



## Simple Simple Soup



### Vegan, Paleo

Serves a big family, or one person for a whole week

When I am thinking home cooking, I am thinking warmth, comfort, delicious, yet nutritious.

This soup never fails. People will ask you in awe, "Did you make it from SCRATCH?", as if you just discovered gravity or invented the light bulb. And you will answer proudly, "Yes I DID!" Guaranteed, you'll be the hero of the day...

Regardless of whether you never spent a day in the kitchen or whether you are an expert cook, there is no better way to welcome the fall and winter with this simple veggie soup.

- ♥ 1 medium/large yellow onion (cubed)
- ♥ 1 medium/large celery root (peeled, washed and cubed)
- ♥ 1 full celery bulk (sliced/chopped)
- ♥ 1 bunch of Italian parsley (chopped)
- ♥ 4-5 medium carrots
- ♥ 1 medium/large parsnip (peeled and cubed, like a carrot)
- ♥ 2 tbsp. olive oil (for sautéing)
- ♥ Salt
- ♥ Pepper

1. In a very large and deep pot, heat the olive oil and sauté the onions.
2. Add all the veggies and stir well. Sauté for a couple more minutes, add salt and pepper to your liking and fill up the pot with water.
3. Taste and make sure it has enough salt (salt is the king of spices).
4. Bring to a boil.
5. Reduce the heat and cook until all veggies are soft and yummy.

- Portion and freeze if you have leftover after a couple of days.
- The broth could be used for many other dishes or a base for other soups.
- Could easily add zucchinis or cauliflower florets.