Sari's Natural Medicine
REBALANCE. REBUILD. REVITALISE. REJUVENATE.

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SARI'S BASIC SOUP MAKING FORMULA

It is so easy to make a big batch of soup and freeze it in serving sizes so you can have easy, convenient and delicious lunch options throughout your week.

These instructions will show you how to make ANY sort of soup. You can get creative and try all sorts of different vegetables, with or without meat, with or without a complex carbohydrate, and with whatever combinations of herbs and spices that you like. Have fun with it!

Ingredients

Big nob of butter (and some macadamia or grapeseed oil if you want) for frying

4 large onions or 1 large leek, sliced, including the green part

6kg vegetables of your choosing, chopped into large chunks

6 cups of cooked homemade bone broth/ stock or organic shop bought stock. Plain water is fine too.

5 cloves garlic, crushed

Bunch of herbs, chopped, optional

Method

1. Melt butter and oil into a very large saucepan over medium heat.
2. Add chopped onions (or sliced leek)
3. Sauté/fry until soft.
4. Chop washed vegetables including the skins, into chunks. Discard blemished parts or stems .
5. Put into saucepan.
6. Add broth/stock.
7. Now add just enough boiled water to almost cover the vegetables.
8. Place lid on and bring to the boil. Then turn down to low and simmer for 20 minutes, or until tender.
9. Add crushed garlic and any fresh herbs if you choose to.
10. Blend it all up with a handheld immersion stick blender until it is nice and smooth. If it is too thick for you, add more water until it reaches your desired consistency. I like it super thick! You can also choose to have your soup chunky sometimes- this works well for meat soups.

Enjoy this delicious freshly cooked soup hot with some salt and pepper and fresh herbs on top.

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Extra Notes

This amount of liquid makes for a very lovely thick soup. Thick soup will not dilute your digestive enzymes and make digestion more difficult for your gut. You can add more water to obtain your desired consistency.

When the rest of the soup in the pot is cool enough, place ladles full into glass containers in serve sizes for you/ your family, and freeze. Simply take it out of the freezer the night before you want it and defrost it naturally on the kitchen bench (no microwave needed!). You can heat it up in the morning and put it in thermoses for the work and school lunches.

Getting creative by adding extra goodies!

You can choose to add a meat such as minced chicken, beef chunks, or lamb. Simply, brown the meat in the hot butter/ oil at **Step 1**.

If you wish to add spices, add them in **Step 2** when you are sauteing the onions. This will bring out their flavours.

Complex carbohydrate grains such as quinoa, lentils, chickpeas, basmati rice etc can be added to your soup also. Put them in at **Step 6** after you have added the broth/stock. Stir them in, and cover with the extra boiled water.

Dried herbs can be added for extra flavour. Simply add these in **Step 7** before you simmer/cook the whole soup.

Lastly, *fresh* herbs can also be added. Do this in **Step 9** after the soup is cooked, but before your blend it up.

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Type of fresh/ dried herbs and spices to experiment with:

Fresh or dried herbs	**Spices**
▶ Parsley ▶ Coriander leaves ▶ Basil ▶ Marjoram ▶ Dill ▶ Rosemary ▶ Tarragon ▶ Mint ▶ Oregano ▶ Sage ▶ Mixed herbs and many more!	▶ Curry powder ▶ Cumin ▶ Turmeric ▶ Chilli ▶ Paprika ▶ Coriander seeds ▶ Fennel seeds ▶ Cinnamon ▶ Garam masala ▶ Many more!

Some types of soups and vegetable combinations that work well

▶ Beetroot/ borscht ▶ Creamy Broccoli ▶ Potato and leek ▶ Cauliflower and leek ▶ Pumpkin and lentils ▶ Pumpkin and cauliflower	▶ Chicken and vegetable ▶ Lentil ▶ Split pea ▶ Asparagus ▶ Goulash ▶ Pumpkin and whatever vegetables you can get away with thrown in!	▶ Carrot and pumpkin ▶ Roast Carrot and ginger ▶ Sweet potato ▶ Spinach and green pea ▶ Zucchini, turnip, celery, onions, leek, kale, cabbage, chard, rutabaga, celeriac.

There are so many types of soup. Really, you can make soup from anything- so get creative!

I hope this opens the wonderful world of SOUPS up to you, and you enjoy experimenting. Even if you only cook one type of soup in a big batch each week, it is a great, convenient, and healthy option for you to include in your regular diet.

Let me know what you cook!

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