

## **Garden Vegetable Soup**

*from Vegan Delights by Jeanne Marie Martin*

- 1 large can tomatoes cored and chopped
- 2 green peppers chopped or 2 small bunches spinach or bunch of kale or swiss chard
- 2 - 4 green onions chopped
- 1 large carrot sliced
- 2 vegetable bouillon cubes or 2 tsp of vegetable broth powder
- 3 tsp parsley
- ¼ tsp kelp powder
- 1 large beet cubed
- salt and cayenne pepper to taste

Simmer all ingredients over low heat for 35 minutes.

This soup may be blended for serving.