

**COMPLIANT VEGETABLE SOUP**

Here's a fast and easy vegetable soup recipe that has great depth in flavour. I have adapted this recipe from Eating Alive by Dr. Jonn Matsen.

Note: You'll need an immersion blender or a blender to make this recipe. Just make sure the soup is cool before placing in a blender. (Step 5)

**Ingredients:**

2 potatoes, unpeeled, washed, cut into cubes

2 carrots, sliced thin

1 large onion, diced

6 cups of water or LOW SODIUM SOUP BROTH

1 cup frozen peas

1 cup frozen corn

2 celery stalks, diced

1 small zucchini, diced

1 Tbs. each garlic powder and onion powder

2 tsp. dry parsley

1 tsp. kelp powder

½ tsp. each: basil and oregano

Pinch of red pepper flakes

Optional: 2 Tbs. unsweetened apple sauce

**Method:**

1. Steam the potatoes and carrots for 10 minutes before making the soup.
2. Sauté the onions in a little water in a large pot until the onions are transparent.
3. Add the water, steamed vegetables and all the rest of the ingredients.​
4. Cook the soup on medium low heat for 60 minutes or until all the vegetables are tender but not soggy and the flavours develop.
5. Take 2 cups of water and vegetables from the soup. Let it cool slightly. Blend the mixture and add it back into the soup. This gives the soup a natural thickness and helps to develop the flavours.
6. Correct the soups spices if necessary and add the apple sauce to balance the flavours if needed.
7. Serve the soup hot and let it cool before freezing the leftovers.