

**Canned Organic Soup with Fresh Veggies** 

**Super Easy meal idea. Start with a can of organic soup and add in**

**lots of fresh veggies and super spices you have on hand.**

**Ingredients:**

**1 15.5 oz organic canned soup (I used Wolfgang Puck's organic chicken noodle)**

**1 TBSP olive oil**

**½ orange bell pepper, diced**

**5 shiitake mushrooms, sliced**

**1 clove garlic, crushed**

**½ small white onion, diced**

**½ to 1 cup shredded purple cabbage**

**½ cup broccoli florets**

**½ tsp garlic powder**

**½ tsp Terra’s Table mushroom powder**

**½ tsp turmeric powder**

**Dash cayenne pepper**

**Dash jalapeño pepper**

**Organic salsa**

**Fresh jalapeno, diced**

**Fresh cilantro**

**Instructions: Heat soup over medium high heat until it starts to boil. While the soup is heating, add olive oil and garlic to sauté pan and sauté bell pepper, mushrooms and onions over medium heat for 7 minutes. Add in shredded purple cabbage, broccoli and sautéed veggies to the soup and continue to boil for approximately 5 minutes longer. Add the powdered spices, stir and pour into serving bowls. Top with organic salsa, fresh jalapeño and cilantro.**

**Note. Canned soup can have a high sodium content. If you start with canned soup, don't add extra salt. Another option would be to start with low sodium organic chicken broth instead of canned soup.**

**Make this soup with the fresh veggies you have on hand and play with the spices for a different version.**

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