

KOSHER WOMAN SOUP

The most efficient way to prepare this soup
is to prepare a week's supply of the 1st 4 ingredients in advance

INGREDIENTS

- 1 head Broccoli** (it will still have a small stalk)
Clean broccoli & slice the stems into thin pieces & the large broccoli in half
Steam for 12 - 15 minutes & when it cools process it **OR** leave florettes whole
- 2 pkgs Mushrooms** (preferably cremini)
Spray 2 saute pans with non-stick cooking spray & spray the mushrooms with garlic spray
Brown both sides of the mushrooms
- 1 bag Kale** (trimmed off the stalk) (small pieces) (processed into very small piece)
Place 3 T extra virgin olive oil in a deep pot & then add the kale
Mix it with the olive oil & heat the kale on a medium-high setting stirring the kale often (5 minutes)
Add enough vegetable broth to cover the kale & cook covered for 8 - 10 minutes
Take the cover off & cook for 5 more minutes on medium heat
- 1/2 C Quinoa OR Kashi OR Kasha OR any other grain** (dry)
Prepare grain according to package directions but substitute vegetable broth for water

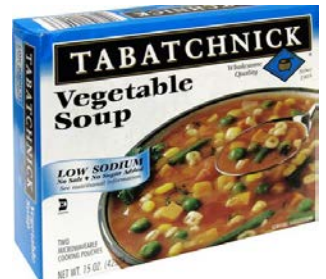
Store prepared ingredients in covered containers in your refrigerator

PUTTING YOUR SOUP TOGETHER

- 2 pouches** Tabatchnik Vegetable soup (No Salt No Sugar Added) (2 pouches come in 1 box)
- 1/4 C** Broccoli
- 1/4 C** Mushrooms
- 1/4 C** Kale
- 1/4 C** Quinoa

SEASONINGS

- 1 t** Tumeric
- 1/4 t** Garlic Salt
- 1/4 t** Thyme
- 4 shakes** Cumin (add more if you like spicier soup)
- 4 shakes** Onion Powder



DIRECTIONS

- 1 Follow the directions on the Tabatchnik box to heat the soup
- 2 Prepare your soup bowl by adding the tumeric, garlic salt, cumin, onion powder & thyme
- 3 Fill a wide microwavable bowl with 1/4 C broccoli, mushrooms, kale & your grain of choice
- 4 When soup is almost ready, place the plate with the ingredients in the microwave for 1 minute
- 5 Add the ingredients to your soup bowl & then add the Tabatchnik soup
- 6 Scrape the bottom of the bowl with your soup spoon to assure that the seasonings mixed well
- 7 Taste to see if you require more seasoning

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