

## Mixed Grain Vegetable Soup



### Ingredients:

- 1 cup mixed grains, rinsed according to package instructions (like brown rice, bulgar or quinoa)
- 6 cloves garlic, chopped
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 2 cups water
- 3 carrots, peeled and chopped
- 4 cups vegetable broth, low sodium
- 2 cups kale, chopped
- 2 cups seasonal vegetables such as zucchini, yellow squash, sweet potatoes or butternut squash, cut into bite-sized pieces
- 1 can (28 ounces) diced tomatoes
- Red pepper flakes to taste
- 1 to 2 teaspoons lemon juice to taste

### Directions:

1. Place olive oil in a large pot over medium heat. Add the onions, carrots and seasonal vegetables. Cook until the onions are translucent; 6-8 minutes.
2. Add the garlic, stirring until garlic is soft, about a minute. Add the diced tomatoes and stir.
3. Add the broth, mixed grains, greens, and water. Allow the mixture to boil for about 2-3 minutes. Turn heat to low and allow the soup to simmer for about 25 minutes, until vegetables are tender.
4. Squeeze lemon juice into the soup just before serving.
5. Refrigerate leftovers for up to four days, or freeze for up to four months.

Makes 8 servings.



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