



# LEMON TURKEY VEGETABLE SOUP (VEGAN OPTION)

by Stacey Francis DC

- 1 red onion chopped
- 1 red pepper, diced
- 1 tablespoon olive, avocado or coconut oil
- 1 lemon or lime, juiced
- 2 cups diced and cooked, chicken or turkey or white beans
- 2 cups spinach
- 3 garlic cloves, minced
- 3 carrots, sliced
- 3 celery stalks, chopped
- 8 cups vegetable, turkey or chicken stock
- ½ cup parsley
- ½ cup cilantro
- Zest from one lemon or lime
- Sea salt and pepper to taste

Heat oil in a pot over medium heat.

When oil is hot, cook red onion, stirring frequently until translucent.

Add garlic and cook until fragrant.

Add red pepper, carrots and celery 10 minutes, stirring often. Add stock and bring to a boil.

Reduce to simmer for 30 minutes. Stir in cooked poultry or beans and simmer for 10 minutes.

Add spinach, parsley and cilantro at the end for a few minutes and add salt and pepper to taste.