



A gift for you:

Dr. Roni's own

Soup/Juicing Recipes



Vegetable BROTH/STOCK

18 Cups of Water
3 carrots sliced
2 turnips, sliced and diced
2 zucchinis, sliced
2 leeks, sliced
1 onion, coarsely chopped
2 celery stalks, sliced
1 small lettuce, chopped (or cabbage)
4 bay leaves
1 orange peel, minced
A few parsley sprigs, tied together
Red cayenne pepper to taste

Put all the ingredients in a large stock pot and bring to a boil. Let boil for 30 minutes or more stirring form time to time.

Reduce heat to medium-low stir, cover and let broth simmer for about two hours. Strain broth through a fine sieve, strainer or cheesecloth. Allow it to cool before use. It can be stored in the freezer for future use.

Irish Parsnip and Sweet Potato Soup

6 parsnips, chopped into pieces
2 sweet potatoes, diced
1 large onion, chopped
2 leeks, sliced
3 tbsp lemon juice
1/8 tsp cayenne pepper
6 cups of veggie stock or water

Add all ingredients to large pot and bring to a boil. Cover, and simmer for 90 minutes (or until veggies are tender). Cool slightly and puree in blender leaving some of the broth for drinking.

Pumpkin Soup

6 cups veggie stock

5 cups of pumpkin, peeled and cubed (can use canned if organic and no added sugar or fats)

2 sweet potatoes, peeled and cubed

2 carrots largely sliced

2 garlic cloves, minced

2 tiny scoops of Stevia

½ cup parsley, finely chopped

Pumpkin Pie spice

2 tbsps vanilla extract

Pour stock into large pot and add pumpkin and all veggies. Boil until tender (about 45 minutes – an hour). Add pumpkin spice and vanilla and Stevia. Cool slightly and puree, reserving some broth for drinking.

Red Cabbage Soup

2 heads of chopped red cabbage
1 large Vidalia onion
1 cup chopped celery
1 large sweet potato
2 tbsp Marjoram
3 tbsp Thyme
Cayenne Pepper- to taste
Handful of fresh Parsley
4 quarts Veggie Stock

Add all ingredients to a large pot and bring to a boil. Cover and let simmer for 45-60 minutes. Cool slightly and puree in a blender.

Spiced Carrot

4 qts veggie stock
1 qt of water
18 carrots-sliced
1.5 bag of mixed greens –coarsely chopped
1.5 head of romaine lettuce – chopped
2 large sweet potatoes – chopped after peeling
2 tsp ginger root – peeled and chopped
4 tsp of following mixture: cinnamon, clove, nutmeg, and Stevia (about three scoops,
1/8-1/4 tsp)
2 tsp vanilla extract

Bring all ingredients to a strong boil in a large pot. Reduce heat to a slow boil and simmer for 45 minutes. Separate solids and broth. Cool slightly and puree solids with $\frac{1}{4}$ - $\frac{1}{2}$ cup broth. Add vanilla extract after it is pureed.

“Stir Fry” Broccoli Soup

2 packages stir fry veggies (in the package: broccoli carrots, snap peas)
3 broccoli crowns, coarsely chopped
1 large sliced carrot
1 extra large Vidalia onion, chopped
3 quarts water
1 head of leafy red lettuce
1 tsp “NO-SALT” seasoning
Scant tsp Stevia

Garlic powder

Bring all ingredients to a boil then reduce to a slow boil until all veggies are tender. Add garlic powder to taste

Sweet Potato & Cabbage Soup

3 qts veggie stock
½ head of cabbage (shredded)
2 chopped onions
2 celery stalks (chopped)
2 chopped sweet potatoes
½ tsp basil
½ tsp thyme
2 cloves of garlic (minced)
1 bay leaf

Add veggie stock to large pot. Add all veggies (peel sweet potatoes first)
Bring to a boil then simmer covered for at least two hours. Add all seasonings
and simmer for an additional 30 minutes. Cool slightly, separate broth and
puree solids with some broth (about 2 cups)

Asian Spinach Soup

1 qt. water or veggie broth
3 cups fresh spinach
1 cup any other greens
½ cup cut up green beans
1 tsp. Asian chili sauce
2 cloves fresh garlic
1 tbsp. Bragg Liquid Amino Acids
¼" fresh ginger

Add water, garlic, Braggs and a pea-sized piece of fresh ginger to a large saucepan. Add cut up vegetables. Boil until tender. Next, pour 1/4 cup of broth into a blender depending on how thick you want your soup, along with all of the vegetables. Puree and eat the soup. Drink the remaining broth.

