



## **Vegetable and Brown Rice Soup**

The parmesan cheese really brings out the flavor in this soup. It's a great way to enjoy nutrition-packed veggies.

Makes 5 cups

### **Ingredients**

- 2 (15 oz.) cans plus 1 cup reduced sodium chicken broth
- ½ cup cooked brown rice
- 1 cup chopped broccoli florets
- 1 cup chopped cauliflower florets
- 1 carrot, sliced
- 2 tsp. basil
- 1 tsp. oregano
- 1 tsp. ground cumin
- freshly ground black pepper to taste
- ¼ cup grated romano or parmesan cheese

### **Preparation**

1. In large saucepan, heat chicken broth to boiling.
2. Stir in brown rice. Cover and cook, over low heat for 5 minutes.
3. Add vegetables and spices.
4. Simmer for about 5 minutes or until vegetables are just tender.
5. Season to taste adding the pepper.
6. Ladle soup into bowl and sprinkle with 1 tablespoon grated cheese.