

Green Soup

Opening my freezer, the other day I was still facing a large supply of frozen shredded zucchini. I looked at several recipes and can up with my version of green soup with the “big green” being zucchini in my version. I believe you can use broccoli, spinach, and a combination of almost any green vegetables added to the base of onions, potatoes, celery, and dried green peas. My version follows, at least the one I made this time! I doubled the recipe because I wanted to be able to share; half to make 6-8 servings. Remember, play around with the ingredients, and use what you have, you really cannot mess it up.

1-2 onions chopped.

4 stalks celery chopped.

4 potatoes diced.

1.5 cups of dried green split peas

3 bay leaves

12 cups vegetable broth (or broth and water mixed)

Green Vegetables: Chopped zucchini (probably about 4 medium-1 used 2 bags of frozen shreds) and a head of broccoli or cabbage or cauliflower)

Teaspoon dried or fresh basil chopped.

Depending on how many green vegetables you have above you can also add chopped spinach or kale (you could also use frozen) later (see below)

Ground black pepper

Salt



Put all the ingredients up through vegetable broth into large pot, bring to boil and then simmer for 45 minutes or until the potatoes are soft. Take out the bay leaves and then add the green vegetables chopped up and the salt and pepper and basil and simmer another 20 minutes or so. Finally add the spinach or kale or other greens and let it wilt. (Full disclosure, I didn't have any greens, so I skipped this step this time but have done it before and it really brightens the color and of course adds even more dark green leafy things to your magic elixir!)

Process in food processor, blender, or immersion blender till smooth. You can also add some cream but it is not necessary, I sometimes add a splash of cashew milk if it seems too thick.



Adjust the seasonings, enjoy!