

Lamb Minestrone (Gf, Df, Paleo)

I LOVE warm soups in the fall! It is a great way to make one dish and eat it for 3-4 days in a row! Especially, if you think of implementing more and more vegetables and easy to digest protein together with the healing bone broth!



INGREDIENTS

- 6 cups bone broth)
- 1 can diced tomatoes (substitute with 1/3 cup diced beet for AIP)
- 1 cup carrots, chopped

- 1 cup spinach, chopped
 - 1 cup parsnip, chopped
 - 1 cup celeriac root, chopped (can substitute with rutabaga)
 - 1 medium white onion, diced
 - 3 ribs of celery, chopped
 - 1 medium zucchini, chopped
 - 2 tsp dried oregano
 - 2 tsp dried basil (any fresh herbs are always a bonus!)
 - 1/4 cup fresh parsley
 - 2 cloves garlic, minced
 - 1 tsp sea salt (plus more to taste)
 - 2–3 tbsp avocado oil
 - 2 cups pre-cooked lamb (you can also use raw lamb leg, cut into small pieces)
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INSTRUCTIONS

1. Place a pot on the stove on medium-high heat and add avocado oil.
2. Add the onion and garlic and sauté for 5 minutes.
3. Add in all the chopped veggies (the celeriac, the parsnips, carrots, etc. and sauté for 5 minutes.
4. Add all the dried herbs (oregano and basil). Save fresh basil to add at the end of cooking.
5. Pour in the broth (or water) and pre-cooked or raw lamb pieces into the vegetable mix and stir.
6. Bring the soup to boil, turn down the heat to low, cover with the lid and simmer on medium heat for 20 minutes.
7. Once the veggies are cooked through, add in the spinach and other fresh herbs and stir until the spinach is wilted.
8. Ladle into the bowls and serve with extra basil.

What is your favorite soup in the fall?