

Wholesome Vegetable Soup



Ingredients

1 Tbsp grass fed butter

½ Onion

5 Carrots

1 Stalk Celery

2 Sweet potatoes

1 Bunch of fresh parsley

4 Cups vegetable stock or bone broth

Optional additions: squash, turnip, parsnip, white potatoes with skin on, broccoli, cooked white beans, etc.

Method

In a large saucepan, place over medium low heat and melt the butter. Add in the onion to sauté as you chop the other ingredients.

Add all chopped vegetables (try to cut them similar sizes so they cook at the same rate), just the stalks of the parsley and stir well. Place a lid over the pot, allow them to gently soften and combine while stirring them occasionally. If they begin to brown or cook too vigorously, turn the heat down a bit.

After about 20 minutes, pour in your stock or bone broth and turn the heat up to a simmer. Once vegetables are soft, remove from heat and blend with an immersion blender. If you only have a traditional blender, cool the soup before blending.

Once smooth, sprinkle with parsley leaves and serve.

Enjoy!

Source: Saving the Green



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