

Dr. Bastyr's Soup

Dr. Bastyr's soup contains many essential minerals and electrolytes; it is a good, easy source of nutrition. It is also aids in healing the gut and is easily digested and absorbed.

Ingredients:

-Equal parts:

- Carrots
- Cabbage
- Potatoes with the skin
- Celery with the tops

-Bone broth

Directions:

- 1) Boil broth with the vegetables for approximately 30 minutes, or until tender.
- 2) Blend soup together.
- 3) Eat repeatedly.

Alternatives:

If you can't have:	Try this:
Potato	Parsnips
Carrot	Beets
Celery	Whole fennel with leeks or lovage

Additions: These can be added to the soup but are not required.

Vegetables

- Onion
- Fennel
- Garlic
- Greens: beet greens, kale, spinach, chard

Herbs-Almost any spices can

- be delicious additives.
- Cinnamon
 - Cayenne
 - Cardamom
 - Black pepper
 - Rosemary

Protein

- (To be added after blending)
- Meat
 - Lentils
 - Split peas