



WFPB Purple Reign



From: Jeff Spurgess
Serves: 20+

Prep Time: 30 min
Cook Time: 1.5 hours

Instructions

- 1) In a huge pot, put broth, beets, chopped kale, 3/4 of the cabbage, 1/2 of the celery, diced red onion, asparagus bases, blueberries, diced garlic, red curry paste...cook until everything is soft (30-40 min).
- 2) While base is cooking, chop carrots, sweet potato, , potatoes, and stag them in a large bowl. With the other 1/2 celery, asparagus tips and 1/4 of cabbage.
- 3) Add honey, smoked paprika & cumin to base pot and blend with an immersion blender.
- 4) Add the staged items, along with the nutritional yeast, salt, & pepper. Let simmer for at least an hour – until sweet potatoes and carrots are soft. Add water if it's too thick.
- 5) Add rinsed black beans and coconut milk, cook an additional 10-15 minutes.
- 6) Top with sunflower seeds, pumpkin seeds & red onion.

Notes

It's hard to find purple veggies. This is designed to be a fun and healthy soup. Purple is important, don't do something stupid like putting in orange carrots! The 2 key healthy ingredients are purple sweet potatoes and beets. If you can't find both of these, don't make the soup! If you can't find the other purple items, just leave them out!

Ingredients

- Vegetable Broth/stock – 3 boxes
- Garlic – 8 cloves
- Celery - 1 bunch
- Purple cabbage, shredded
- Purple (red) Onion – 1 large diced
- Purple Kale – 1 Bunch
- Purple Sweet Potatoes—4 medium
- Beets—1 medium
- Purple Carrots—1 lb
- Purple potatoes—3 lbs
- Purple Cauliflower—1 head
- Purple asparagus—2 bunches (separate tips from base)
- Blueberries—2 pints
- Black Beans—3 cans
- Coconut Milk – 2 cans lite
- Red Curry Paste – 1 small jar
- Nutritional yeast – ½ cup
- Honey – 1/4 cup
- Smoked paprika—2 tablespoons
- Cumin—2 table spoons
- Salt – 2 tablespoons
- Pepper – 2 tablespoons

Toppers:

- Finely chopped red onion
- Sunflower seeds
- Pumpkin seeds

