

Ethiopian Tomato Vegetable Soup

This recipe is inspired by an Ethiopian green bean potato dish I like. Adding it to Wellness Forum Health's Delicious Instant Tomato Soup makes it a satisfying fall dish.

Ingredients;

2 large white potatoes, diced (and peeled if desired)
1/2 lb. green beans, cut into 1-inch sections
1 small yellow onion, chopped fine
2 cloves garlic, minced
1 small jalapeño or serrano pepper, seeded and minced
1/2 teaspoon turmeric
1/2 teaspoon ground cumin
1/2 teaspoon salt
1 15-oz. can stewed tomatoes
1/2 teaspoon fresh lime juice
1 large package Wellness **Forum Health's Delicious Instant Tomato Soup** prepared according to package instructions

Directions:

- Bring enough water to cover the potatoes to a boil in medium saucepan, and place the potatoes in.
- Cook for 12 minutes over high heat.
- Add the green beans and cook for 3 to 5 minutes more.
- Drain the potatoes and green beans in a colander.
- Heat large non-stick skillet. Sauté the onion, garlic, and jalapeño for about 4 minutes, adding a little water, if necessary to prevent sticking.
- Stir in the seasonings and sauté for 1 minute more.
- Add the potatoes and green beans, stewed tomatoes, and lime juice and cook for 7 to 10 minutes more over medium heat, stirring frequently.
- Add the vegetables to the prepared soup and cook another 10 minutes.