



Bettina's Antioxidant Vegetable Soup

The beets give this low-calorie, energizing soup a deep fuschia color. If you like, add a cup of small pasta shapes to this soup during the last 10 minutes of simmering.

2 Tbs. olive oil	1 cup green beans, trimmed and halved
1/2 cup onion, chopped	1 14-oz. can kidney beans
3 cloves garlic, minced or chopped	1/4 cup chopped parsley
3 stalks celery, chopped	1/4 cup Bragg's amino acids
1/2 large green pepper, diced	1 tsp. cumin
5-6 cups vegetable stock	1 tsp. chili powder
2 large carrots, peeled and chopped	1/2 tsp. tarragon
2 beets, peeled and diced small	Salt and pepper to taste
2 large potatoes (white or red), peeled and chopped	

1. Heat oil in a large stockpot over low-medium heat. Add onions; cover and cook until onions are soft (about 10 minutes). Add garlic, celery, and green pepper; stir well. Cover and cook for 5 minutes until vegetables are slightly softened.

2. Add stock, carrots, beets, potatoes, and green beans. Increase heat to bring soup to a boil. Reduce heat; simmer until vegetables are tender. Add remaining ingredients; stir to combine and heat through.