

Dr. Oz's Vegetable Broth with Sliced Apple

- 1 large red onion, roughly chopped
- 2 stalks celery, roughly chopped
- 1 fennel bulb, fronds and stalks included, roughly chopped
- 2 t caraway seeds
- 2 t sea salt
- 1/4 t freshly ground pepper
- 1/4 t cayenne pepper
- 1 cup sliced shiitake caps
- 4 large cloves garlic, chopped
- 1 cabbage, roughly chopped (Purple or green - will determine the colour of your soup)
- 2 quarts water (or enough water to cover the vegetables)
- 2 T paprika
- 2 T fresh oregano, chopped
- 8 sprigs parsley
- 1/2 cup parsley, chopped (garnish)
- sliced apples, cut just before serving

Cook everything, except for the half cup of chopped parsley and the apple, in a large pot. Bring to a boil, then simmer for an hour or until the vegetables are fork tender. Blend, and garnish with the chopped parsley. Serve with sliced apple and a side of sauerkraut.

Jittery Cook