

Dr. Jeffrey Friess



Dr. Teresita Martinez

Bieler's Broth¹

Ingredients (all organic):

2 lbs zucchini
1 lb string beans
4 stalks celery
1-2 bunches parsley
4 cups filtered water
Extra virgin olive oil or unsalted butter (optional)

Directions:

Cut up the zucchini, string beans and celery. In a stainless steel or porcelain pot, you may either steam or boil the vegetables (excluding parsley) until soft using the filtered water. Blend the vegetables, cooking water and parsley together until it reaches a thick soup consistency. You may add a small amount of extra virgin olive oil or unsalted organic butter if desired. You may also include steamed onion, raw garlic, raw ginger, or other fresh herbs.

¹ Adapted from Food Is Your Best Medicine by Henry G. Bieler, MD.