



# Bayou Garden Greens Soup

Prep Time: 15 minutes | Cook Time: 52 minutes | Difficulty: Easy

## INGREDIENTS

- 2 tablespoons grapeseed oil
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 red bell pepper, diced
- 2 celery stalks, chopped
- 3 ripe tomatoes, diced
- 1 cup fresh corn kernels (from about 2 ears)
- 1 cup carrots, diced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne (adjust if you prefer more heat)
- 1/4 teaspoon black pepper
- 1/4 teaspoon white pepper
- 1/2 teaspoon sea salt (plus more to taste)
- 1 bay leaf
- 2 tablespoons tomato paste
- 1 teaspoon smoked paprika (optional, for a gentle smoky nuance)
- 6 cups vegetable broth
- 1 cup cooked red beans (or if using dry, soak overnight and cook until tender)

## INSTRUCTIONS

- 1 In a large soup pot, heat the grapeseed oil over medium heat. Add the diced onion, minced garlic, chopped celery, and diced red bell pepper. Sauté for about 7 minutes until softened and starting to release their aromas. (7 minutes)
- 2 Stir in the diced tomatoes, carrots, and corn kernels. Mix in the tomato paste along with thyme, oregano, cayenne, black pepper, white pepper, sea salt, bay leaf, and smoked paprika if you like that extra hint of smokiness. Sauté all together for 3 minutes so the flavors can begin to meld. (3 minutes)
- 3 Pour in the vegetable broth and add the cooked red beans. Bring the mixture up to a boil over high heat, then reduce the heat to low and let it simmer for 30 minutes. Give it a taste occasionally—if you've got a need for more salt, go ahead and adjust accordingly. (30 minutes)
- 4 Add the chopped dandelion greens to the simmering pot. Stir them in and continue to simmer for an additional 10 minutes, which allows the greens to soften while keeping a hint of their natural, slightly bitter edge. (10 minutes)
- 5 Remove the bay leaf, then stir in the lemon juice. The trick is to give the soup one final taste check so you can adjust seasoning if needed. Trust me, these final touches help the flavors settle perfectly before serving. (2 minutes)



4 cups chopped dandelion greens (stems removed if very thick)

Juice of 1 lemon