Butternut Soup

1 cup chopped onion
1 celery stalk, chopped
1 bay leaf
½ teaspoon ground ginger

½ teaspoon ground turmeric
¼ teaspoon ground cinnamon
1 butternut squash (2 ½ pounds) peeled and cubed
1 large sweet potato peeled and cubed
4.5 cups vegetable broth

Add all ingredients in large pan and bring to boil. Cover and reduce heat to medium and let simmer for 15-20 minutes or until veggies are tender. Take off heat and cool slightly and take out bay leaf and discard. Puree everything in batches in blender.

Creamy Broccoli

1 quart water or veggie stock
2 cups broccoli
1 cup green beans

1 cup carrots
1 cup cauliflower
Oregano to taste
Parsley to taste
Garlic to taste

Boil cauliflower, oregano, parsley and garlic in 2 cups of water until completely soft and ready to blend. Set the cauliflower to the side. Boil broccoli, green beans and carrots together, along with a dash of your favorite spice or no-salt seasoning in 4 cups of water until all vegetables are soft enough to blend. Take 1/8 cup of broth add to blender with vegetables. Blend to a thicker consistency. Add the cauliflower cream on top.

Serves 2

Curried Vegetable Soup

1 qt. water or veggie stock
1 cup carrots, chopped
1 cup mixed greens, chopped
1 cup yellow zucchini, chopped
1 cup green beans, chopped
1 green onion, chopped
4 cloves garlic
1 tsp. curry powder
1 tsp. turmeric powder
1 tsp. (of each) ground cinnamon, nutmeg, ginger and cayenne powder mixed together

Pour water/stock into sauce pan. Add all other ingredients, including spices, and boil until vegetables are tender. Taste the broth. If you find it too spicy, add more water. Next, pour approximately $\frac{1}{4}$ cup of broth into a blender, along with all of the vegetables. Puree and eat the soup. Drink the remaining broth.

Serves 2

Ginger Carrot Soup

1 quart of water or veggie stock
1 cup carrots
1 cup mixed greens
1/2 cup sweet potatoes
1/4 in. ginger root
1 teaspoon of organic vanilla extract
1 teaspoon ground cinnamon,
1 tsp cloves,
1 tsp nutmeg,
Stevia to taste

Boil all vegetables with spices until veggies are tender. Let cool slightly and blend. Next, pour 1/4 cup of broth into a blender, along with all of the vegetables and puree. Add vanilla extract and Stevia at the end for taste. Drink the remaining broth.

Serves 2

Dr Roni's Special Delicious Protein Smoothies for Diet
Detox Maintenance

Orange Creamsicle

1/4 cup Rice Dream or Vanilla frozen yogurt

1/4 tsp Vanilla Extract

1/2 tsp Orange Extract

1 scoop Vanilla Metafuel protein powder

1/4 cup crushed ice (if using Rice Dream)

Blend 15-20 seconds

Chocolate Banana Split

1/2 Cup Rice Dream

2 Scoop Vanilla Metafuel protein powder

1/2 tsp. Banana Extract

1/4 Cup crushed ice

Blend 15-20 seconds

Mocha Shaker

2 Scoop Chocolate Metafuel protein powder

1/4 tsp coffee Extract

1 packet of Stevia

1/4 tsp Vanilla extract

1/4 Cup crushed ice

Blend 15-20 seconds

Peppermint Freeze

1/2 Cup Vanilla Soy Milk

1/2 Cup Water

1 Scoop Chocolate Metafuel protein powder

1/2 cup Vanilla frozen yogurt

1/8 tsp. Peppermint extract

Blend 15-20 seconds

Almond Chocolate

1/2 Cup Almond Milk

1/2 cup of water

1 or 2 Scoops of Metafuel protein powder

1 packet of Stevia

1/4 tsp. Vanilla extract

1/4 Cup crushed ice

Blend 15-20 seconds

Juicing Recipes

Carrot & Ginger

8 large carrots
1 small chunk of ginger (peel)

Carrot & Beet

6 large carrots
2 small beets (peel first)

Cucumber, Carrot & Beet

1 whole cucumber
5 large carrots
1 beet (any size)

Yellow Squash, Zucchini & Spinach

1 yellow squash
1 zucchini
1 bunch of spinach (wash really well if it is organic spinach)
1 clove of garlic

Cabbage, Carrot & Cauliflower

½ head of purple cabbage
5 large carrots
½ head cauliflower
½ clove of garlic

Spinach, Squash, & Garlic

2-3 bunches of spinach
½ of white onion
1 clove of garlic
2 yellow squash

Super 6

1 kale leaf
1 collard leaf
small handful of parsley
1 stalk of celery
1 carrot, greens removed
1 broccoli floret

Strong Carrot Combo

1 beet with greens
1 stalk celery
large handful of spinach
large handful of parsley
1-3 cloves garlic (to taste or what you can stand)
1 slice of Ginger
7 carrots

Squash, Celery & Cucumber

2 yellow squash
2 cucumbers
1 stalk of celery

The 3 C's (Carrot, Celery, Cabbage)

4 Carrots
2 Celery stalks
½ head of cabbage