

SEASONAL VEGETABLE SOUP

Dr. Jennifer Echert, BerkanaWay

Prep Time: 10 minutes

Cook Time: 30 minutes

Ready In: 40 minutes

Serves: 4

- 4 cups chopped seasonal vegetables (broccoli, cabbage, carrot, celery, corn, garlic, leeks, mushrooms, onions, parsnip, potatoes, peas, sweet potatoes, turnips)
- one-inch chunk of fresh ginger, grated or minced
- 1 handful of chopped fresh herbs, or 2 TBSP dried (oregano, thyme, marjoram, basil, rosemary, sage, parsley and tarragon are suggestions)
- 4 cups filtered water
- 2 tsp “Organic Gourmet” mushroom soup base, or similar substitute

Saute vegetables until onion is translucent in 2 TBSP olive oil. Add water and herbs and bring to a boil. Cover and reduce heat. Simmer until vegetables are tender, approx. 10-20 minutes. Turn off heat and stir in soup base.

Serve with spelt or whole grain toast and a green salad. Top with gamashio (sesame/seaweed salt) sprinkles.