

Detox Veggie Soup

Ingredients:

- 2 quarts vegetable stock
- 1 jar Jalapeño Beef Bone Broth (you can also just use more vegetable stock)
- 3 carrots sliced
- 1 squash sliced
- 1 zucchini sliced
- 1 small red onion diced
- 1 head of kale shredded
- 1 can crushed tomatoes
- 1 large head broccoli chopped
- 1 bag frozen okra
- 1 cup frozen baby lima beans
- 3 cloves minced garlic
- 2 tablespoons worchestire sauce
- 2 tablespoons hot sauce
- dried Italian herbs (mine were a mix of basil, parsley and oregano)
- 1 Ranch packet
- 1 teaspoon red pepper flakes

Instructions:

1. In a large pot/dutch oven drizzle olive oil and add bring to medium heat
2. Add in onions, garlic, and carrots
3. Cook about 5 minutes then add in squash and zucchini and cook another few minutes
4. Add in broth, crushed tomatoes, broccoli, frozen okra, frozen lima beans, kale, red pepper flakes, worchestire, ranch packet and hot sauce
5. Simmer for an hour or longer
6. Serve with grated Parmesan (optional)
7. Enjoy!