



# Deb's Fabulous Veggie Soup Recipe

Whether you have been overdoing lately or not, here is a little recipe that helps me get over any sluggish times. This makes a big pot, and was basically my "cleansing" for a couple of days - protein smoothie for breakfast, soup for lunch and dinner . Don't go too crazy with the soup though, a couple of days is about all I'd recommend as you don't want to go too long having too few calories. You can also freeze it, so if you don't think you need to go all out soup - you can still make the big pot and just freeze it into single serve portions as a convenient lunch or dinner on the run.

## INGREDIENTS

2 brown onions.  
about 1/2 a bulb garlic (vary according to taste - I love garlic)  
4 carrots.  
2 parsnips  
1 fairly large Sweet potato.  
fairly decent chunk of pumpkin (any sort will do)  
4 zucchini.  
1/2 bunch celery.  
Approx 1 ltr vegie stock (this can just be stock cubes, or ready mix) -  
You can also use chicken or beef stock for a different flavour .  
1 large tin (800g?) diced tomatos.  
1 cup Quinoa (small seed like grain and a great source of protein and fibre -  
found in health food section along with lentils etc)  
Broccoli  
1 can of red kidney beans (strained). - also good source of protein and fibre  
500g bag frozen peas  
pepper and a few mixed herbs to taste



## METHOD

Find the BIGGEST pot you can.  
Slice & Dice all the veggies - but keep them fairly chunky.  
Lightly spray the pot with canola (or olive) oil - just a light spray though.  
When hot, throw in the onions, garlic, carrots, sweet potato, pumpkin zucchini & celery & gently stir for a couple of minutes.  
Add stock, tinned tomatos and Quinoa.  
Bring to the boil, then reduce heat and simmer, stirring occasionally until veggies and Quinoa is soft (around 20 minutes should do)  
Add broccoli, kidney beans, peas, pepper & herbs. Bring to the boil again, then remove & serve.  
Garnish with some parsley if you want to make it look pretty.

You can add or omit different vegetables if you like. Try adding capsicum (if you like it - I left it out of mine coz I don't like it), or you can add chillies or tobasco if you like it hot & spicy - I don't, but John does, so he adds his separately to his own dish.

If you need to add a bit more substance - if the weight loss isn't a primary concern or for other members of the family, try serving it over a pasta (wholegrain would be best) or even with some lean beef strips or chicken over the top.

Be a little bit adventurous with it. This is simply a bunch of stuff thrown into a pot and cooked. The main thing is to go for a variety of good, wholesome foods - packed with nutrition and low in calories.

Hope this is helpful in giving you a jump start back on the right track.