

## Easy Vegetable Soup

Serves: 8

### Ingredients:

1/2 cup/s	cooked chicken, beef, or lentils
1 each	leek/s, chopped (see notes)
1 each	onion, chopped
2 cups	green cabbage, chopped
3 ea, each	carrots, chopped
2 ea, each	celery stalks, chopped
1 cup	turnip (rutabaga), chopped
1 cup	can and diced tomatoes
1 dash	thyme, dried
2 ea, each	bay leaf/leaves
1 handful	fresh parsley, preferably flat-leaf/Italian, finely chopped
7 cup/s	chicken, beef or vegetable broth/stock
3 clove/s	garlic, minced/chopped
2 Tbsp, tablespoon/s	avocado oil

### Instructions:

use cooked, diced chicken or beef meat or even crumbled ground beef. Lentils are great for a vegetarian version

use canned diced tomatoes

Cut all veggies in mouth-sized chunks.

Cook onion, garlic and leeks ~5 min in lg. stockpot in avocado oil (or other good fat)

Add the rest of the vegetables as well as the chicken, beef or vegetable broth, thyme and bay leaf.

Boil and simmer about 20 min or until vegetables are soft. Take out the bay leaf.

Add the chopped fresh parsley and season with salt and pepper.

Enjoy!

- **Note:** How to prepare leeks:

Cut wilted parts of the green tops off.

Cut top part of leeks four times to split the large leaves, but keep the stalk together.

Wash the tops in clean water very thoroughly. Leeks tend to hold on to dirt inside the leaves of the green part.

Then chop all parts, including the green parts and use.