

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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## Ruth's Spicy Detox Soup

### Ingredients:

- 1 tbsp olive oil
- 3 cloves of garlic
- 3 green peppers, chopped
- 3 onions, chopped
- 1 package sliced mushrooms
- 3 (12-14.5 oz) cans ORGANIC fire roasted crushed tomatoes (may be hard to find so regular is okay too, try to get them in low sodium)
- 1 (4 oz) can diced green chiles
- 1 (24 oz) low sodium organic vegetable broth (or to consistency desired)
- ¼ tsp black pepper
- 1 tsp dried basil or Italian seasoning (1 tbsp fresh basil is best)

### Directions:

- Sauté garlic, peppers, onion in olive oil.
- When onions are almost translucent add mushrooms. Sauté one more minute.
- Add tomatoes, green chilies, vegetable broth, black pepper, and basil.
- Simmer 10-15 minutes.
- Garnish in bowl with sliced avocados if you want to add your fat to the meal.