

Steal this tasty Phase 1-friendly recipe — it's a great way to get your daily dose of veggies!



Get your fill of veggies and go easy on your stomach with this simple soup. It works with any vegetable, and by using the cooking water, you retain their nutrient content. Frozen vegetables make it super convenient; you'll want a handheld blender wand or a good blender or processor for a really smooth consistency.

#### **Ingredients:**

- 1 bag of frozen vegetables (fresh is great too!)
- Sliced onion or garlic clove (optional)
- Water or broth
- Seasoning of choice
- Olive oil

#### **Instructions:**

1. Steam vegetables with onion or garlic, if using, until very tender. Remove vegetables and reserve the cooking water.
2. Put the vegetables in a blender or bowl. Add enough cooking water to immerse the vegetables by about three quarters.
3. Blend well until very smooth, adding more cooking liquid as needed.
4. Season to taste with seasoning blend of choice, or sea salt.
5. Drizzle with olive oil when serving for a rich flavor.

When you first start out, stick with ingredients that seem familiar, and then gradually expand your tastes. When you're ready, this recipe is excellent with the addition of anchovy paste. It adds umami, the Japanese word for savoriness, which enhances the natural flavor of foods. For more great meal ideas, refer to [The Vital Plan Diet](#).

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