

Raising the Bar on Nutrition Vegetable Soup

Makes 4 servings

6 Tablespoons	extra virgin olive oil
1 1/3 cup	Frozen chopped spinach, defrosted
2 cups	Frozen broccoli, defrosted
1 1/3 cup	Canned carrots, drained
1-28 oz can	tomatoes (chopped, crushed)
2 2/3 cup	Cooked brown rice
4 oz	Shredded cheddar cheese

1. Heat the olive oil on medium in a large soup pan.
2. Add the spinach and broccoli and cook for about 10 minutes.
3. Add the carrots and cook for 5- 10 minutes, stirring occasionally
4. Add the crushed tomatoes and heat through. The vegetable mixture can be left to simmer. If you would like a thinner soup, add some water or broth.
5. When cooked as much as you want, add the rice. Heat through.
6. Serve in bowls topped with 1 oz of shredded cheese on the soup.