

Fall Harvest Soup



Warm and Spiced Harvest Soup

Prep Time: 15 minutes
time: 35 minutes

Serves 6-8

Cooking

Ingredients:

- 1 tbsp ghee or avocado oil
- 1 yellow onion
- 3-4 cloves garlic, minced
- 3-4 stalks celery, chopped
- 3 large carrots, cut in circles
- 5-6 cups bone or chicken broth
- 2 zucchini, cubed
- 1/2 pound green beans, chopped into 2-inch pieces
- 1-2 cups cauliflower, diced
- 1 cup tomato sauce and/or 3 tbsp tomato paste

1 tsp cinnamon

1/2 tsp salt or more to taste

Fresh cilantro and parsley for garnish

Directions:

1. Set the pot over medium heat and add your choice of oil/fat.
2. Add the onion to the pot; saute for 5 min until translucent.
3. Add salt, cinnamon, garlic, carrots, and celery. Saute for 5 min.
4. Add the chicken or bone broth, tomato paste/tomato sauce, bring the soup to a boil, cover with a lid, turn down the heat, and simmer for 15-20 minutes.
5. Once ready, add cubed zucchini, green beans, and cauliflower and simmer for an additional 10 minutes.
6. Turn off the heat, add more salt if needed, mix. Ladle the soup into the bowl, garnish with cilantro and parsley and serve.