

Angie Bloom

Nourishing Bone Broth Vegetable Soup

INGREDIENTS:

- 3-4T extra virgin olive oil
- 2 lbs. organic ground turkey
- 3-4 carrots, chopped
- 1 1/2 heads fennel, chopped
- 2 zucchinis, chopped
- 1 can of organic black beans, rinsed and drained
- 2 heads bok choy, chopped
- 1 tsp thyme
- 1 tsp oregano
- 1/2 tsp turmeric
- 2 garlic cloves, minced
- 1/2 cup chopped fresh parsley (not dried)
- Salt and Pepper to taste
- 2 - 32-ounce Pacific Organic Chicken Bone Broth - Unsalted

Directions:

1. Dice the veggies, I typically start with the carrots and fennel, and mince the garlic.
2. In a separate pan, sauté turkey with 1-2 T of olive oil and 1-2 tsp of real salt (if you are adding protein to your soup - you don't need it) and set aside until veggies are soft.
3. In a Dutch oven or large pot, heat the olive oil over medium heat. Add the carrot, fennel and garlic, and sauté for 5 to 7 minutes until the veggies are soft.
4. Add the oregano, thyme, and turmeric and stir. Continue cooking for about 1 minute.
5. Add the organic chicken bone broth, sauteed turkey, salt to taste I'm typically around 1 1/2 to 2 tsp, drained and rinsed black beans, and fresh ground pepper. Bring a simmer.
6. Remove from the heat and allow to cool for several minutes. Taste and add the additional salt as necessary.