

Awesome Vegetable Soup Recipe:

This soup can be eaten any time you are hungry. Eat as much as you want, whenever you want. It is quite filling, nutritious and warming full of minerals and vitamins and fiber. Makes 7 quarts.

1 large stalk leek
3 stalks green onion
½ Butternut or other squash cubed (if available) highly recommended
1 Chayote squash
3-4 heads Baby bok choy (or green cabbage)
4 - inch piece of Diakon radish
1 medium parsnip
1 medium carrot
A 4-inch piece kumbu or other dried seaweed - wakame, kelp - (adds salt)
Olive oil to sauté vegetables

Add fresh or dried spices like parsley, cilantro, rosemary, sage, thyme, tarragon or oregano as desired toward the ending of cooking.

Optional ingredients that can be added if available or preferred

1 medium celery root
3 cloves chopped garlic (1 teaspoon dried powder)
1 8oz can diced tomato
4-6 dried Shitake mushrooms (for flavoring - optional)

Cooked peas or beans
e.g. lentils, black eyed peas, split peas, garbanzos, mung beans, red beans, etc.

Add salt, pepper if desired

Method:

1. Cut vegetables in small to medium pieces, sauté in olive oil until leeks and bok choy are tender
2. Cover with hot water.
3. Simmer & continue cooking until vegetables are tender. About 20 minutes.
4. Add seasoning and spices.

*** Blend in the food processor to a smooth consistency for easier digestion if desired.

*** To decrease amount, just use less of each vegetable

Nutritional Information:

<https://www.lybrate.com/topic/benefits-of-daikon-and-its-side-effects>