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Where attitude is everywhere, and the goat rules, so watch your backside.

QUICK AND EASY

Vegan recipes from the goat.

TOMATO BASIL SOUP WITH BROWN RICE

INGREDIENTS

1 can - diced tomatoes
1/8 cup brown rice
1 tsp - dried sweet basil
2 tsp - sugar
1/4 tsp - salt

DIRECTIONS

Make up the brown rice first and set to the side.

Place the diced tomatoes in a blender and puree. Transfer to a medium sauce pan and add the remaining ingredients. Simmer on low for 10 minutes and serve.

This recipe makes 2 to 3 servings.
Scale up or down for the quantity you need.

COMMENTS

Nothing goes together quite like a bowl of hot tomato soup and a grilled cheese sandwich for a quick and tasty lunch. Too bad grilled cheese isn't vegan. Oh well, you will enjoy our tomato basil soup with brown rice so much, you might just forget about that sandwich.

Enjoy!