

## Basic Winter Vegetable Soup



### Ingredients

- 2 cups kale, chopped and with the stems removed;
- 2 cups red cabbage, chopped;
- 1 red onion, diced;
- 3 celery stalks, diced;
- 1 head of broccoli, cut into florets;
- 1 cup grape tomatoes, halved;
- 1 tbsp. fresh ginger, minced;
- 2 garlic cloves, minced;
- 1 tsp. ground turmeric;
- ¼ tsp. ground cinnamon;
- 6 cups vegetable stock;
- Sea salt and freshly ground black pepper;

### Preparation

1. Add the onion, ginger and garlic to a saucepan over medium heat.
2. Sauté 2 to 3 minutes, stirring until fragrant.
3. Add the celery, carrots, and tomatoes. Stir everything to mix, and cook 3 to 5 minutes.
4. Stir in the turmeric, cinnamon, and salt and pepper to taste.
5. Add in broccoli, red cabbage, and vegetable broth, and bring to a boil.
6. Reduce heat and simmer 12 to 15 minutes.
7. Add in kale 2 to 3 minutes before serving.

•  **SERVES: 4**  **PREP: 25 min.**  **COOK: 25 min.**