



Vegan Superhero Soup

Makes: 8 Servings

“My name is Leo and I am a Superhero! Well, at least that is what my mama and papa tell me. I have Type 1 Diabetes and Hydrocephalus,” says Leo. “So eating healthy foods helps me to stay as strong as I possibly can. I like to eat this soup the night before one of my 5K races. Beans are already a super food, but we packed a few more secret ingredients into our soup! My parents say that desserts are “sometimes” foods, so I helped them come up with an “everyday” dessert! Now, my brother can’t stop thanking me!”

Ingredients

For the Soup:

1/2 head of cauliflower, cut into bit-sized pieces

2 tablespoons olive oil

3/4 cup peeled and diced sweet onion

Nutrition Information

| Nutrients | Amount |
|-----------------------|-------------|
| Calories | 526 |
| Total Fat | 9 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 572 mg |
| Total Carbohydrate | 91 g |
| Dietary Fiber | 22 g |
| Total Sugars | 5 g |
| Added Sugars included | 0 g |
| Protein | 23 g |
| Vitamin D | 0 mcg |
| Calcium | 135 mg |
| Iron | 6 mg |
| Potassium | 1099 mg |

N/A - data is not available

MyPlate Food Groups

| | |
|--|--------------|
|  Vegetables | 2 1/4 cups |
|  Grains | 1 1/2 ounces |

- 2 carrots, peeled and diced
- 1 red bell pepper, diced
- 2 **cloves** garlic, peeled and minced
- 2 **teaspoons** chili powder
- 1/2 **teaspoon** ground cumin
- 1/2 **teaspoon** salt
- 4 **cups** vegetable broth
- 2 (29-ounce) cans black beans, drained and rinsed
- 2 **cups** baby spinach
- 3 **tablespoons** apple cider vinegar
- 2 **cups** brown rice
- 1 **bunch** fresh cilantro
- 1 lime, halved
- 1/2 ripe avocado, diced

Directions

1. **To make the Soup:** In a large stockpot, steam or boil the cauliflower until very tender. Set aside.
2. **In a large stockpot,** heat the olive oil over medium heat. Add the onion, carrots, and red bell pepper and sauté for 3-4 minutes, or until the onions are translucent. Add the garlic, chili powder, cumin, and salt and stir for 1 minute. Add 3 cups of the vegetable broth.
3. **In a blender or food processor,** combine 3 cups of the black beans with the remaining 1 cup broth, the cauliflower, and spinach and blend until smooth. Add the puréed mixture and the remaining beans to the soup. Stir in the apple cider vinegar. Increase the heat to medium high and bring to a boil. Reduce

the heat to low, and simmer, stirring frequently, for 40 minutes, or until soup is thick.

4. **Meanwhile**, combine 5 cups of water with the brown rice. Bring to a boil over medium heat, then reduce the heat to low, and cook, covered, for 30 minutes, or until tender. Serve the soup over the brown rice with cilantro and a squeeze of lime. Top with diced avocado.

Notes

State: Maine

Child's Name: Leo Koch, 8

Source: The 2015 Healthy Lunchtime Challenge Cookbook