

# **Spring Greens Soup Recipe**

Submitted by Mary Frank

## **NOTES:**

I don't measure so you can just adjust to your taste.

I used a bunch each of kale, collards and dandelion greens, and also included a big chunk of fresh cilantro added the last 15 minutes of cooking, 3 cups of frozen peas, cooked, several large petals of garlic, and a large onion. Several shiitake mushrooms, and a big hunk of lions mane mushroom. For spices I used fresh thyme and oregano and a pinch of red pepper flakes and squirt of coconut amino's.

## **DIRECTIONS:**

Wash and stem the greens and cut into pieces, chop the garlic (i use a lot of garlic) and let it rest a bit as you chop the onion.

Sauté the onions in ghee and a splash of olive oil until they're glossy then add the garlic and the spices, then the mushrooms and celery.

After everything is coated and glossy. Add the greens and mix it around to coat it. Then I add around 2 cups of broth or stock. Bring it to a hard boil for a minute or two and then simmer it until the greens are nice and soft, but not mushy.

In a sauce pan boil 3 cups of frozen peas in about a cup of water, drain and add to the greens then add the greens etc. to the the Vitamix. If desired, you can add the cilantro the last 15 minutes of cooking. You may need to add more stock if it starts to dry out.

I then whirl the greens and peas in the Vitamix until it's hot and soupy. You can add salt and pepper at this point to taste. If you're making a large amount you can transfer it in in batches to a bigger pot. Keep an eye on it as you may need to add more liquid here as well.

If you wish, you can add some slices of avocado on top when you serve it.