

Cycle Soup

- 1 small onion
- 2-3 stalks celery
- 3 carrots, peeled
- 2 cloves garlic
- 6c chicken broth (optional vegetable broth for vegetarian)
- 1 12.5 oz can diced tomatoes
- 1 medium sized zucchini
- 1 ½ c mushrooms
- 1 cup chopped kale
- 1 ½ c buckwheat, precooked
- 1 T fresh basil
- 2 teas oregano
- 1 bay leaf

Preheat Dutch oven with 2T EVOO. Chop onion, celery, and carrots and sauté over medium heat until fragrant. Add basil, oregano and diced garlic cooking for an additional 1 minute. Pour in canned tomatoes and chicken broth and bring to simmer.

Add remaining ingredients and return to simmer.

Cook for an additional 10 minutes, stirring occasionally. Enjoy!

