

## Sally's Healing Soup

If you think you are getting sick, feel sick, are sick, or you don't want to get sick, make this spicy soup and drink it. Your immune system will jump for joy!

Stove Top: Burner, medium heat

Pots/Pans: Large Pot with Lid

Equipment: Blender or Cuisinart, Good Chopping Knife, Stirring Spoon with long handle

3-5 Tablespoons Butter, unsalted, organic

2 Tablespoons Extra Virgin Olive Oil

Put in warmed pot.

4 Medium Onions, loosely chopped

1 whole Bulb Garlic, chopped

Add to butter and olive oil. Saute until transparent

1 Bunch Fresh Parsley, Italian Flat leaf

Add to onion and garlic mix, gently sauté

1 Large Celery Stalk (washed), chop loosely

1 Bag Baby Carrots or 12 Large Carrots (washed), chop loosely

1 Bunch Bokchoy, Escarole or Kale (washed), chop loosely, do not use large stems

Add to onion, garlic and parsley mix. Stir mix well.

3 Tablespoons dried basil or parsley flakes

2 Tablespoons Turmeric powder

1 teaspoon cayenne pepper flakes

¼ Teaspoon Sea Salt

Stir well into vegetable mix

2 Quarts Vegetable Broth (low-sodium)

Add to vegetables and seasonings. Stir Well. Cook at medium heat (simmer) for 25 minutes.

Puree the vegetables with a blender or Cuisinart until soup is a smooth texture. Add grated

hard goat cheese or a dollop of soft goat cheese on top if desired. Sprinkle with chopped cilantro.

This soup freezes well.

## GROCERY LIST

Butter, unsalted

Extra Virgin Olive Oil

4 Medium Size Onions  
1 Whole Bulb Garlic  
Bunch of Fresh Parsley, Italian Flat  
Bag of Baby Carrots or 12 large ones  
1 Large Celery Stick  
1 Bunch Bok Choy, Escarole or Kale  
Dried Basil or Parsley Flakes  
Turmeric Powder  
Cayenne Red Pepper Flakes  
Sea Salt  
Vegetable Broth, low-sodium

OPTIONS:

Kale  
Escarole  
Cilantro