



Mitochondrial soup (H)

Serving: 2

Veg

Ingredients

- 1 tbsp olive oil
- 1 large onions chopped
- 1 large leeks chopped
- 3 cloves garlic pressed
- 1 large carrots peeled and chopped
- 1 small stalks celery chopped
- 1 medium turnip peeled and chopped
- 4 leaves black kale deribbed and chopped OR spinach leaves
- 3 tbsp chopped cabbage
- 1/2 teaspoon dried thyme
- sea salt and freshly ground black pepper to taste
- 1 small sweet potatoes peeled and chopped
- 1 cup diced tomatoes
- 2 cups low-sodium chicken broth or veg broth

Preparation Method

- In a large soup pot*, heat the olive oil over medium-high heat; add the onion and cook until nearly translucent. Add the garlic and sauté for a couple of minutes, but don't let it brown!
- Add remaining veggies; sauté for just a minute or 2 (you're not cooking them, just getting the wonderful flavor this quick step will infuse in your soup). Add the thyme, salt and pepper while sautéing.
- Now place the veggies in a large slow cooker; add diced tomatoes and broth. Cover and cook for 20-25 minutes
- Just before serving, gently mash some of the sweet potato chunks against the side of the slow cooker or soup pot to thicken the soup; give it a stir and serve.