



SOUP option 1

INGREDIENTS

- 2 cups of cauliflower stalk (set aside flowers for other use)
- 2 cups sliced carrots
- 3-5 tbsp. extra virgin olive oil
- 1 ½ cup chopped parsley including stems
- 2 cups chopped green onion, discard the white part
- 12 oz. of broccoli stalks (set aside flowers)
- 3 oz. baby kale chopped
- 1-2 tsp turmeric powder
- ¼ tsp freshly ground black pepper
- ½ cup cilantro
- salt to taste
- 3 tbsp shredded daikon radish (add raw in the serving bowl just before eating)
- 1 cup broccoli sprouts as a side dish (important)

PREPARATION

- Sauté carrots and cauliflower in olive oil on low for 10 minutes
- Add other vegetables and spices
- Heat and stir 1 additional minute and add 12 cups of water. Bring mixture to a boil, stirring as needed. Cover and simmer for 20 minutes
- Remove from heat and add cilantro
- Finally, when the soup is served, add 1 tbsp freshly grated daikon radish per serving as a garnish (contains myrosinase). The daikon radish is always added to soup after already served in bowl.

*for beverage you may consume lemon or herb (try mint, rosemary or basil) infused water.

*remember to exclude ingredients that you may have allergies to





SOUP option 2

by Sasha Wilson, Co-Artistic Director of Out Of The Forest Theatre

INGREDIENTS

- 2 lbs peeled carrots
- 1 large knob fresh grated ginger (about the size of your thumb)
- 1 head of garlic minced
- 1 bunch of spring onion chopped
- 1 large handful cilantro roughly chopped
- 1 small handful parsley roughly chopped (use $\frac{1}{2}$ as much parsley as cilantro)
- 2 teaspoons turmeric-adjust to taste
- 2 teaspoons cinnamon-adjust to taste
- Juice from 1 fresh lime
- 1 can of coconut milk (optional but adds flavor and texture)
- Vegetable stock and some water for about a total of 12 c-adjust to desired consistency
- Salt and Pepper to taste

PREPARATION

- Peel the carrots and place them in a roasting pan. Use enough olive oil to lightly cover the carrots. I recommend getting your hands in there and massaging the carrots to make sure they're completely covered with oil, that will make them roast more evenly. Add a couple of pinches of salt. Roast the carrots in the oven at 200°C until they gently start to caramelize. You'll know because the color will deepen, but remove from the oven before they brown. This releases the natural sweetness of the carrot.
- In a saucepan, put the ginger, garlic, and spring onions with a couple of tsp of olive oil and fry on medium heat until fragrant. Before the garlic begins to go golden, put the turmeric and cinnamon and let the spices toast. The kitchen should be smelling really fragrant. After about 30 seconds, add the carrots from the oven, the coconut milk, the vegetable stock, parsley, and half of the cilantro and simmer for about 20 minutes.
- When all the flavors have had a chance to get to know each other, add the rest of the cilantro and the lime juice and then blend until creamy. Set aside a teeny bit to sprinkle over the top of the bowl as garnish, if you want to be fancy).
- Add salt and pepper to taste and garnish with cilantro.



SOUP option 3

by Sasha Wilson, Co-Artistic Director of Out Of The Forest Theatre

INGREDIENTS

- A whole head of cauliflower
- 2 Leeks
- 1 head Garlic
- Fresh Rosemary
- Fresh Thyme
- Dijon Mustard
- Miso
- Apple Cider Vinegar
- 2 c Water

PREPARATION

- Cut cauliflower naturally following the sprouts
- Cut the leeks as wide as your thumb
- Rub olive oil and salt to cover all the nooks and crannies
- Roast in the oven until you can easily put a knife through the thickest section of cauliflower
- In a saucepan, fry the minced head of garlic and couple pinches of fresh rosemary and thyme (finely diced) for about a minute or two on low heat. You don't want the garlic to take on any color.
- Add the cauliflower and two cups of water and a big spoonful of dijon mustard.
- Let that simmer for 20 minutes, then blend until creamy.
- Just before serving, mix in a spoonful of miso and a dash of apple cider vinegar to taste. You want to do this at the very end to preserve the natural bacteria in the ingredients. It's very good for your gut and the flavor is amazing! Add salt and pepper to taste.





AUTUMN VEGETABLE STEW

INGREDIENTS

- 3 tablespoons of extra virgin olive oil
- 1 medium onion chopped
- 2 celery stalks chopped
- 2 carrots with green leafy tops cropped
- Himalayan salt to taste
- 3 cloves garlic chopped
- ½ teaspoon crushed red pepper flakes (optional)
- 2-3 sprigs fresh oregano, thyme or both
- 4 fresh plum tomatoes peeled and chopped
- 1 medium zucchini chopped
- 2 medium purple potatoes chopped
- 1 small sweet potato chopped
- ¼ cup vegetable stock
- 1 dry or 3 fresh bay leaves
- 2 cups kale chopped
- 1.5 cups cooked canellini (or other) beans drained
- 12 leaves or fresh basil or mint (or both) chopped

PREPARATION

Serves 4-5

Cooking time 45 min

Prep time 30 min

- Heat the olive oil in a large pot over medium high heat.
- Add the onion, celery, and carrots.
- Sprinkle with salt.
- Add the red pepper flakes, garlic and oregano, chopped tomatoes, and simmer for about 10 minutes.
- Add the zucchini, purple potatoes, sweet potatoes, and stock and bring to a boil.
- Add the bay leaf and reduce heat and simmer about 25 minutes.
- Add the kale, carrot tops and beans.
- Cook for an additional 10 minutes. Remove from heat and add mint and stir.
- Serve in a bowl with a drizzle of extra virgin olive oil.

*use any combination of herbs you like

This recipe is full of antioxidants. It has 18 ingredients that will further boost your health defenses, nurture your microbiome, nurture your mitochondria and give you a perfect micronutrients balance. It's amazing!