

Healing Saffron Soup



This is one of my favourite soups ever! It's quick. It's easy. It's healing. I just love how the potatoes soak up all the saffron. This is a beautiful recipe when you're trying to heal from eczema, psoriasis, vitiligo or rosacea.

Servings: 3

Ingredients

1/2 fennel
1 leek
1 broccoli
2 cloves of garlic
2-3 tbsp dill
0.5 g saffron
1-1.5 litre of filtered water
About 10-15 potatoes

Instructions

1. Start by chopping fennel, leek, broccoli, and garlic. Put it in a ceramic pot, with some water in the bottom, on medium heat until it starts to soften a little.
2. In the meantime, you can rinse and chop the potatoes.
3. Then put the potatoes and the dill in the pot together with saffron. Add enough water so all the vegetables are covered. I use frozen dill because it's so convenient, but you can absolutely use fresh dill if you've got that.
4. Raise the heat and bring to a boil. Let it cook for 15-20 minutes, until the potatoes are soft.
5. Pour some soup into a bowl. Season with a little bit of herbal salt (optional) to bring out more of the flavours.