

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month Sherry's *Flexible, Healthy Soup*

Fellow HLP-er Sherry Findley puts a new spin on soup: make the main soup but leave out the protein, and add in different proteins when you grab a bowl —chicken, beef, bison, beans, quinoa. So you've got a different soup every timey. And she uses different spices per bowl too: curry, tandoori, and chilli powder! Flexible soup! Who knew?

Ingredients

- 6 cups chicken broth
- 2 cups water
- 1 28-oz can of crushed tomatoes
- 1 small onion chopped
- 2 cloves of garlic minced
- 4 stalks celery sliced
- 2 cups sliced mushrooms
- 1 turnip chopped
- 1 large sweet potato chopped
- 1 bunch of kale chopped
- 4 carrots sliced
- 1 cup green beans sliced
- 1 red bell pepper chopped
- 2 jalapeno peppers diced



Put all this together and cook till all veggies are soft then add....

- 2 cups broccoli chopped
- 2 cups cauliflower chopped
- 1 cup asparagus chopped
- 1/2 cup cilantro diced
- 4 mini bok choys chopped

Simmer for 20 minutes and enjoy!

Nutritional Information (per bowl, with protein added)

Calories...150 Protein...11 g Carbohydrate...21 g Fat...4.5 g

Healthy Living Program ~ creating body, mind and spiritual health for life!

McCoy
Fitness & Health

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