

Comforting and Healing Soup

(All organic)

1 cup of diced onion
1 cup of sliced mushrooms
2.5 cups of water
2 medium sweet potatoes, cubed.
2 medium russet potatoes, cubed
1.5 cups of diced rutabaga
3 bay leaves
2 tsp of fresh rosemary
1.5 tsp of cumin seeds
1 tbsp of fresh sliced turmeric
3/4th cup of fresh chopped parsley
2 medium carrots, sliced
3/4 cup of diced celery
1 small apple, diced
2 cups of fresh apple juice

Directions

1. Simmer onions and mushrooms in 1/4th cup of water until softened and lightly browned
2. Add the remaining water, potatoes, rutabaga, bay leaves, rosemary, cumin and turmeric.
3. Bring to boil, cover and simmer until potatoes are soft
4. Add parsley, carrots and celery
5. Simmer 5 more minutes and turn off heat
6. Add the apple and apple juice, cover tightly and let stand for 20 minutes.