



Throw Together Tomato Vegetable Soup

INGREDIENTS

1 (28 oz) can of Fire Roasted Tomatoes	32 oz Organic Chicken/Beef/Vegetable Broth
2 TBS tomato sauce	2 Bay Leaves
1 tsp garlic powder	½ tsp smoked paprika powder
Salt and freshly ground black pepper	1 -2 cups spinach or kale
4-5 cups assorted diced veggie, (i.e., onions, squash, green beans, broccoli, cauliflower, peas, carrots, celery, etc)	

DIRECTIONS

In a large pot, add the can of tomatoes and all of their juices, the broth, tomato sauce, bay leaf, garlic and paprika. Season to taste with salt and pepper. Bring to a boil then cover, reduce the heat to low, and let tomatoes simmer for 15 minutes. Stir in the vegetables. Cover the pot and continue to simmer until the vegetables are just cooked through, 40 to 60 minutes. Taste for seasoning about halfway through, adding more garlic, paprika, salt and pepper as needed. Just before serving, add the spinach or kale to the pot, and stir until the greens wilt. Spoon into bowls and serve. Makes 6 servings: 50 calories per serving.