



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Los Lobos Vegetable Soup

Ingredients

1 Tablespoon Coconut Oil	2 Teaspoons Salt + 2 Tbsp. Herbamare
2 Cups Chopped Onion	
8 Cloves Garlic, Minced	1 ½ Cups Tomato Juice or ¾ Cup Tomato Sauce
1 Large Carrot, Diced	1 Medium Ripe Tomato, Diced
¼ Teaspoon Freshly Ground Black Pepper	6 Scallions, Minced
2 Bay Leaves	1 Medium Zucchini, Diced
6 Cups Filtered Water	1 Handful Spinach
1 Large Stalk Celery, Minced	Herbs: Basil, Dill, Thyme, and Oregano
1 Cup Chopped Cabbage	
½ Lb. Fresh Mushrooms, Sliced	If using dry herbs-2 tsp each
	If using fresh herbs -2 tbsp each



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Place coconut oil in a large soup pot and add onion, garlic, carrot, pepper, and 1 bay leaf and sauté for 30 seconds at medium heat. Add 6 cups of water, cover, and bring to a boil for 20 minutes at medium heat, add remaining ingredients. Simmer for one hour or to desired consistency.

Makes 6 servings, ~12 ounces each

Recipe credit *Grow A New Body* by Alberto Villoldo

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