

## Hearty Vegetable Soup

- 1-2 tablespoons olive oil
- $\frac{3}{4}$  cup chopped celery
- $\frac{3}{4}$  cup chopped onion
- 1 cup chopped carrots
- 1 (14.5 ounce) can diced tomatoes with liquid
- $\frac{3}{4}$  of a 6oz. can tomato paste
- 3 cups water
- 1 carton vegetable broth
- 1 jumbo potato, peeled and cubed
- 1 cup frozen whole kernel corn
- 1 cup long-grain white rice
- 1 tablespoon gluten free soy sauce
- $\frac{1}{4}$  teaspoon dried thyme
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{4}$  teaspoon garlic powder
- $\frac{1}{2}$ -1 teaspoon fine quality sea salt (or to taste)



In a large pot over medium high heat, combine olive oil, celery, onion, and carrots. Saute and stir for about 4-5 minutes or until they begin to soften slightly. Add in the canned tomatoes, 2 cups of water, vegetable broth, potato, corn, rice, soy sauce, thyme, ground black pepper, garlic powder and salt. In a small dish mix 1 cup water with  $\frac{3}{4}$  can of tomato paste until it is liquefied. Add it to your soup mixture.

Bring to a boil, reduce heat and simmer for 30 minutes, or until vegetables are tender. If soup is too thick you can add additional water or vegetable broth to thin. Serve hot.