

## **GREEN SOUP**

In heavy big pot, saute over medium heat until very soft and brown at edges, about 7-10 min:

**4T olive oil**

**1 large chopped yellow onion**

**4 stalks chopped celery**

**3 minced garlic cloves**

Peel and chop:

**3lb total combination of potato, yam, parsnip and carrots**

Add to onion mix. Stir to coat with oil. If the mixture is dry, add a little bit more oil. Cook 10-15 min, stirring occasionally, so all vegetables get a little sauteed.

Add:

**2 bay leaves and 3 thyme sprigs**

**2x 32-oz boxes chicken stock**

Bring to boil, then put lid on pot and turn down to simmer for approx 20 min until all the vegetables are soft.

Wash, stem and rough-chop:

**1 big bunch kale, 1 C packed Italian parsley**

When all the veg are fork-tender, take pot off burner. Discard the bay leaves and thyme branches. Add kale and parsley to soup. Strain **juice of 1 lemon** into soup. Press greens so they are submerged in the hot liquid. Leave lid off; keep pot off heat.

When soup has cooled slightly and greens are still bright green, use immersion blender a few min to blend soup.

Serve with good olive oil, flaky salt, and red-pepper flakes as desired.