

# BIA<sup>®</sup> ONION SOUP

1 lb. small green bunching onions (Scallions) or an equivalent amount of white onions.

Chop or blend into 2-3 cups distilled water.

Bring to boil and then simmer until the onions appear transparent.

Strain the onion pulp and save the liquid.

Add distilled water to make a finished broth equal to one quart.

Add [Martin Seasoning](#), to taste.

This onion soup is rich in a neutral pH form of vitamin C that is vital to the body's needs when regular vitamin C cannot be taken due to low pH.