



Natural Life
Choices,™ Inc.

FISH SOUP



INGREDIENTS:

- » 6 cups of water
- » 1 onion
- » 1 small carrot
- » ¼ celery root
- » 1 small leek
- » 1 small parsley root
- » 2 small summer squash
- » 2 small kohlrabies
- » 2 tablespoon of green peas
- » 2 lb of white fish
- » 1 lemon
- » Bay leaves, salt, black peppers, whole allspices



PREPARATION:

Warm up olive oil in the pot and add all vegetables and sauté them and then add the water and all spices. Boil them on low heat and cook until vegetables are tender. Wash fish and apply lemon juice to fish and then add to the pot and cook for additional 5-7 minutes. At the end, add salt and black pepper and lemon zest. Serve hot.

Bon Appetite!

"I have the strength for everything through him who empowers me." (Philippians 4:13)