



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

## **Los Lobos Vegetable Soup**

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

**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