

## Creamy Vegetable Soup



### Ingredients:

4 cups vegetable broth

1 onion, chopped

4 cloves garlic, minced

4 stalks celery, sliced

4 carrots, sliced

2 red bell peppers, chopped

1 cup mushrooms, diced

1 zucchini sliced

1 yellow squash, sliced

3 large potatoes, diced

6 cups water

1 cup uncooked barley

2 cups cannellini beans or other white bean of choice

1 tablespoon fresh rosemary, chopped

1 tablespoon fresh thyme, chopped

1 tablespoon fennel seeds, chopped

1 tsp ground coriander

¼ teaspoon red pepper flakes

2 bay leaves

2 cups spinach, chopped

3 green onions, sliced

2 cups full fat coconut milk

**Directions:**

Sauté onions, carrots, celery, mushrooms and pepper, adding vegetable broth a little at a time to keep the skillet moist. Add garlic and sauté 3 minutes. Add everything except spinach and coconut milk and bring to a boil. Simmer for 25 minutes. Add spinach and coconut milk. Simmer for 10 minutes.