

SALVATION ARMY'S

NAVY BEAN AND GARDEN VEGETABLE SOUP

Recipe Courtesy: Chef Michael Block, Salvation Army

Ingredients:

- Carrots, celery, onion, corn, spinach, cauliflower and navy beans
- Thyme, rosemary, garlic, peppers flakes, salt and pepper
- White wine vinegar, hot sauce, olive oil and vegetable stock

Directions:

1. Sauté diced carrots, onions and celery with olive oil in a large soup pot.
2. Take half out and set aside; add stock, washed beans, rosemary, thyme and garlic.
3. Cook until beans are tender.
4. Take out 1/3 to 1/2 of veggies and blend to thicken, then pour rest back into pot.
5. Add diced spinach and cauliflower, cook until tender.
6. Finish with dashes of salt, pepper, white wine vinegar and hot sauce to taste.