

COMPLIANT FOUR GRAIN SOUP

You won’t miss meat with this hearty, flavorful soup. Serve over rice or potatoes or just on its own.

**Ingredients:**

* 2 medium onions, diced
* 2 large celery, diced
* 2 medium carrots, diced
* 2 medium potatoes, diced
* 1 large can diced tomatoes (low or no salt added)
* ¼ cup brown basmati rice, rinsed
* ¼ cup wild rice, rinsed
* ¼ cup quinoa, rinsed
* ¼ cup pot barley, rinsed
* 2 bay leaves
* 2 Tbs. Mrs. Dash seasoning
* 8 cups filtered water or LOW SODIUM SOUP STOCK [RECIPES - Karen Warwick RHN](https://www.karenwarwickrhn.com/recipes/low-sodium-soup-stock)
* ¼ cup fresh dill or 1 Tbs. dried dill
* pepper to taste

**Method**

1. In a large soup pot, add a little water and onions and sauté for 8-10 minutes on medium (5) until onions are translucent.
2. Add remaining ingredients, except for dill and pepper, and simmer for one hour.
3. Add dill and pepper and simmer for an additional 20 minutes.
4. Serve immediately or cool and freeze in glass containers for quick lunches and suppers.
5. Note: If it tastes flat to you consider adding: 1 Tbs. onion powder, 1 Tbs. garlic powder and 1 tsp kelp powder. Adjusting to a low sodium diet can be hard for some. So, if you or your family needs to, keep a salt shaker on the table.