

1 large red onion.
5 medium cloves of garlic.
6 medium carrots.
1 bunch of celery.
1 bunch of broccoli.
1 carton of Cremini mushrooms.
6 medium potatoes.
1/2 medium red cabbage.
1 pound of Brussels sprouts.
¼ teaspoon of Herbs de Provenance.
1 medium, dried chipotle pepper, or ¼ teaspoon of red pepper.
Cracked black pepper.
Olive oil; I love the organic, garlic infused from Trader Joe's.

Prepare everything before you start the cooking process. Make sure your cutting knife is sharp. A dull blade will cut you. A sharp knife will aid you.

Peel and chop the red onion.

Crush and chop the garlic.

Wash and chop the vegetables to a size you prefer, but use the broccoli and cauliflower stems. The flavor is wonderful and fantastic roughage.

For the Brussel sprouts; cut a little piece off the stem and peel off the outer layer of leaves, but leave the sprout whole.

Dice the red cabbage into small, thin pieces, about an inch in length.

Wash and cut the mushrooms.

Wash the potatoes, but leave the skin on. Cut into medium cubes, not too small.

If you wash the vegetables using tap water, unless it's filtered, please rinse with bottled water.

Using an 8 quart pot, over a medium heat, add about half a cup of olive oil or enough to thinly cover the cooking surface. Crack in 3 good grinds of black pepper and 1/4 teaspoon of Herbes De Provenance. Let that sauté for about a minute, add the chopped onions, cooking them until translucent or to your level of doneness. Add the garlic and sauté for 60 seconds, but do not let burn.

Start adding 10 cups of filtered or bottled water until the pot is a little over half full, and bring to boil. Now add the carrots, celery and dried chipotle pepper. If you don't have one, add the red peppers at the same time as the Herbes de Provenance. Wait 5 minutes, and add the red cabbage, broccoli, Brussels sprouts. Bring back to a boil for another 5 minutes and finally add the cauliflower, mushrooms and potatoes. Once it's boiling again, turn the heat off, cover and let the residual heat cook everything, which it will, in about another 30 minutes or so.

Quick, simple and delicious. Enjoy and get healthy.