

Jennifer Ball ND
www.centerofnaturopathy.com
(614) 397-6878

**** MAGIC SOUP ****

1 medium onion diced or chopped
2 -3 cloves fresh chopped/grated garlic
1-2 TBSP fresh chopped/grated ginger
1TBSP turmeric

Saute in olive oil until fragrant.

Add 4 cups of organic low sodium veggie, chicken, or bone broth.

Add lots of green, red and yellow veggies: broccoli, carrots, peas etc

Can add green leafy veggies in the last few minutes.

May add organic chicken/protein of your choice

May add dried or fresh mushrooms, astragalus root.