

Mediterranean - Hippocratic Soup

Why it's medicinal:

This soup is inspired by **Hippocrates**, the father of medicine. It supports detoxification, digestion, and immune health.

Ingredients:

- 1 onion, chopped (antimicrobial, supports detox)
- 4 celery stalks, chopped (rich in flavonoids)
- 2 carrots, chopped (antioxidants)
- 2 tomatoes, chopped (lycopene for heart health)
- 1 zucchini, chopped
- 4 cups vegetable broth
- 1 bay leaf
- 1 tsp olive oil (anti-inflammatory)
- Optional: Garlic and parsley for extra benefits

Instructions:

1. Heat olive oil in a large pot.
2. Add onions, celery, and carrots; sauté for 5 minutes.
3. Add tomatoes, zucchini, and broth.
4. Bring to a boil, then simmer for 30-40 minutes.
5. Blend or serve chunky with fresh parsley.