



# hippocrates soup

## ingredients

- 1 medium celery knob (celeriac root) or 3-4 stalks of celery
- 1 medium parsley root – if available (if not, add extra celery)
- 3-4 garlic cloves as desired
- 2 medium onions (peeled)
- 2 small leeks if not available, replace with 2 medium onions)
- 1 kilo of tomatoes
- 500g potatoes
- small bunch parsley - to taste

## method



Do not peel any of these special soup vegetables, just wash and scrub them well.

Cut the vegetables coarsely. Place vegetables in a four-litre stainless steel pot, cover them with purified/filtered water and simmer slowly for 2 hours.

Put the cooked vegetables through a food mill in small portions if desired - this removes some of the fiber making it easier to digest, however you do not need to do this.

Vary the amount of water used for cooking according to taste and desired consistency. Add a bit of crushed garlic to serve.

Note: For other recipes that call for soup stock, use the liquid from this special soup.