

Veggie & Rice Soup

This recipe is actually derived from a spicy lentil soup recipe. My son did not like lentils, so I would start the soup and pull out a portion for him before adding the lentils and make his with rice.

3 cups onions, diced
3 cups carrots, diced
3 cups celery, diced
5 cloves of garlic, minced
¾ cup low sodium tamari or soy sauce
¼ cup nutritional yeast
1 tbsp Italian seasoning
1 tsp black pepper
¼ - ½ tsp chili flakes
6 cups water
3 cups cooked brown rice

Place a large stock pot on high heat until hot. Add all veggies stirring frequently. To keep from sticking, you can add water a tablespoon at a time. Cook until the onions become translucent. Add tamari and seasonings and continue to cook on medium heat for another 5 minutes. Add the water and rice and return to a boil. Reduce heat and let simmer approximately 45 minutes.