

Healthy Living Program's Recipe Corner

~ eat light, eat clean, eat well! ~



Clean Eating Recipe of the Month

Phyllis' Fall Harvest Soup

This soup is loaded with goodies from the earth. The perfect fall soup! This is eating in season, one of our main philosophies in the HLP!

Ingredients

- 1 3/4 lbs lean ground beef, buffalo, turkey or chicken
- 1 tsp olive oil
- 1 large onion, peeled and chopped
- 1 large pepper, chopped
- 1 large yellow squash
- 8 oz. chopped mushrooms
- 2 tsp garlic, chopped
- 1 bottle (46 oz) tomato or veggie cocktail
- 1 can (15 oz) pinto, chick peas or black beans, drained
- 1 can (14 oz) crushed tomatoes
- 1 TBSP fresh lime juice
- 1 TBSP ground cumin
- 1/8 tsp cayenne pepper
- 1/4 cup each fresh cilantro and parsley, chopped



Instructions

Cook meat in olive oil for 5 minutes over medium heat. Drain, if necessary. In same saucepot, cook onions, peppers, squash, mushrooms and garlic for 5 minutes or until veggies are crisp-tender. Stir in cocktail juice, beans, tomatoes, lime, cumin, cayenne and meat. Add 1 cup water to thin, if needed. Cover & bring to a simmer only. Reduce to medium heat, let simmer for 20 minutes, then add cilantro and parsley. Simmer another 5 minutes. Garnish with shaved parmesan and serve!

For a vegetarian version, omit meat and put in an additional 15 oz of garbanzo, pinto or black beans.

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

McCoy
Fitness & Health

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