

# Herbal Legacy Recipes

## Hearty Vegetable Soup

Submitted by Lynetta Dearden

Not only is this soup delicious it's also healthy! You will want to be able to make this cleansing soup at a moment's notice so keep these common ingredients on hand.

Choose vegetables and amounts to your liking.

A good combination is as follows:

### INGREDIENTS:

- 5-6 carrots scrubbed and chopped in bite size pieces
- 1/2 head cabbage chopped in bite size pieces
- 1 red bell pepper chopped in bite size pieces
- 1 green bell pepper chopped in bite size pieces
- 1 green onion chopped fine
- 2-3 cloves garlic, minced
- 1 C. green beans (fresh or whole frozen)
- 1C. cauliflower broken into spoon size chunks
- 1 C. snow peas
- 2-3 stalks celery chopped
- 1 C. mushrooms



### DIRECTIONS:

1. Fill a large soup pot 2/3 full of purified water (or use at least 4-5 quarts water).
2. Add about 3 T. vegetable broth powder, one 14 oz. can whole tomatoes (crush a bit in blender)
3. Add carrots to soup pot. Bring to a boil on med-high heat.
4. After bringing broth, tomatoes, and carrots to a boil, turn off heat. Add rest of vegetables to soup pot (immediately).
5. Cover with lid and let stand for at least 1/2 hour before serving.
6. Add sea salt to individual servings (note: When using as a cleansing soup, resist adding sea salt.)

NOTES: Turns out crunchy. Good second day. Keeps for up to a week refrigerated. Can also puree for variety.

\*Lynetta uses Hauser Vegetable Broth, by Modern Products

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