

Okra Vegan Protein Soup

Okra is rich in vitamins A and C, as well as antioxidants that **help reduce the risk of serious health conditions like cancer, diabetes, stroke, and heart disease.**

Okra Vegan Protein Soup Recipe

Serving: 1

Prep Time: 5 mins | Cook Time: 5 mins | Total Time: 10 mins

Ingredients:

- 2 canned vegetable soup
- ½ canned cut okra
- ½ canned sweet peas
- ½ canned cut string beans
- ½ canned light red kidney beans
- 1 tsp of salt
- 1 tsp of garlic powder

Instructions:

1. Drain out your canned okra, green beans, kidney beans, and sweet peas.
2. Add your canned vegetable soup and the drained ingredients to a pot.
3. Add 1 teaspoon of salt and garlic powder to season your soup.
4. Heat up your soup for and mix.

Other options to make the soup:

- For more greens to your soup, you can add cilantro and chopped green onions for more flavor.
- For spice, add a tablespoon of black pepper to your soup.
- For non-vegan, you can add some cooked beef to your soup.



To learn more about our doctor's group, call Member Relations:
(415) 590-7418

Follow AAMG on social media for the latest news, events, and more!



Website



YouTube



Facebook