



Spicy Tomato Soup with Swiss Chard and a Kick

This spicy tomato soup is everything you want in a winter meal: bold, hearty, and full of clean, wholesome ingredients. With cauliflower, lentils, and Swiss chard as the base, it's surprisingly filling—but still light enough to keep you feeling good.

I first made this after a morning of snowshoeing in the mountains, and let me tell you—there's nothing better than coming in from the cold and warming up with a big, steamy bowl of this flavorful soup. It's got just the right amount of spice (thanks to jalapeño and Rao's Arrabbiata), and the recipe makes a big batch—perfect for sharing, freezing, or eating all week long.

Serve it with a fresh green salad... or just grab a spoon and dig in. Either way, it's a keeper.

Ingredients

- 2 cups of fresh organic riced cauliflower (steamed) or a bag of frozen organic riced cauliflower
- 1 box of pre-steamed Lentils (of if you cook your own, you'll want to use about 2 cups)
- 1 small yellow onion, diced
- 1 small green pepper, diced
- 1 clove fresh garlic, diced
- 1 bunch of Swiss chard (uncooked), chopped into bitesize pieces
- 2 QT of Organic Chicken Broth (2 boxes)
- 1 cup water
- 1 28 oz jar or can strained tomato
- 1 24 oz jar of Rao's Arrabbia Spicy Mariana Sauce
- 2 TB dried Parsley
- 1 TB dried Basil
- 1 TB dried Thyme
- 2 TB of Trader Joes Italian Style Soffritto Seasoning Blend
- Sea Salt and Pepper to taste

Instructions

1. For this recipe, you can use frozen riced cauliflower or you can use fresh cauliflower and steam a full heat for 4 minutes in the microwave (if you have more than 2 cups worth

after steamed, use it for dipping in hummus or atop a salad). Then rice the cauliflower by chopping it into small pieces (which is what I did for this recipe pictured). If you steam it and rice it yourself, once it's done, set it aside till we assemble everything.

2. In a large soup pot, put about $\frac{1}{4}$ cup of the chicken broth in the pot over medium heat and sauté the yellow onion, green pepper, and garlic about 7 minutes till limp.
3. Add the riced cauliflower and lentils and stir well.
4. Add the strained tomato, Rao's and all of the seasonings and stir well.
5. Add the remaining chicken broth and 1 cup of water, then stir well. Bring to a boil and let boil about 10 minutes (you may want to cover with a lid if your soup is close to the rim of your pot as it will pop and make a mess on your stove if the pot is too full and you don't have a lid). Remove from heat to stir a few times while it's boiling.
6. Reduce heat to a low simmer and add the Swiss Chard. Cook for about 45 minutes (up to 2 hours) over low heat, and serve!

Bon Appetit!