

Mark's Soup-erb Savory Soup

Prep time: 20 min
Cook time: 6 hours
Yield: 1 gal

Servings: 8
Calories per serving: 100

Ingredients:

2 cups great northern beans (or Navy beans)
1 chopped onion
3 chopped garlic cloves
8 ounces seitan or tempeh cut into 1/2" cubes
6 mushrooms sliced
4 carrots halved and sliced
1/2 cup chopped purple cabbage
14.5 ounces vegetable broth
5 cups water
2 teaspoons salt
1 teaspoon celery seed
1 teaspoon curry powder
1-1/2 teaspoon turmeric



Directions:

Add all the ingredients to a Crock Pot, cook on high for 6 hours. Makes at least 8 servings of rich, savory, healthful vegan soup!