach, yet hearty enough to fill you up!

I used LUNDBERG brand Olde World Pilaf Rice & Beans. Cook 1 cup rice with 2 cups water either on the stove for 30 to 45 minutes, or using a rice steamer.

Ingredients:

- 1 stalk celery chopped
 - 1/4 cup onion chopped
 - 1 Tbs. minced garlic
 - 1-2 Tbs. EVOO
 - 8 cups Organic vegetable broth (or a mix of vegetable and chicken broth)
 - 1 small turnip diced into 1/2 inch pieces
 - 2 cups chopped fresh (or frozen) vegetables like carrots, broccoli, cauliflower mix
 - 1/2 cup fresh or frozen green beans in 1 inch pieces
 - 2 tsp. Herbamare (a mix of sea salt and herbs)
 - 1-2 cups cooked Rice&Bean pilaf (depending on your desired heartiness)
- *You can also add about 1 cup of chopped chicken or turkey to this recipe.

Directions:

- Saute the celery, onion, garlic and hard vegetables (carrots and turnips) with 1 Tbs. of the olive oil and 1 tsp. of the Herbamare for about 5 minutes, making sure not to let the mixture get too hot or burn.
- Add the rest of the vegetables with the broth and cooked rice/bean pilaf. Bring to a slow boil. Simmer for about 30 minutes or until vegetables are tender.
- Add the second teaspoon of Herbamare (less or more) to taste. Enjoy!