



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Hearty Vegetarian Vegetable Soup

- 6 cups Spring *or* Filtered Water
- 2 cups Vegetable Stock
- 2 cups Jerusalem Artichoke, chopped
- 2 cups Onions, chopped
- 2 cups Tomatoes, diced
- 1½ cups Celery, diced
- 1 cup Carrots, chopped
- ¼ cup Parsley, chopped
- ¼ cup Peas
- ¼ cup Beans
- ¼ cup Brown Rice
- 4 cloves Garlic
- 4-6 leaves Basil, fresh
- 4 Tbsp. Vegetable Base
- ½ tsp. Oregano
- ½ tsp. Thyme



1. Brown the garlic, onions and celery.
2. Add other vegetables, rice, and water, cook 30-40 minutes.
3. Add tomatoes, beans, and seasonings.
4. Cook to your liking. Add water as necessary.
5. Serve in warm bowls and garnish with fresh basil if available.

If using canned vegetables, be sure they are high quality. Substitute fresh whenever able.