



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

## **Los Lobos Vegetable Soup**

### **Ingredients**

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

*Angela Burge*  
MEDICINE WOMAN

Food Energy Plant  
[aburge@angelaburge.com](mailto:aburge@angelaburge.com)  
[www.angelaburge.com](http://www.angelaburge.com)  
209-404-5130



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

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

*Angela Burge*  
MEDICINE WOMAN

Food Energy Plant

[aburge@angelaburge.com](mailto:aburge@angelaburge.com)

[www.angelaburge.com](http://www.angelaburge.com)

209-404-5130