

Bieler's Broth – Vegan – SOS

Prep Time: 10 minutes
Cook Time: 15 minutes
Total Time: 25 minutes

Serving Size: 6
Calories per serving: 59
Fat per serving: 2 grams

Ingredients

- 1 pound string beans
- 2 pounds zucchini, cut into thick pieces
- Handful of curly parsley

Instructions

1. Place all vegetables in a large pot with enough water to cover them, and bring to a boil.
2. When vegetables are tender, remove from heat.
3. Place the mixture in a blender and blend until smooth.

Notes

Nutrition facts (per serving): Calories: 59, from fat: 0, total fat: 2g, cholesterol: 0mg, sodium: 8mg, total carbohydrate: 12g, fiber: 6g, sugar: 1g, protein: 18g.