

Recipes

by
Wellness Plus Members

Vegan Cauliflower – Broccoli Soup

Ingredients

- 1 medium head of cauliflower, cut into small pieces
- 3 Small heads of Broccoli, cut into small pieces
- 1 large onion, diced
- 1/4 cup dried parsley
- 4 cups vegetable broth
 - 4 cups water
 - 1 large red bell pepper
 - 1/3 lbs. celery
 - 1/4 lbs. carrots
 - ½ tsp ground black pepper
 - 2 large cloves garlic
 - 1 tsp dried thyme

Instructions

1. Blend all vegetable broth ingredients in high-intensity blender.
2. In large pot combine all ingredients.
3. Bring to boil.
4. Simmer for ½ hour.
5. Enjoy

Note: Vegan Jim uses only organic ingredients.

Source: Jim's Real Food Kitchen.com