

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Healing Soup

([www.organicparks.com](http://www.organicparks.com))

### Ingredients:

- 1 tbsp unrefined coconut oil
- 2 cups diced yellow onion (approx 1 medium)
- 1 tbsp minced garlic (approx 3 cloves)
- 1 cup chopped asparagus (approx 1 bunch)
- 2 cups spinach leaves
- 3 cups chopped broccoli (approx 1 large head) \*
- ¼ tsp crushed red pepper flakes
- 2 tsp sea salt
- ½ tsp fresh cracked black pepper
- 6 cups homemade chicken stock

### Instructions:

- In a large heavy-bottomed pot over medium heat, warm coconut oil until glistening.
- Add onion and saute for 5 minutes, stirring frequently; onions will have softened.
- Add garlic and saute for 1 minute, stirring constantly; garlic will be fragrant.
- Add asparagus, broccoli, red pepper, sea salt, black pepper and chicken stock. Bring to a boil, cover and reduce to a simmer. Simmer for 20 minutes. Turn burner off.
- Add spinach, stir and allow to cool for 5 minutes.
- Puree the soup in a blender in small batches OR use a puree stick to blend.

\* Both the florets and the stalk of the broccoli may be used. Simply cut off the bottom 1" of the stock and peel the outer layer with a vegetable peeler. Chop and add to the soup with the florets.