

**Fresh Mex Pinto Soup**  

 **Ingredients:**

**2 1/2 cups organic chicken or veggie broth, low sodium**

**1 15.5 oz. can organic pinto beans, drained**

**1 1/2 cups purple cabbage, thinly sliced to long shreds**

**5 or 6 mini multi-colored sweet bell peppers, seeded and sliced**

**1/2 cup white onion, sliced to long slivers, similar in size of the purple cabbage shreds**

**1 tsp. Terra’s Table shiitake mushroom powder**

**1/2 tsp. Terra’s Table chauga mushroom powder (optional)**

**Instructions: Heat the chicken broth in a sauce pan over medium heat while you are chopping veggies. Add veggies and mushroom powder to the chicken broth, adjust the heat to high and bring to a boil, reduce heat and simmer for 7 - 10 minutes, until the vegetables are al dente.**

**Remove from heat, pour into soup bowls and top with any or all of the following:**

**Toppings:**

**1 TBSP fresh jalapeño, finely diced**

**1 TBSP fresh organic salsa**

**Sliced avocado**

**Fresh cilantro**

**Splash of lime**

**Sprinkle the following….If you want the heat:**

**Jalapeno pepper powder**

**Cayenne pepper powder**

**Black pepper**

**This recipe is flexible and would taste amazing with other veggies you may have on hand; green cabbage, broccoli, cauliflower.....remember colors equal antioxidants so add the rainbow.**

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