



Restorative Vegetable Broth | A Nourishing and Cleansing Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



390 min.

SERVINGS



5

CALORIES



93 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 medium carrots
- ☐ 3 stalks celery
- ☐ 0.5 the salad (or a mixture of leafy greens)
- ☐ 1 Tablespoon olive oil extra virgin for serving
- ☐ 1 handful parsley fresh
- ☐ 1 large piece kombu (seaweed)

- ☐ 1 leek light white green small to medium cleaned sliced lengthwise well (use and parts)
- ☐ 0.5 teaspoon sea salt fine
- ☐ 3 water filtered
- ☐ 1 cup winter squash (like butternut)
- ☐ 1 small sweet potatoes and into
- ☐ 0.5 cup frangelico dried fresh
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Equipment

- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ stove
- ☐ slow cooker

Directions

- ☐ Coarsely chop the vegetables into even sized pieces.
- ☐ Place all the ingredients except for the butter or olive oil into your slow cooker and add the water to cover. Set to 5 to 6 hours on high or 10 to 12 hours on low. (You can simmer it for longer for a more flavorful and reduced broth)(To make on the stovetop) In a large stock pot , cover the vegetables, herbs and spices with the water and bring to a boil. Reduce heat and barely simmer on low for about 90 minutes.
- ☐ Serve as is with a drizzle of olive oil or pat of butter and additional salt to taste.Strain liquid through a fine mesh strainer (set vegetables aside). Salt to taste.
- ☐ Let cool to room temperature before refrigerating or freezing.
- ☐ Place the strained vegetables and about 1 cup/240ml of broth together into a blender .
- ☐ Add a Tablespoon of butter or olive oil and season to taste with additional salt and pepper. Blend on high until liquefied.Store broth and soup up to a week in an airtight container in the fridge or freeze for up to three months.

Nutrition Facts



 PROTEIN 6.36%  FAT 27.34%  CARBS 66.3%

Properties

Glycemic Index:46.57, Glycemic Load:4.19, Inflammation Score:-10, Nutrition Score:12.250434880671%

Flavonoids

Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg, Apigenin: 2.41mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 93.4kcal (4.67%), Fat: 3.03g (4.65%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 13.33g (4.85%), Sugar: 4.31g (4.79%), Cholesterol: 0mg (0%), Sodium: 290.65mg (12.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin A: 13268.89IU (265.38%), Vitamin K: 34.91µg (33.24%), Vitamin C: 15.98mg (19.37%), Manganese: 0.32mg (16.18%), Fiber: 3.17g (12.69%), Potassium: 433.15mg (12.38%), Vitamin B6: 0.22mg (11.06%), Folate: 42.47µg (10.62%), Vitamin E: 1.55mg (10.35%), Magnesium: 34.45mg (8.61%), Vitamin B1: 0.1mg (6.7%), Calcium: 61.6mg (6.16%), Iron: 1.08mg (5.98%), Copper: 0.12mg (5.97%), Vitamin B3: 1.12mg (5.58%), Vitamin B5: 0.56mg (5.56%), Phosphorus: 49.24mg (4.92%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.28mg (1.85%)