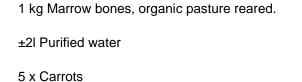
## **Bone Soup**

## **Ingredients:**



1 x Onion

2 x Potatoes

4 x Garlic cloves

2 x Rosemary sticks

1 x Celery stick

1 x tsp Turmeric

2 x Tbsp Apple cider vinegar

2 x tsp Salt

1 cup each of; chick peas, barley, lentils, sorghum. Pre-soak overnight (min 10 hours).

## **Preparation:**

- 1. Slow cook the marrow bones for ±18 hours in an 8l pot.
- 2. Add all the other ingredients and slow cook for approx. 6 hours.

Serves 10 people

Enjoy &



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