

## **Healing Soup Okra & Ginger**

Serving 2

Prep Time 20 minutes

### **Ingredients:**

- 1 cup fresh okra, sliced
- 1 tbsp fresh ginger, grated
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 carrots, chopped
- 1 celery stalk
- 4 cups vegetable or bone broth
- 1 tbsp olive oil
- 1/2 tsp turmeric
- 1/4 tsp black pepper
- Salt to taste
- Juice of 1/2 lemon
- Fresh parsley (optional)

### **Instructions:**

1. Heat olive oil in a large pot. Sauté onion, garlic, and ginger until soft.
2. Add carrots, celery, and okra. Cook 5 mins.
3. Stir in turmeric, pepper, and broth.
4. Simmer for 20–25 minutes until veggies are soft.
5. Turn off heat, add lemon juice, adjust salt.
6. Serve with fresh herbs.

This soup supports digestion, reduces inflammation, and helps restore gut health with okra's mucilage and ging