

## CUP OF GARDEN SOUP

### INGREDIENTS

1 T olive oil  
2 strips bacon  
3 garlic, peeled/chopped  
1 medium red onion  
2 carrots; 2 stalks celery  
1 zucchini 1 leek  
1 tsp oregano  
1 bay leaf  
2 14.5oz chopped plum tomatoes  
1 large sweet potato  
1 cup cauliflower  
1 cup broccoli  
1 can garbanzo beans  
4 cups vegetable broth

2 large handfuls of kale  
½ c quinoa  
Basil optional  
Sea salt, fresh ground pepper  
5 T parmesan cheese

### DIRECTIONS

Heat saucepan or Dutch oven on medium; add olive oil. Add bacon, gently fry. Add garlic, onion, carrots celery, zucchini, leek, oregano and bay leaf.  
Cook slowly for 15 minutes until the veggies are softened.  
Add the cans of tomatoes and the chopped sweet potato, cauliflower, garbanzo beans, and veggie broth.  
Cover and bring to boil.  
Turn down heat simmer about 30 minutes.  
Add quinoa and 1 cup water + kale.  
Simmer for another 30 minutes or so.

