



Hearty Vegetable SooFoo™ Soup

A delicious soup of vegetables and grains that is perfect for any weather.
- Submitted by Melina B. Jampolis, M.D.

15 min prep | 50 min total
Serves 4

Ingredients:

6 cups vegetable broth (homemade or store bought)
2 cups SooFoo™
1 cup diced tomatoes
1 cup diced onions
1 cup diced celery
1 cup diced carrots
1 cup diced green beans
Salt and pepper

Instructions:

1. In a large soup pot, combine all ingredients
2. Bring to a simmer over moderate heat
3. Cover and reduce to slow simmer for 45-50 minutes until SooFoo™ is tender
4. Salt and pepper to taste
5. Add additional broth as needed