



# A Vegetable Soup Recipe for a Gentle Detox

PACKED WITH MINERALS, FIBER AND VITAMINS, THIS HEALTHY VEGETABLE SOUP IS JUST WHAT YOU NEED TO RESTORE, DETOX, AND CLEANSE! LOADED WITH VEGGIES, HEALING SPICES, AND HERBS! (4 SERVINGS)



## PREP TIME

15 MINUTES

## COOK TIME

30 MINUTES

## TOTAL TIME

45 MINUTES

## Ingredients:

2 YELLOW ONION

2 CARROTS

4 CELERY STALKS

1 ZUCCHINI

2 RED BELL PEPPER

1 CUP GREEN PEAS FROZEN, DEFROSTED

1 CUP CHICKPEAS COOKED

2 CUP DICED TOMATOES WITH JUICE

2 TBSP AVOCADO OIL

2 SMALL BROCCOLI HEAD

4-6 CAULIFLOWER FLORETS

2 CUP FROZEN SPINACH DEFROSTED

2 LARGE BUNCH OF FRESH PARSLEY

1 INCH FRESH GINGER PIECE GRATED

4 TSP TURMERIC POWDER

FRESHLY GROUND BLACK PEPPER

6 CUPS LOW SODIUM VEGETABLE BROTH (OR HOMEMADE BROTH)

1 CUP SAUERKRAUT OR KIMCHI TO SERVE

MICROGREENS, TO GARNISH

WHOLESOME  
MEAL

*(continued next page)*

**1 SERVING = 292 CALORIES (17 GM PROTEIN, 55GM CARB (16 GM FIBER), 4 GM FAT)**



## Instructions:

1. PREPARE THE VEGETABLES: DICE THE CARROT, ZUCCHINI, AND CELERY STALKS, FINELY DICE THE ONION AND RED PEPPER, AND CUT THE BROCCOLI AND CAULIFLOWER INTO VERY SMALL FLORETS.
2. ADD THE AVOCADO OIL, TURMERIC, GINGER, AND ALL THE VEGETABLES (EXCEPT SPINACH, BROCCOLI, AND PARSLEY) INTO A MEDIUM SOUP POT AND COOK OVER MEDIUM HEAT FOR 5 MINUTES, STIRRING FREQUENTLY.
3. ADD THE VEGETABLE BROTH AND DICED TOMATOES, AND BRING TO SIMMER OVER MEDIUM HEAT.
4. TURN THE HEAT TO LOW, LID THE POT, AND SIMMER FOR 25 MINUTES, UNTIL ALL THE VEGGIES ARE TENDER.
5. WHILE THE SOUP IS SIMMERING, CHOP THE PARSLEY.
6. ADD THE SPINACH, BROCCOLI, AND PARSLEY (SAVE SOME FOR GARNISHING), MIX AND SIMMER FOR 5 MORE MINUTES WITHOUT THE LID.
7. SEASON WITH FRESHLY GROUND BLACK PEPPER.
8. DIVIDE INTO SERVING BOWLS, GARNISH WITH CHOPPED FRESH PARSLEY AND MICROGREENS, AND SERVE WITH THE SAUERKRAUT.

**SHARED FROM: THE AWESOME GREEN WEBSITE**

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