



CLEAN OUT THE FRIDGE SOUP

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- Sea salt
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 2 parsnips, peeled and diced
- 1 sweet potato, peeled and cut into 1/4-inch cubes
- 2 cloves garlic, minced

- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/8 teaspoon red pepper flakes
- 6 cups Magic Mineral Broth or Pastured Beef Bone Broth
- 1 tablespoon tomato paste
- 1 (14.5-ounce) can diced tomatoes
- 1 bay leaf
- 1 cup cooked quinoa
- 1 small bunch kale, Swiss chard, or spinach, chopped into bite-size pieces

Directions

Heat the olive oil in a soup pot over medium heat, then add the onion and a pinch of salt and sauté until translucent, about 4 minutes. Add the carrots, celery, parsnips, sweet potato, and 1/4 teaspoon salt and sauté until all of the vegetables are tender and turn deep golden brown, about 12 minutes. Add the garlic and sauté for about 30 seconds, then stir in the thyme, oregano, red pepper flakes, and 1/2 teaspoon salt. Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the bottom, and cook until the liquid is reduced by half. Stir in the tomato paste, tomatoes, bay leaf, and the remaining cups of broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the vegetables are tender, about 15 minutes. Stir in the quinoa and kale and cook for 3 minutes, or until the kale is just tender. Taste; you may want to add another generous pinch of salt. Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

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