

Beet Fennel Parsnip Soup

INGREDIENTS

- 5 medium beets, peeled and diced
- 1 large fennel bulb, diced
- 1 large parsnip, diced
- 1 yellow onion, diced
- 3 Tablespoons Ghee
- 1 TSP Himalayan Sea Salt
- 1/2 TSP Black Pepper
- 6 Cups Beef Bone Broth
- Parsley

1. Heat ghee in dutch oven. Once melted, add veggies and seasoning, mix well.
2. Sauté until veggies begin to sweat, about 2-3 minutes, stirring occasionally.
3. Add bone broth (should be about 2 inches from top of dutch oven) and bring to a boil. Once boiling, reduce to a simmer and cover. Cook for about 20 minutes until veggies soften, stirring occasionally.
4. Once veggies soften, allow to cool and blend with an immersion blender (or in a Vitamix) until smooth and creamy.
5. Garnish with parsley and avocado oil.