

Try this super easy and healthy **VEGAN** recipe for a delicious **WINTER SOUP!**

WINTER SOUP

The Warmest New Year Treat!



INGREDIENTS



3 Celery Stalks



3 Orange Carrots



5 Tablespoons of Olive Oil



1 White Onion



Pink Sea Salt



13 Cups of Filtered Water



3 Yukon Gold Potatoes



1 Red Bell Pepper

INSTRUCTIONS

1. Start off by dicing 3 celery stalks, 3 orange carrots, and 1 large white onion.
2. Add 5 tablespoons of olive oil and 1 teaspoon pink sea salt.
3. On medium heat, sauté for 10 minutes until golden.
4. Then add 13 Cups of filtered water, 3 cubed & chopped yukon golden potatoes, 1 diced red bell pepper, 2 teaspoons pink sea salt.
5. Bring all ingredients to a boil, then lower heat and simmer for 30 minutes.
6. Let cool for 1.5 hours.

No matter where you live, this recipe should make you feel warm — inside and out!