

Nutrient Dense Vegetable Soup



Lou's Soup Tip: Try slightly warming finished soup to about 100°; it is just right for a cold winter's meal or if you need the "experience" of cooked food! Or enjoy cold or room temperature.

Lou's Vegetable Soup Recipe:

Equipment Needed: High speed blender

Ingredients:

- 1 Cup Chopped Tomatoes
- 1/4 Cup soaked Almonds (optional: peeled skins)
- Young Coconut (meat & water)
- 1 clove of garlic (medium) (crushed or minced)
- 1 T barley or Chickpea Miso**

- 1/4 red Chopped Onion
- 1 tsp of Quality Salt – to taste
- 2 Heaping tablespoons of [Liyf Essentials](#)
- 1 Large handful cilantro (optional Parsley, Spinach or favorite green)
- 1/2-1 whole, medium sized Avocado
- OPTIONAL VEGGIES: Red Bell Pepper, Celery, Carrot etc.
- OPTIONAL SPICES: Fresh Jalapeno Pepper, Cumin, Curry, Mexican, Jamaican, Cayenne Pepper

Preparation

1. Put all ingredients in blender and blend till desired texture about 10 seconds (pulse/chop if your blender has this function).
2. Store in refrigerator.

NOTE: Soup is better with some texture – try not to blend into a puree, unless you want to.

****Barley or Chickpea Miso** (look for the raw, organic variety if available) may be found at your local health food store in the refrigerated section

Recipe by Lou Corona

Note from David – if you don't like specific ingredients, leave them out obviously. Be creative and remember, this is a soup with living food. If you have a nut or seed yogurt handy, you could add a scoop of it to the recipe as well.