

LOW SODIUM SOUP STOCK

Here’s a simple compliant soup stock recipe to get you started.

**Ingredients:**  
(​use organic ingredients where possible)​

* spring or filtered water​
* 2 onions, finely diced
* 1 leek, finely diced
* 2 stalks celery, finely diced
* 2 medium zucchinis, finely diced
* 3 cups green beans, roughly chopped
* 1 small bunch parsley with stems and leaves, roughly chopped
* 3 tomatoes, finely diced
* 2 cloves garlic, finely diced
* Kombu seaweed (2 or 3 big pieces) \* Optional: see below

**Method:**

1. ​Place all ingredients in a large stock pot
2. Bring to a gentle boil, lower heat and then simmer very gently for 30 minutes, with lid on.
3. Let cool completely.
4. Strain and use as a broth. If you have a big pot like mine, you’ll get enough broth to make two pots of delicious soup.

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**SPECIAL FINISHING:**

* ​You can buy seaweed at most health food stores. It helps to add nutrition and natural sodium to the broth. It’s optional so don’t worry if you can’t find it.
* After you have strained the broth, you can add 1 Tbs. onion powder, 1 Tbs. garlic powder, and 1 tsp. of kelp powder to enhance the flavor of the broth.