

# Kitchen Sink Soup

Prep Time: 9 minutes

## Kitchen Sink Soup Recipe:

20 cups distilled water

11 Rapunzel Vegan Vegetable Bouillon with Sea Salt & Herbs

4 cups of red beans (soaked 8-10hrs & rinsed)

2 cups barley

2 cups lentils, yellow, red, green split peas

Carrots

Onions

Celery

Peeled potatoes

## Instructions:

The veggies are really up to you how much you use. We wanted our soup to be pretty dense and boy was it great! I had the beans soaked and had cooked them for a couple of hours before everyone showed up. Right at 6 got the water on the stove to start boiling so we could get the bouillon in right away. Everyone started cutting up veggies. Once the bullion was in, we put in beans, lentils & split peas. Then followed up with carrots, onions, and celery. Last are the potatoes. If they go in too soon they will fall apart. We like them to be tender, but stay together.

## Variations:

Whatever you have in the frig that is fresh, raw, organic and preferably from Freggies.com!

We get our produce from:



[www.freggies.com](http://www.freggies.com)

*For more information on eating and living healthy, visit: [www.hope4health.org](http://www.hope4health.org)*