

#4 TASTY SOUPS/STEW/QUICK BOILED VEGETABLES

The secret to making tasty soups is **Muir Glenn Organic Garlic & Onion** or other high quality **organic marinara sauce** or **Muir Glenn Tomato Soup**. Find lower sodium sauces that have **less than 12% sodium in the serving you are going to eat**. Use 1/3-1/2 of a 14½ ounce can:

VEGETABLE BROTH WITH/OUT CHICKEN BONES

3 medium **parsnips**, 1-2 tubs of **brussel sprouts**

1 medium **turnip** (takes the place of potatoes) 1 garlic head or 4-8 individual **garlic** cloves peeled/crushed

2 medium **leeks** or 4 medium **onions** peeled quartered

2 stalks of **celery** quartered, 2 cups of sliced **carrots**, 1/3 (or more) **cabbage** sliced

½ **summer squash**

2 small shakes of pepper, 2 small slices of cut whole ginger (fresh)

1 teaspoon of dried basil, 1 teaspoon of dried oregano

1/4 cup minced Italian (not curly) parsley. Put parsley in during the last 5 minutes of cooking

1 bay leaf, 8 or more sprigs of fresh **cilantro**, several mint leaves: optional, mirin (sweet rice cooking wine)

Salt-free **Herbal Bouquet Italian Blend** or **Bell's All Natural Seasoning**, Balsamic (Modena) vinegar such as Fini brand, lemon, lime, or lime juice, 2 teaspoons of macadamia nut or organic extra virgin olive oil

Combine ingredients with 3 quarts of water in a large pot. Bring water to a boil, reduce heat to medium and cook all uncovered 30-90 minutes. To make this recipe into a stew, use less water and cook longer. This recipe can be varied to taste: you may prefer **more garlic**, removing the turnip, using fresh tomatoes or tomato puree. You can blend this soup to make it thick like a pea soup. By reducing the water, this mixture can also be served as 3-20 minute quick or soft boiled vegetables.

** You may **increase or decrease any** of these ingredients, but **do not add** any other ingredients.

** You may put anything from any of these 3 soups into any of these 3 soups.

** For an oriental stock you may add fresh or dried **shiitake** mushrooms and 8 or more sprigs of fresh **cilantro**.

** To make this as a vegetable broth or base for cooking beans, use 1 corn cob (not the actual corn kernels) to "sweeten" the stock. Some prefer a bit of vinegar in their soups, try umeboshi vinegar.

EASIEST and QUICKEST (CHICKEN BONE) SOUP

½-1 package **Kosher "Chicken Bones for Soup"** (usually available at your local kosher foods store)

1-2 "**Soup Mix**" fresh vegetable packages which include carrots, parsley, parsnip, onion, celery

1 "cottage cheese" size container of brussels sprouts (optional)—cut bottoms off and peel off 1-2 layers

1 small bag of fresh peeled baby carrots

6 cloves of garlic plus as much of fresh cilantro as you want; 2 quarts water in a large pot

Boil for about 1 hour covered (skim off foam after 10 minutes of boiling). If you cook the bones till soft, they can be eaten to strengthen your bones and even reduce arthritis. Carefully chew these bones so that you have no difficulty swallowing.

CARROT AND PARSNIP SOUP

Scrub parsnips and carrots, but do not peel. Cut into large chunks. Sauté one medium onion in 1 tablespoon of water with one **teaspoon** of macadamia nut or extra virgin olive oil. Join sautéed onion with cut up parsnips and carrots, cover with water, and boil 30 minutes. Add a dash (**a dash**) of Celtic sea salt or tamari if permitted. A smidgeon of cinnamon and/or nutmeg (less than a "dash") + cilantro. Run portions of this through a blender to make into a thick soup/stew.