



Clean Eating

IMMUNE-BOOSTING HEARTY ROOT VEGETABLE SOUP

INGREDIENTS

- 2 tbsp. Olive oil
- ½ large celeriac (celery root) peeled and chopped
- 3 large carrots, peeled and chopped
- 1 large rutabaga, peeled and chopped
- 3 medium potatoes, peeled and chopped
- 1 medium onion, peeled and chopped
- 1 clove garlic, peeled and grated
- 2 cups spinach
- 2 bay leaves
- 2 tbsp. Minced fresh parsley
- 8 cups vegetable broth
- Sea salt and fresh ground black pepper to taste

DIRECTIONS

- Heat the oil in a large soup kettle over medium heat. Toss in onion and saute until onion is translucent in appearance (approx. 3min.) Then add in the garlic and saute for approx. one minute.
- Toss in the rest of the root vegetables and cook over medium heat for 5 minutes. Next add broth, parsley, bay leaves.
- Simmer for approx 30 min.
- Toss in spinach and simmer until vegetables are tender (15–30min).

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NOTES

For thinner soup: add broth to desired consistency

For thicker soup: take an immersion blender to the pot when finished and give it a few pulses and Walla!

Enjoy the colourful blend of root vegetables that bring warmth and comfort to your table, and gut-healing nutrients, minerals, and vitamins to nourish from within.

CREDIT: Stacy Thewis [foodmatters.com](https://www.foodmatters.com)