

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Soup To Go

In a wide mouth pint size thermos (adjust recipe for a different size thermos) add the following vegetables or your choice of veggies in the morning around 7:00 am.

1/2 medium carrot, diced
1 small celery stalk, diced
1/4 green bell pepper, chopped
1 small potato, diced
2 tsp. onion flakes
1 small clove garlic, chopped or pressed
1 Tbls. dried tomatoes, crushed
1 heaping Tbls. barley

Add your choice of seasonings, salt, pepper or broth. I use 1/4 cube of Rapunzel Vegetable Bouillon. Top the thermos with boiling water. Put the lid on and it will be ready to eat for lunch. When ready to eat add a little salt and pepper and a pinch of cayenne if desired.

Note: The smaller the pieces of veggies, the sooner they will be ready to eat.

