

CopyCat Panera Bread 10 Vegetable Soup

Ingredients

Vegetables:

2 tablespoons olive oil
1 cup yellow onion, finely chopped
1 cup carrot, sliced
1 cup celery, sliced
 $\frac{3}{4}$ cup red bell pepper, chopped
 $\frac{3}{4}$ cup yellow bell pepper, chopped
 $\frac{3}{4}$ cup poblano pepper, chopped
2 tablespoons garlic

Seasoning:

1 tablespoon ground cumin
1 tablespoon regular paprika or aleppo chili flakes
1 tablespoon dried lemon peel or 1 teaspoon lemon zest
1 tablespoon dried rosemary
1 tablespoon dried basil
2 teaspoons sea salt
1 $\frac{1}{2}$ teaspoons white pepper
1 teaspoon onion powder
1 teaspoon garlic powder
2 bay leaves

Soup Ingredients:

2 tablespoons tomato paste
8 cups vegetable stock
2 tablespoons rice vinegar
2 tablespoons reduced sodium soy sauce
 $\frac{1}{2}$ cup sprouted brown rice or barley, rinsed well
2 tablespoons chia seeds
1 15 ounce can garbanzo beans, drained and rinsed
1 15 ounce can fire roasted corn, drained and rinsed

4 15 ounce cans fire roasted tomatoes
½ cup frozen green peas
3 cups fresh spinach, packed
2 tablespoons freshly squeezed lime juice
2 lemons, thinly sliced into wheels for garnish

Directions

Heat up the oil in a 6-quart Dutch oven over medium high heat until it shimmers, then add the first six vegetables. Sauté the vegetables until they have softened, about 10 minutes, making sure to stir occasionally with a wooden spoon. Add the garlic and stir until fragrant, roughly 30 seconds.

Add all the dried seasonings except the bay leaves to the pot and stir constantly for 30 seconds to release their flavors and aromas. Add the tomato paste and cook for 4 to 5 minutes while stirring, so it darkens and starts to caramelize.

Pour ½ cup of vegetable stock into the pot by scraping the bottom of the pot with a wooden turner to scrape off any brown bits.

Add all the remaining ingredients except the spinach and lime juice. Stir until well combined.

Cover and bring to a boil, roughly 10 minutes, then reduce the heat to medium low and simmer for 30 minutes. Uncover the soup and give it a stir. Let it simmer for another 45 minutes, then taste the soup and adjust any spices. Simmer for another 15 minutes.

Add the spinach and let it wilt for a minute, stirring constantly. Remove from the heat, pour in the freshly squeezed lime juice, and stir. Garnish each serving with a lemon wheel, and serve hot with a thick slice of fresh tomato basil bread.