

# CHUNKY SPICED TOMATO AND CORN SOUP





gluten free | dairy free | nut free | plant-based

READY IN  
45 mins

One of my favourite soups... this super delicious, thick and rich nutritious soup is packed full of all the essential Amino acids, Fibre, Vitamins A, B, C, E and K and minerals such as Potassium, Phosphorous, Magnesium, Iron, Zinc, Calcium, Manganese and Copper. Add to this impressive list... phytochemicals such as Beta-carotene, Lutein and Lycopene... you have all the ingredients that naturally increase the abundance and diversity of beneficial bacteria in your gut. Take care of your microbes, and they WILL take care of you!



Makes generous serves, enough to freeze extras for a 'meal up your sleeve'

YOU'LL NEED...	1 	2 	3 	4 
Corn kernels <i>frozen</i>	½ cup	1 cup	1 ½ cups	2 cups
Quinoa – Any colour <i>organic</i>	2 tbsp	¼ cup	⅓ cup	½ cup
Rice, Basmati – Brown	2 tbsp	¼ cup	⅓ cup	½ cup
Lentils – Red split dry, not canned	2 tbsp	¼ cup	⅓ cup	½ cup
Spring (green) onions	2 sprigs	4 sprigs	6 sprigs	8 sprigs
Celery <i>approx. 20cm (7") long</i>	1 stick	2 sticks	3 sticks	4 sticks
Chilli pepper – Green <i>10cm (4") long</i>	½ whole	1 whole	1 ½ whole	2 whole
Garlic	1 clove	2 cloves	3 cloves	4 cloves
Olive oil, extra virgin <i>organic, optional</i>	¼ tsp	½ tsp	¾ tsp	1 tsp
Turmeric powder	¼ tsp	½ tsp	¾ tsp	1 tsp
Pepper, black cracked	¼ tsp	½ tsp	¾ tsp	1 tsp
Cumin powder	½ tsp	1 tsp	1 ½ tsp	2 tsp
Vegetable stock liquid	2 cups	4 cups	6 cups	8 cups
Tomatoes diced 400g (14oz) <i>organic</i>	1 can	2 cans	3 cans	4 cans

## LET'S GET STARTED...

- Take corn out of freezer, place in a sieve and rinse. Set aside.
- Combine quinoa, rice and lentils in a bowl and fill with warm (not boiling) filtered water, let soak while making soup.
- Finely dice spring onions, celery, chilli pepper and mince/crush garlic, set aside.
- Use *optional* olive oil, or 2 tbsp of water, and in a large pot over medium-high heat, sauté onion, celery, chilli and garlic along with turmeric, black pepper and cumin powder until onion is tender. Add a splash of water if it gets too dry.
- Add vegetable stock liquid and canned tomato to pot. Rinse tomato can with a little water and add to pot. Stir well.
- Drain and rinse uncooked quinoa, rice and lentil mix and add to the pot, stir well to combine.
- Bring to a boil then turn down heat and simmer for 20 minutes.
- Add corn to heat through 5-minutes prior to serving. Stir well to combine.
- Serve while hot.
- Keeps in the fridge for 1 week. Can be frozen.

## VARIATIONS (SERVES 1)

- **GARNISH** – Garnish with fresh Coriander or Parsley.
- **LESS HEAT** – Omit Green Chilli.
- **ONION SWAP** – Use red Onion instead.

**NOTE:** The lentils & grains will continue to absorb liquid once in the fridge and the soup will become more stew-like. Just add more water when re-heating or enjoy as a thick stew.