

A_The Clean Green Soup

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 45 minutes

Chef's Notes

This is a great soup for energy, and overall health. The combination of vegetables is also good for restoring alkaline and sodium-potassium balance to organs and glands.

Step 1: Making the Soup

- 2 cups chopped broccoli
- 2 cups string beans, ends removed
- 2 celery stalks, chopped (approx. 1 cup)
- 2 cups chopped leeks (1 to 2 leeks, or onion)
- 2 cups fresh spinach or kale
- 2 cup fresh or frozen peas
- 2 to 3 cloves garlic, sliced in half
- 1/2" to 1" piece ginger, thickly sliced
- 4 cups (1 lt.) filtered water

When it comes to this soup, the ingredients and their amounts do not need to be exact. For the celery, cut it at least 1/2 inch or less to eliminate stringiness in the final soup.

NOTE: For this recipe, it is important to use fresh organic ingredients as it's really the combination of simple ingredients that makes this soup taste so good and healthy.

Step 2: Cooking the Soup

To cook the vegetables, simply steam them — from hardest to softest — until they are just soft and cooked through. Do not overcook the vegetables. If using garlic and ginger, add this to the pot in the very beginning.

Step 3: Blending & Finishing the Soup

- 1 bunch fresh parsley, stems removed
- 4 tbsp nutritional yeast (optional)
- juice of 1 lemon (optional)
- cayenne, to taste (optional)
- sea salt, to taste (optional)
- white pepper, to taste
- hemp seeds (optional)

Working in batches, fill the blender 1/2 full with the vegetables and add some of the cooking water. Blend the soup for approximately 1 minute and then add some of the parsley. Blend the soup to a consistency of pea soup (or, as desired).

Continue this process until all of the vegetables have been blended and you have reached the desired consistency. Lastly, add the nutritional yeast, lemon juice, cayenne, and salt (if using) and blend again.

Lastly, taste for seasoning. Serve the soup either warm, room temperature or cold. If desired, serve the soup with a tablespoon some hemp seeds, additional nutritional yeast, and chili flakes.