

Sonnewald's Life Restoring Soup

- 1 quart green vegetable puree (recipe on back)
- 1 quart bone broth (recipe on back)
or any prepared broth of your choice
- ½ cup cream (preferably raw) or half & half
- 2 ½ t. unrefined salt
- ½ t. freshly ground organic black pepper
- Dash cayenne, or to taste



Stir together vegetable puree, broth and seasonings in a large saucepan. (If puree has been frozen, the smooth texture will be restored by briefly re-blending before stirring it into the broth.) Warm slowly over medium low heat. Blend in cream and heat through, but do not boil. Adjust seasonings and serve. Approximately 8 servings.

This basic recipe can be altered to fit your tastes and dietary needs. Suggestions:

In place of cream, try grain, seed or nut milks. Mild flavored leftover grains such as rice, oats, millet, quinoa or amaranth, blended with a little water, also work well.

Add any of your favorite spices and herbs. Stir in tamari or shoyu. Dilute miso in a little water and stir in toward the end of cooking time. Add chopped sautéed vegetables, cooked beans, rice or lentils.

Life Restoring Soup is very nourishing, easily digested and has many healing properties.

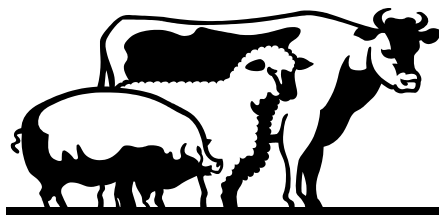


Bone broth:

- Adds minerals to your diet
- Supports joint health
- Balances blood sugar
- Aids digestion
- Reduces cravings
- Supports iron levels

For more information on the amazing restorative properties of broth:

- Read *Nourishing Traditions*, by Sally Fallon and Mary Enig, Ph.D.
- Visit:
 - ♦ www.WestonAPrice.org
 - ♦ www.siboinfo.com



Basic Bone Broth

3 pounds beef, lamb, poultry and/or fish bones

(humanely raised, hormone and antibiotic free, grass fed, pastured or wild caught is best)

2 – 4 quarts cold filtered water

¼ cup raw apple cider vinegar

1 to 3 strips Kombu or ½ oz. dried sea vegetable of your choosing (adds minerals)

1. Place bones in a large non-aluminum stock pot or crock pot. Cover with water. Add vinegar and soak for about an hour. This will start pulling the vital minerals from the bones into the liquid.
2. Bring bone/water/vinegar mixture to a boil. If using sea vegetables, add now.
3. Reduce heat and simmer for 12 to 72 hours. Check periodically to make sure bones are covered, adding water if necessary. The lower the simmer, the clearer the broth.
4. Cool.
5. Remove bones using a strainer, colander or cheesecloth. (Many animals both wild and domestic will enjoy the bones!)
6. Chill remaining broth to solidify fat for easy removal. (Birds love suet!)
7. Use, freeze or can. The broth can be used alone, as a soup base or added to sauces and gravies.

Flavor can be enhanced with the addition of meat and/or browning the meatiest bones. Heat oven to 350° and roast until well browned. Cool and add all juices and scrapings to the pot along with the bones before soaking (step 1).



Green Vegetable Puree

Collect less-than-perfect non-starchy vegetables and leafy greens (damaged, wilted/limp, outer leaves, etc.) Do not discard stems, fibrous stalks or hearts. You will need 4 to 6 pounds for 1 quart of puree.

1. Wash vegetables and chop coarsely into pieces no larger than 1”.
2. In a large non-aluminum pot, place approximately 1” water.
3. Add the tougher chopped vegetables - stems, stalks and hearts - and bring to a boil. When partially cooked, add the more tender vegetables, topping off with the leafy greens. Cover and cook until just soft enough to blend. Cool.
4. Puree the vegetable mixture in a blender, adding a little water if necessary to achieve a creamy consistency.
5. Refrigerate or freeze until ready to use.

When choosing the vegetables there are no rules - use whatever you have. Each batch will be different. Include stems of kale, collards, Swiss chard, Chinese cabbage and bok choy; trimmings from Brussels sprouts, cabbage, spinach, lettuce and herbs. Toss in broccoli and asparagus stalks, cabbage and cauliflower hearts. Don't overlook green beans, peas, summer squash, peppers, cucumbers, leeks, onions and garlic. Non-starchy root vegetables can also be used to increase nutritional value, so add burdock root, Jerusalem artichokes and daikon. Celery and onion help balance the stronger flavors.

Depending on seasonal abundance, large amounts of the broth and/or vegetable puree can be made at one time. The broth will keep refrigerated for about 5 days. Both the broth and the puree will keep several months frozen.