

Golden Beet, Butternut and Sage Recovery Soup

by Healing Family Eats

Serves 6-8

3 stalks celery
1 bunch with 3 medium golden beets (1+1/2 lb),
peeled and halved
1 small fennel bulb (8 oz), fronds reserved
1 small butternut squash (1+3/4lb), peeled and cut
into large pieces
4+1/2 cups chicken broth (or water, or even a mix of
the two)
5 medium sage leaves
2 cups chopped beet leaves (save the stalks for
your next stir-fry)
[sea salt](#) to taste
scoop of [grass-fed collagen](#) (optional)

Serving options: [kelp granules](#), black salt, [MCT oil](#),
[coconut oil](#), sliced avocado, fennel fronds

Run the veggies through the slicer attachment on
your food processor and put into a large pan, along
with a pinch of salt.

Add the broth and put onto a medium heat. Bring up to a simmer, put the lid on the
pan and cook for 8-10 minutes until the veggies are tender when pierced with a knife.
Add the sage and beet leaves and cook a further 6-8 minutes until wilted and the
veggies completely tender.

Blend in batches until smooth. Taste and add more salt if necessary. Serve.

