

60 Days to Reclaim YOUR Health



VEGGIE SOUP STOCK Yields 8 cups

Ingredients

- | | |
|--|--|
| 2 organic onions with skins, quartered | 2 leeks, cut into 2" pieces |
| 3 garlic cloves, peeled and crushed | 3 carrots, peeled and cut into 2" pieces |
| 4 celery ribs (stalks), cut into 2" pieces | 1/2 tsp lemon zest |
| 1/2 cup parsley leaves or 1-1/2 tsp dried | Sprig of thyme or pinch, dried |
| Pinch cayenne pepper | 1 bay leaf |
| 4 whole allspice | 1 tsp unrefined sea salt |
| 8-10 cups distilled water | |

Directions

1. Place water in large stock pot, add veggies. (Try tying herbs and spices into a piece of cheese cloth or other clean cloth tied with string, strong thread or nylon fish line.)
2. Bring to a rapid boil, skim off foam if not using distilled water*, reduce heat and simmer for 30 minutes.
3. Turn off heat and allow to cool on the stove to allow all flavors to mingle.
4. Strain and store soup stock in the refrigerator or freezer for later use.
5. Discard or compost vegetables; the nutrients are in the stock.

*If not using distilled water, remove "foam" (minerals) that comes to the top before storing.

Kitchen Tip: Vary the veggies and spices according to availability. Fresh herbs are highly recommended, if available.

SPLIT PEA SOUP Serves 8-10

Ingredients

- | | |
|---|--------------------------|
| 8-10 cups soup stock or distilled water | 3 carrots, diced |
| 2 cups dry split peas, soaked overnight and drained | 1 medium onion, diced |
| 3 celery ribs (stalks), sliced thin, across the rib | 3 potatoes, diced |
| 3 garlic cloves, peeled and minced | 2 tsp unrefined sea salt |
| 1/2 cup fresh parsley leaves | 1 bay leaf |
| 2 tsp dried cumin | 1/4 tsp cayenne pepper |
| Pinch cinnamon | |

Directions

1. Place all ingredients in a slow cooker (crockpot) or stock pot and cook on high until soup reaches a boil.
2. Turn to low or simmer and allow to cook until peas and all vegetables become soft and tender.

This recipe take a couple of hours on the stove top and can take over 8 hours in a slow cooker.