

Cindy's Healthy Gut Soup

12 ingredients · 20 minutes · 5 servings



Directions

1. Add a couple tablespoons of vegetable stock to the bottom of your soup pot (or you can use a tablespoon of good EVOO) and saute the onions for a couple minutes
2. Add the garlic and saute for another minute
3. Add the rest of the vegetable stock and bring to a boil
4. Add dandelion root tea bag and reduce heat
5. Add the vegetables, beans, seasonings and simmer, covered, until vegetables are tender, about 10 minutes. This soup is best if you can let simmer longer.
6. Find and remove entire tea bag

Notes

Season Up

Season with salt & pepper as desired. Top with fresh chopped parsley and enjoy!

Perfect Snack or PreMeal

This is a perfect snack (low calorie/carb/sugar; high fiber/protein). Enjoy a bowl before a meal to help fill up so you eat a little less without giving up on any nutrients.

Ingredients

- 4 cups** Organic Vegetable Broth
- 3** Garlic (cloves, minced)
- 1** White Onion (chopped)
- 3 stalks** Celery (chopped)
- 1** Zucchini (chopped)
- 3 cups** Broccoli (chopped)
- 3 cups** Cauliflower (chopped)
- 1 can** Pinto Beans (drained & rinsed)
- 1 serving** Dandelion Root Tea (bag)
- 1 tsp** Dried Basil
- 1 tsp** Oregano
- 1 tsp** Sea Salt & Black Pepper (as desired)

Nutrition

Amount per serving

Calories	125	Vitamin D	0IU
Fat	1g	Vitamin E	1mg
Carbs	24g	Thiamine	0.1mg
Fiber	7g	Riboflavin	0.2mg
Sugar	6g	Niacin	1mg
Protein	8g	Vitamin B6	0.2mg
Cholesterol	0mg	Folate	70µg
Sodium	713mg	Vitamin B12	0µg
Potassium	569mg	Phosphorous	128mg

Vitamin A	952IU	Magnesium	45mg
Vitamin C	85mg	Zinc	1mg
Calcium	109mg	Selenium	2µg
Iron	2mg		