

# Recipes

## Good Health Naturally Lutein™ Soup

- Eat it most days at breakfast, lunch, or for an evening meal.
- Make enough to last for 3-4 days if you have room to keep it in the fridge. One idea is to put each day's soup into 'Tupperware' type containers, which may fit into the fridge easier.

### Vegetable Ideas

Choose 5-6 vegetables, only include 1-2 root vegetables.

- Kale (important)
- Purple broccoli
- Carrots
- Spinach
- Peas
- Green beans
- Broccoli
- Brussels sprouts
- Cabbage
- Asparagus
- Spring greens
- Watercress
- Cauliflower
- Red & yellow peppers
- Seaweed (noni, kelp, wakame, etc.)

### Plus

- Onions (ample amount)
- Celery
- Tinned tomatoes
- Garlic
- Tinned beans (Choose 2-3 types, e.g., haricot, soya beans, kidney beans, chickpeas, ballotti beans, lentils, black eyed beans; all tinned, sugar free, ready to use, dried, or cook your own.)
- Rock salt or Celtic sea salt
- Vegetable stock cube
- Seasoning
- Oil

### Cooking

1. Put 2 tablespoons of oil in a large pan; chop onion, carrots, and celery. Cook for approximately 5 minutes.
2. Add rest of chopped vegetables, tinned tomatoes, and boiling water, plus the vegetable stock cube and minced garlic.
3. Do not boil, just simmer for 5-10 minutes until just cooked.
4. Remove from heat and then blend to suit your taste.
5. Return to pan and add pulses and beans.
6. Allow to cool, and then refrigerate in containers or pan.

Makes enough to last 4-5 days if kept in fridge. It can be frozen, if necessary.