



# Dr. Katie DeGroot

## Naturopathic Doctor

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### Gypsy Soup

#### **Ingredients:**

- 2 medium-sized ripe tomatoes, cored OR 1 400 mL can diced tomatoes
- 2 T olive oil
- 2 cups onion, chopped
- 3 medium cloves garlic, crushed
- 1 stalk celery, minced
- 2 cups sweet potato, peeled and diced
- 1 t salt
- 2 t mild paprika
- 1 t turmeric
- 1 t basil
- Dash of cinnamon
- Dash of cayenne
- 1 bay leaf
- 3 cups water
- 1 medium bell pepper, diced
- 1 ½ cups chick peas, cooked

#### **Cooking instructions**

1. Only do if using fresh ripe tomatoes, ignore if using canned tomatoes: Heat a medium-sized saucepan full of water to boiling. Plunge tomatoes into the boiling water for a slow count of 10. Remove the tomatoes, and peel them over a sink. Cut them open; squeeze out and discard the seeds. Chop the remaining pulp and set aside.
2. Heat the olive oil in a kettle or Dutch oven. Add onion, garlic, celery, and sweet potato, and sauté over medium heat for about 5 minutes.
3. Add salt and sauté 5 minutes more.
4. Add seasonings and water, cover, and simmer about 15 minutes.
5. Add tomato pulp / canned tomatoes, bell pepper, and chickpeas. Cover and simmer for about 10 more minutes, or until all the vegetables are as tender as you like them.
6. Taste to adjust seasonings, and serve.

Makes 4 to 6 servings

Recipe adapted from *The New Moosewood Cookbook*