



SIBO VEGETABLE SOUP

Any tolerated vegetables can be used. The pesto is easy to make and very tasty

Serves: Approximately 5

INGREDIENTS

Soup

- 1 tablespoon avocado oil
- 1/2 tablespoon garlic oil
- 4 green onions (green parts only)
- 1 celery root
- 1 peeled white, red or gold potatoes cut into 1-inch chunks
- 395g organic canned diced tomatoes (leave out if nightshade sensitive)
- 1 litre homemade vegetable or chicken stock
- 1 cup green beans cut into 2-inch pieces
- 1/2 cup broccoli, cut into small pieces
- 1/2 cup carrots cut into rounds
- 1/2 can artichoke hearts, drained and roughly chopped
- 1 cup kale, roughly chopped

Pesto

- 1/4 cup olive oil
- 2 cups rocket pesto
- 1/4 cup walnuts (or seed/nut of your choice)
- 1/4 30+ day aged parmesan cheese (optional)
- Salt to taste

INSTRUCTIONS

Soup

1. Chop all vegetables before beginning the recipe.
2. On medium heat in a large soup pot Sauté the green onions in avocado and garlic oil.
3. Add the celery root or potatoes and sauté for approximately one minute.
4. Add the tomatoes and the can liquid and stock and bring to simmer.
5. Add the carrots, green beans and broccoli and simmer for approximately 15 minutes.
6. Make the pesto while the soup simmers.
7. Add the artichoke hearts and greens and cook for another 5 minutes.
8. Add salt and pepper to taste.
9. Pour soup into a bowl and top with pesto.

Pesto Instructions

1. Add all ingredients to a food processor and process until a paste forms.
2. Scoop into bowl.
3. Scoop 1 teaspoon to 1 Tablespoon of pesto on each bowl of soup, depending on preference. It can be used as a topping or can be mixed into the soup.