

Veggie - Postpartum Soup

adapted from "First Forty Days" Recovery soup

2L	32L	Made 16 bags of soup
3 T	1lb	ghee or butter
1	4	onion, diced
2	5	leek, thinly sliced
4	12	carrots, thinly sliced
3	30	potatoes, med, diced
2 cups	2lb (8 cups)	mushrooms, loosely packed
1 T	1/3 cup	cumin powder
1 tsp	4t	turmeric, ground
1 finger	2-5 fingers	ginger
2	10-12	cinnamon sticks
1 T	0.75 cups	coriander seeds
1 cup	12 cups	raw cashews
	16	tomatoes, med, diced
1	12	bay lf
half	2-4	lemon, juiced
handful	4 cups	green beans
6cups	10 L	miso, organic veggie bouillon