

Green Onion Soup

Servings per recipe: 1

Each serving counts as 1 vegetable

Ingredients

- 100 grams green onions (allowed amount)
- 2 cups hCG Diet approved vegetable broth (see recipe under 'vegetables')
- 1-2 tsp liquid aminos
- 1 tsp parsley
- 1 tsp stevia
- 1/2 tsp paprika
- 1/2 tsp sea salt
- 1/2 tsp dill
- 1/2 tsp thyme
- 1/8 tsp cayenne or red pepper flakes
- 1/8 tsp celery seed

Directions

1. Briefly steam the green onions until tender.
2. Preheat saucepan over MED heat.
3. Chop steamed green onions.
4. In a saucepan, sauté the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, stevia, paprika, salt, dill, thyme, celery seed, and cayenne. Sauté 1-2 minutes more.
5. Add remaining vegetable broth, reduce heat, cover and simmer 20-30 minutes.



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