

Multi-Grain (Meatless) Taco Soup

Quick V8 Blend for Soup

- 5 large tomatoes, halved
- 3 celery sticks, chopped in chunks
- 2 carrots, unpeeled, chopped in chunks
- 1 onion, chopped in half

Place in blender and blend until smooth.

Pour vegetable blend into large pot.

Add to pot:

- 2 cans corn, (don't drain liquid)
- 3 cans beans (kidney, pinto, cannellini, black, etc)
- 1 can tomato paste
- 1 can tomato sauce
- ½ cup taco seasoning (bulk seasoning)

Simmer, with lid on, for 20 minutes.

Add to Pot:

- 3 cups cooked grains (we used mixture of brown rice, millet and quinoa that had been cooked in salted water).
- Salt and pepper to taste.

Lightly simmer for another 5-10 minutes.

Serve. Top with sour cream or cheese. Eat with tortilla chips.

Tip: cook and freeze a variety of grains ahead of time and pull out and have ready the morning of making this meal (or other meals using grains).



