



green detox soup

ingredients

5 cups of filtered water
4 medium sized, potatoes
1 large carrot
1/4 bunch celery
1/2 big onion
4 cloves of garlic
1 cup of collard leaves and/or stalks
1/4 bunch kale
1/4 bunch of fresh cilantro
1 inch fresh ginger
1/2 tbs cumin



method

Wash all veggies. Chop them into big chunks.
Size and shape don't matter as the soup will be mixed at the end.

Cook onion and garlic in 4 tbs of filtered water on medium heat.

Add carrots, celery and potatoes.

Add the rest of the filtered water and cook chopped potatoes.

Bring to a gentle boil, keeping the stove on medium and stir frequently.

Add greens (collard, kale and cilantro) after everything is cooked.

Add cumin, and cook on low heat for another 15 minutes.

Blend until you get a creamy texture.