

Bieler's Broth



Unsplash Jan Sedivy

Ingredients:

4 medium zucchini, sliced into rounds
1 pound string beans, ends trimmed
2 stalks celery, chopped
1-2 bunches parsley (flat-leaf or curly), tough stems removed (you can freeze the stems for stock making)
4 cups water

Place all ingredients in a pot and bring to a boil.

Lower the heat and simmer, covered until the vegetables are tender, about 15 minutes.

Puree soup in the pot with a handheld blender or in a blender in batches. A Vitamix works well, also.

Eat warm.

Note: This is a great soup to have on hand if you are not feeling well.

I also like to drizzle some good olive oil on the top.