

Eat the Rainbow Soup

We've all heard nutritionists say, "eat the rainbow," and this soup is a great way to do just that. In fact, that's what makes rainbow soup unique—while it is generally challenging to eat all of the colors of fruits and vegetables at one meal, rainbow soup makes it possible. Rainbow vegetable soup has vegetables from all the color groups, so it is filled with lots of antioxidants and other nutrients for your family.

Despite the unusual seasoning combination of sweet paprika, turmeric, cinnamon, and hot sauce, this vegetable soup is one that people tend to love. You can put leftover turkey or chicken in it, but it can stand on its own without meat. It is also good with beans or chickpeas if your diet allows. If you have any fresh herbs around, feel free to throw them in as well.

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 large stalks celery, chopped
- 4 cloves garlic, pressed
- 1 medium red bell pepper, chopped
- 1 cup chopped carrot, or chopped pumpkin
- 1 heaping tablespoon sweet paprika
- 3 teaspoons turmeric
- 1/2 teaspoon cinnamon
- 1 bay leaf
- 1 tablespoon hot sauce
- 15-ounce can tomatoes, chopped
- 5 cups vegetable stock
- 10 ounces frozen or fresh green beans
- 1 large leaf of chard, spinach, or kale, cut into thin strips



Directions:

1. In a large soup pot, simmer oil, onion, and celery. Cook over low heat for 5 to 10 minutes to develop more sweetness in the onion.
2. Add garlic and cook for 1 to 2 minutes. Turn up the heat to medium and add the peppers and carrots. Cook another 1 to 2 minutes and add the spices. Stir and cook until fragrant—another minute or so.
3. Add tomatoes and stock, and simmer for 15 minutes. Add beans and chard and simmer for another 5 minutes or until the beans are cooked.
4. Adjust seasonings with salt and pepper as needed.

Note: To 'beef' up the broth, I sometimes add Better Than Bouillon beef flavor. My husband loves the extra flavor.