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Brilliant Burdock Soup

1 cup dried lentils	¼ tsp sea salt
2 diced onions	1 T chopped parsley
1 diced burdock root	dash of Tamari sauce
1 diced carrot	1 quart spring water

1. Wash and drain lentils.
2. Add Vegetables to a cooking pot with the lentils on top.
3. Add water and a little salt bringing all to a boil, then reduce heat and simmer for 45 minutes.
4. Add parsley and simmer another 20 minutes.
5. Add a dash of tamari if desired and serve.