



Nourishing Roast Vegetable Soup

Ingredients

1 onion diced
2 ribs of celery diced
1 large carrot diced
1 tbsp crushed garlic
2 cups cabbage chopped
½ head of broccoli chopped
½ head of cauliflower chopped
1 fennel bulb diced
2 cups chopped swiss chard
olive oil, a teaspoon each of garlic powder, tumeric, dried ginger, smoked paprika, salt and pepper
2 liters of bone broth (chicken or beef)

Instructions

- Preheat oven to 180 degrees
- In a big oven roasting dish place all the vegetables and spray generously with olive oil. (You can use ANY vegetables but roasting them adds another layer of flavour) DON'T roast the swiss chard - add to the soup later.
- Layer on the salt, pepper, herbs and spices what ever you prefer.
- Toss the vegetables well in the herbs and spices so they are all coated.
- Cover with baking paper and then tin foil.
- Roast the vegetables covered for 40mins and then uncovered for 15 minutes.
- Place vegetables in a big pot and cover with hot water, bone broth and chicken stock.
- Allow to simmer away for 45 minutes then add the chopped swiss chard.
- Allow to simmer a further 15 minutes. You can add cooked chicken to the soup to add extra protein or add beans or lentils.
- You can double or triple the ratio to cook a big batch to freeze into easy access portions.

Soup is the easiest way to bulk cook and freeze easy,
nutritious, high fiber and high protein meals.