

# Herbal Legacy Recipes

## “Littlegreen” Potato Soup

From “Transfiguration Diet” by Littlegreen Inc’s Think Tank

Available at [http://www.christopherpublications.com/Littlegreen\\_Transfiguration.html](http://www.christopherpublications.com/Littlegreen_Transfiguration.html)

Yield: 10 cups (could easily be cut in half)

### **INGREDIENTS:**

6 cups distilled water  
6 teaspoons vegetable broth powder  
1 ¼ teaspoons Vege-Sal  
¾ teaspoon cayenne  
½ teaspoon sweet basil  
1 ½ tablespoons soy sauce  
4 potatoes, medium  
2 cups green peas  
¾ pound carrots  
3-4 celery (stalks)  
1 green pepper  
¼ onion, medium  
8-9 cloves garlic  
Leftover vegetables – whatever is available



### **DIRECTIONS:**

Gather ingredients and tools together. Wash and prepare the fresh vegetables. Peel and slice the carrots. Cut celery stalks into ¼-inch pieces. Dice the onion and green pepper (keep them separate), and finely mince the garlic.

In a pot, place 1-inch of distilled water and 1 tsp. Vege-Sal. Then place a steamer basket in the pot and add the carrots, celery, and onion. Cover and steam until tender. If using fresh potatoes, peel, wash, and dice them. Then steam them separately from the carrots, celery, and onion.

To conserve time and energy, we found that if we are planning to make this soup, it is easier to prepare extra baked potatoes the evening before when we are already baking potatoes for our evening meal. If you have some leftover baked potatoes, peel them, but them into chunks, and warm them up with the broth (see next paragraph).

To make the broth, add together in a pot the 4 cups of distilled water, vegetable broth powder, all the spices, and soy sauce. Once the broth is mixed, save 1 cup aside to use later for bringing the soup to the right

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consistency. Heat the broth until it is good and hot, but do not boil. Then add to the broth all the steamed vegetables, potatoes, green peppers, peas, and other leftover vegetables, and garlic (green peppers, peas and minced garlic are not cooked).

Mix all the ingredients well. To make the soup the consistency we like it, we now blend it briefly in a blender. This results in a soup that is just slightly chunky, that is, you can see little chunks of potato, carrot, celery, and other vegetables, but no whole vegetable pieces. If needed, add more of the broth you put aside to bring the soup to the desired consistency. It should be a fairly thick soup, not watery.

Before serving, heat the soup until it is good and warm, but not so hot that it will burn your mouth. When we reheat the soup at a later time, we find that it generally needs more liquid. You can mix extra broth any time. To make extra broth, mix some distilled water, vegetable broth powder, Vege-Sal, cayenne, sweet basil, and soy sauce in the same proportions as listed in the recipe.

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