

Dr. Hart's Green Soup

Please use all organic products

2 tablespoons vegetarian organic paste

1 large onion (optional)

½ bag peeled carrots

1 bunch cilantro

1 bunch Italian parsley

1 bunch green chard or kale

1 bunch of dandelion

1 bag spinach

5 large peeled potatoes

4 celery stalks (optional)

3 heads of broccoli

1 large bay leaf

2 tablespoons green chili (to taste)

Lots of Curry and Turmeric (to taste)

Cook for 1 hour or until vegetables are soft.

Remove the bay leaf.

Blend soup

Add mung bean noodles as desired

Add chicken/meat as desired

Enjoy hot or cold