Soup for the sick soul!!!

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 Zucchini
- 1 Carrot
- 1/2 cup sweet peas
- 1/2 cup corn
- 2 Medium sized Potato
- 6 Medium sized cremminis
- Tofu
- 1 1/2 Onion
- I Carton chicken broth
- 3 TBSP of Ketchup if you dont have tomato paste
- 1 TBSP Sea salt
- 2 1/2 TBSP Chili powder
- 1 TBSP turmeric
- 2 Cloves picked garlic in Chardonnay (or regular garlic)

Instructions

Step 1

Wash all Vegetables and throw them in a pot and your done. That is it
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So I like to get a big pot and warm it up with some olive oil. I use 2 TBSP and throw in the onions that are sliced. I let that cook off and start cutting the Zucchinis. I cut them into little cubes and then throw them in the pot. Let the onions and zucchinis cook for 1 minute and turn to medium high. Peel the Carrot and dice into small round pieces. Do the same with the potato’s. Now add the spices with salt (use as mush or less spice as

you want) and the garlic (and if you are using picked garlic, use the liquid from the pickled garlic). Mix well and add a splash of chicken broth. Now add mushrooms, sliced and the corn/peas and tofu. Mix for 2-3 minutes, add chicken broth and let simmer for 20 minutes.

I will not lie to you, but this is one of the best soups you will ever have. It does the trick when your sick. Just have this with loads of fluids and you will be clean and healthy like no tomorrow.

P.s you can add shrimp to this, chicken…anything you want. You can serve this before dinner, main course or even as an appetizer.

Have a soup - a - licious day !!!