

Bieler's Broth



Time: 20 minutes

Serves: 1-2

Ingredients: 2 medium zucchinis, chopped
1 stalk celery, chopped
1 large handful fresh or frozen green beans chopped
2 cups water
1 generous handful fresh cilantro
Salt and pepper to taste

Directions:

1. Place all the ingredients in a pot and bring to a boil.
2. Lower the heat and cover the pot.
3. Continue to cook for about 15 minutes until vegetables are tender.
4. Add salt and pepper to taste.
5. Puree soup in blender for 1-2 minutes and enjoy warm.

Note: Bieler's broth can be used as a vegetarian soup base.