



Bron: [Amanprana.eu](https://amanprana.eu) | Chef: 2 | ©2

Heart warming green soup

Ingrediënten

- 1 onion
- 1 clove garlic
- 1 tbsp extra virgin coconut oil (Amanprana)
- 1 l water
- 2 organic stock cubes
- 1 stalk broccoli
- 5 stems celery (lightly peel with peeler)
- approx. 3 potatoes (this does not apply to those who are overweight; they should add a beaten egg instead of the potatoes. NB. always beat egg in boiling soup!)
- you could also add 1 courgette
- 2 tsp ground rosemary or 3 sprigs of finely chopped, fresh rosemary
- some fresh chives for garnishing
- pepper, (herbs) salt, a little shoyu or Amanprana Orac Botanico mix mild

Variations: 1 tsp ground nettle (but twelve or so nettle tops are much tastier) A couple of sprigs of yarrow can be chopped and stirred in; this is very tasty and great for the heart Great with crumbled feta on top. Would you like to make the soup a little 'spicier'? Then add the garlic once you have taken the pan off the heat. Replace the ginger and rosemary with a level teaspoon of mustard.

Extra info

Recept geschikt voor:

4 personen

Moeilijkheid:

Vorbereidingstijd:

minuten

Bereidingstijd:

30 minuten

Totale bereiding:

30 minuten

Gebruikte producten

De **Amanprana producten** die gebruikt zijn bij het maken van heart warming green soup

Bereiding

Fry off the onion and garlic in a little coconut oil. Then add water with stock cubes and bring to the boil. Add the broccoli, the cubed potato and the celery and finally the courgette and cook until tender. Add the vegetables once the water is boiling; this reduces the vitamin loss as a result of the cooking process (this applies to all cooked vegetables). Take the pan off the heat and add the rosemary. Season with pepper and salt or shoyu. Garnish with chives.

Speciale wensen

- Vegetarian