

**VEGETABLE SOUP**

Here's a fast and easy vege soup recipe that has great depth in flavour. I have adapted this recipe from Eating Alive by Dr. Jonn Matsen. Note: You'll need an immersion blender or a blender to make this recipe. Just make sure the soup is cool before placing in a blender. (step 5)

**Ingredients:**

2 potatoes, unpeeled, washed, cut into cubes 3-4 bouillon cubes

2 carrots, sliced thin 2 tsp. dry parsley

1-2 Tbs. olive oil 1 1/2 tsp. sea salt

1 large onion, diced 1/2 tsp. each: basil, oregano and kelp

6 cups of water or both pinch of red pepper flakes

1 cup frozen peas Optional: 1 tsp. honey

1 cup frozen corn Optional: 1 Tbs dark miso

2 celery stalks, diced

1 small zucchini, diced

1 Tbs. wheat free tamari soy sauce

**Method:**

1. Steam the potatoes and carrots for 10 minutes before making the soup.
2. Saute the onions in the oil in a large pot until the onions are transparent.
3. Add the water, steamed vegetables and all the rest of the ingredients (except miso and honey).​
4. Cook the soup on medium low heat for 60 minutes or until all the vegetables are tender but not soggy and the flavours develop.
5. Take 2 cups of water and vegetables from the soup. Let it cool slightly then add the miso. Blend the mixture and add it back into the soup. This gives the soup a natural thickness and helps to develop the flavours.
6. Correct the soups spices if necessary and add the honey to balance the flavours is needed.
7. Serve the soup hot and let it cool before freezing the leftovers.

Note: Miso is alive with many beneficial nutrients. If you are using it, never boil the soup after you add the miso or you will kill off the beneficial probiotics.