

# RICKI'S CORNER

There are many wonderful nutritive ingredients we can add to a soup increasing its healing properties.

One of my favorites is kombu seaweed.

Kombu is a good source of calcium, iodine and iron.

The other is... ashwaganda. This woody herb confers immune boosting properties. Read up on the tonifying and relaxing qualities of this Aryurvedic ginseng. It also makes a great cup of tea.

Following is my version of a minestrone soup, that can warm any winter's day.

## Ingredients

*3 T olive oil*

*One onion chopped*

*One half fennel bulb/ 4 stalks celery*

*3 carrots chopped*

*One quarter cabbage chopped*

*2 T herbed de Provence*

*15 oz. can chopped tomato*

*32 oz. Vegetable broth and or water plus more as needed*

*1 Can cannelloni beans/chick peas or combination feel free to be creative*

*Green beans , peas , kale,etc. can be added. And Parmesan grated at the end if you like.*

*1 piece kombucha seaweed*



*1/4 oz ashwaganda in cheesecloth*

## Cooking Instructions

Sauté onion, celery/ fennel bulb, and carrots in canola oil until soft (about 20 minutes) watching so it doesn't burn. Add herbes de Provence. Stir, Add cabbage and cook till softened, then add tomato sauce and vegetable broth.

This is when I add the kombu. It looks a little white but this is crystallized salt, just wash and use. Now wrap ashwaganda in cheesecloth so you don't have twiggy things in soup that you have to fish out later. Let cook at least an hour.

Add beans, you can purée beans before adding, purée some and add some whole , or any version thereof. Salt and pepper to taste. Kale, string beans etc. can be added now and let cook another 20 minutes. Add more broth or water to maintain desired consistency.

Before serving remove seaweed or cut into little pieces and leave in. Take out the ashwaganda cheesecloth squeeze into soup and dispose of the rest. Add grated parmesan cheese if desired.

I sometimes purée a portion of the soup with an immersion blender or regular blender. This makes it less chunky.

I hope you enjoy this restorative soup, ashwaganda and kombu can be added to just about any soup you make with nutrition enhancing results.

...and remember to put on some music and shake your hips as you cook your soup and always enjoy the process. Hare ram ram.